



NEWSLETTER

July 2022

248 FM 3447, Uvalde TX 830-591-2711

QUILTS OF GRACE ARTICLE ON FIRST PAGE OF USA TODAY



A reporter with USA TODAY, Andrea Ball, with USA TODAY wrote an amazing article about HHAC's Quilts of Grace Program which ran on the front page of the publication. She was so longing for something uplifting to report and she found it. Entitled "Despite Moments Of Silence, There's So Much Left To Say" spoke of how Quilts of Grace volunteers interacted after the events of May 24th and how they loved what they were doing for their community creating beautiful quilts for families and children throughout Uvalde who have been affected by this tragedy.

Prior to the 24th, Quilts of Grace has created and donated over 1500 quilts to CASA for children removed from their homes or who have gone through trauma. Since then we have received over 1000 quilts from around the country for the families affected by this event.

Diana Bonnet said, "Folks from San Antonio, Boerne, Brazoria, Amarillo, Kerrville, Bandera, Hondo, Arlington, Dallas, Austin, Castrovilla and San Angelo have delivered quilts. There is even fabric coming from Hawaii."

When Quilts of Grace was formed no one knew the impact they would have on our community and in the healing process of so many. Only God knew the direction they would be led.

If you would like to be a part of this amazing outreach of HHAC please contact either Diana at 830-613-0656 or Sue at 830-591-2711.



SUE'S CORNER

In speaking with some of this year's Uvalde high school graduates I was amazed as to how strong and stable they are.

We spoke of what a tough 4 years they have had since entering high school. The first year friends were lost in a car accident. The second Covid hit and continued through 2021 and still does. Intermingled with those events was the freeze. And now the events of May 24th.

It never ceases to amaze me about how the human spirit withstands so much. For instance, my parents grew up during the depression. At 15 years old my dad and his brother would jump a train to California to pick oranges during the harvest season. His mom would hear the whistle of the train and knew I was time for them to leave. Packing them a lunch and telling them goodbye she always had the prayer they would return. They always did.

I have spoken with a Holocaust survivor who told of nightmares many of us could not even imagine. She was delightful and had a different outlook on life than most. What she went through molded her.

I feel the same about these graduates. It is not the same magnitude as a Holocaust survivor but a different outlook, just the same. They are molded differently than they would have been if situations changed during those during these last 4 years.

Their plans were of college and careers. The two of them are best friends who were born a month apart and grew up together here in Uvalde. I asked about how often they would see each other, "As often as we can," they said. One will be attending college in San Antonio and the other here. "We will take turns going to see each other. That will never end".

My question is how have you been molded over the last 4 years or through events you have experienced? I know I am different than I would have been if I remained in San Antonio.

Uvalde has shown its heart over the last few weeks. Yes some ugly things have happened due to this horrific event, but good things have happened also. We have seen the true spirit of Uvalde in those who have stepped up and helped financially, through emotional support, resources, prayer and so many other ways. People have come from as far as Boston to help. Counseling centers are being opened, plans for a youth center is underway and partnerships are being formed throughout our nation. Our old mold has been broken, and a new one is being formed. Hang in there Uvalde...You are Strong!



BOARD SPOTLIGHT-JOHN HOGAN

Every time John is thanked for all he does around Herby Ham Activity Center his response is , “I am glad I am able ”. John Hogan, who should have been a Texas all along, was born in Manchester, Iowa in 1939.

That makes him 83 years old and anyone who knows him would all testify “you wouldn’t think it”.

One of 8 children, John was born on a dairy farm where he learned at an early age how to work and work hard. “All of us kids had to be in the barn by 5:30 am. I am still an early riser.”

John’s profession was an auto mechanic and from what we understand a very good one. Part of his love is classic cars which he restores and, while living in Manchester, organized classic car shows. Throughout the years he and Jack Molloy have worked to restore many of Jack’s cars. Many have delighted in his famous bread and butter pickles, dill pickles and sauerkraut. He loves to share the bounty from his garden. It is often I find a Ziploc bag filled to the brim with sauerkraut on my desk.

Losing his first wife, Kathleen, to a pulmonary embolism John met Barbara years later at a dance and they have been married since 1998. They were looking for a place to move out of the cold weather and discovered Uvalde. “We love Uvalde. I can garden all year long and the people are amazing”.

Getting involved with their church and HHAC John and Barbara have definitely put roots in Uvalde where just about everyone knows them. Barbara volunteers with Uvalde Memorial Hospital auxiliary along with helping at HHAC. “We started coming to HHAC when it was downtown. We started attending the dances and it didn’t take long to get involved.” He, along with Les Brieden, Barry Balzen, Bobby Kramer and more did everything from helping with painting , putting up doors brought over from the old building and making parking lot stops. If he does not show up in the mornings for coffee the question is always “where is John” with the answer “no telling”. John is also responsible for helping to get the Farmers Market started along with raising much needed funds for The Center. This is John’s second time on HHAC’s board where his hope for the future of The Center is people will continue to donate time and money along with participation to keep The Center running. “The friends we have made here are amazing. We love HHAC and Uvalde!”

And we love you, John. Thank you for all you do for The Center and our community.

HERBY HAM ACTIVITY CENTER

FREE HEALTH SCREENING

WED, JULY 13TH
10AM-12PM

Conducted by **Methodist Healthcare Ministries**

Blood Pressure, Blood Sugar, Height, Weight, Medication Review

248 FM 447, UVALDE 830-591-2711

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Help Needed

GIFT SHOP MAKE OVER!!!

WE NEED VOLUNTEERS TO HELP REARRANGE AND PAINT

CALL 830-591-2711 TO VOLUNTEER

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HERBY HAM ACTIVITY CENTER

CUPCAKES & GOODIES BINGO



Every Tuesday @ 2 pm
Begins Tuesday, July 5th

Sponsored by Humana Health Care
And Methodist Health Care Ministries

Non-Cash Prizes
FREE



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HERBY HAM ACTIVITY CENTER

WELCOMES THE NATIONAL WEATHER SERVICE



**Tuesday, July 19th
6:00 pm**

REVIEW OF SEVERE WEATHER HAZARDS
TYPES OF THUNDERSTORMS
TORNADO SAFETY INFORMATION
HELP SAVE LIVES AND PROPERTY
TRAINING ON SPOTTING AND REPORTING SEVERE WEATHER

CALL 830-591-2711
FOR MORE INFORMATION

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Herby Ham Activity Center
Learning Series Continues with

**Coconut Rice
&
Aloo Paratha (Potato Flat Bread)**



**Tuesday, July 12
6:00 PM**

\$10 A PERSON



Join Jaya as she instructs how to prepare these traditional Indian dishes. Register and pre-pay by Monday July 11th.

"WHERE DID MY MEMORY GO"

An indepth discussion on preserving your memory.

**Tuesday, July 26
@ 10 am**

Darn, I forgot my appointment!

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Be Active

Herby Ham Activity Center

Toys of Grace

HHAC is looking for volunteers to make toys in our woodshop or paint in the coolness of our center.

Benefitting children affected by tragedy or illness in the Uvalde area

For more info call
830-591-2711



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HERBY HAM
ACTIVITY CENTER'S

WATER AEROBICS

\$60
A MONTH



OR
\$10
PER VISIT

SCHEDULE:

Water Babes 8:30 am & 1:30 pm (Mon, Tues, Thurs)

Arthritis Class 10:00 am (Mon, Tues, Thurs)

Water Aerobics with Barbara 5:00 pm (Mon, Tues, & Thurs)

Bio Wave with Cheryl (3:45 Tues, Wed , Thurs)

OPEN POOL AVAILABLE....PLEASE CALL FOR INFORMATION
830-591-2755

A Waiver & Dr. Release must be signed prior to participating
248 FM 3447, Uvalde, TX

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Tai Chi

AT HERBY HAM ACTIVITY CENTER



EVERY TUESDAY
@ 5:30 PM
\$10 A CLASS

Improve your Balance, Strength, Agility & Coordination

WEAR LOOSE FITTING CLOTHING AND
BRING A FLOOR MAT FOR TRACTION

248 FM 3447, UVALDE * 830-591-2711

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FREE YOGA CLASSES
TO HELP HEAL THE
WOUNDS OF TRAUMA

Every Wednesday
@ 5:30 pm

Through July 13

Led by Sherry Garrett

At Herby Ham Activity Center
Call 830-591-2711

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HERBY HAM ACTIVITY CENTER

CORNHOLE



EVERY THURSDAY AT 7:30 PM
Doors Open At 7

ENTRY \$10 FOR 13 AND OVER

Tournament Entry
\$10.00

CASH PRIZES

248 FM 3447, UVALDE, 830-591-2711


**Memorial/Honorarium
Donations**


MEMORIALS

In Memory Of:

Lloyd Cook from Clara Hogan

Lloyd Cook from Bobby & Linda Kramer

Ann Molloy from Peggy Bielfeldt

Memorials and Honorariums go towards
 HHAC's Building Fund unless otherwise stated.
PLEASE REMEMBER US IN YOUR WILL



**WOOD WORKING
INSTRUCTION WITH
LES BRIEDEN**

**EVERY TUESDAY
AT 9:30 AM AND 6 PM**

\$5 a day or \$30 a month

**Two or more must be in the woodshop with a
Center representative being one of them.**

ART & CRAFTERS

BE A PART OF OUR
NEW GIFT SHOP

OPENING IN 2022

PERSONAL BOOTHS • HHAC KEEPS A SMALL COMMISSION

830-591-2711

248 FM 3447, UVALDE, TX



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**CHICKS- EAT - OUT
EVERY WEDNESDAY AT
11:30 AM**

Wed, July 6-Tea Room
 Wed, July 13—Ofelia's
 Wed, July 20—Applebee's
 Wed, July 27—Open Range
JOIN US!

**What kind of
treats can
chicks eat?**

**HHAC OFFICES WILL BE CLOSED ON
MONDAY, JULY 4TH
IN OBSERVANCE OF
INDEPENDENCE DAY.**

**HAPPY
4th
of July**



WEEKLY EVENTS AT HERBY HAM ACTIVITY CENTER



LINE DANCING AT
HHAC CAN BE
BENEFICIAL TO
YOUR
HEALTH...BOTH
MENTAL AND
PHYSICAL
WEDNESDAYS @
1:00
FREE AND FUN!



AFTERNOON GAMES AT HHAC

Pinochle—Monday @ 2:30 pm

Bridge—Monday @ 12:30 pm

Dominoes (42) - Wednesday @ 1:00 pm

Line Dancing—Wed 1:00 pm (free)
Exercise Machines—Mon-Thurs. 9 am-4:30 pm
Fri 8am-11am (free)
Circuit Gym—Mon-Thurs 8am-4:30Pm Fri 8-11:30 am



COFFEE, DONUTS & CONVERSATION

EVERY FRIDAY AT 9 :00 AM

JOIN US!



**WHAT DO YOU MEAN YOU
CAN'T CROCHET?**

Do you have some extra time on
your hands and would like to learn
something new? Join our Crochet Group,
The Yarn Whispers, Wednesdays at 9 am.
They would love to teach you.

WATER AEROBIC CLASSES :

Water Babes 8:30a (Mon, Tues, Thurs)

Arthritis Class 10:00a (Mon, Tues, Thurs)

Water Babes 1:30p (Mon, Tues, Thurs)

Bio Wave 3:45 (Tues, Wed, Thurs)

Mixed Class: 5:00p (Mon, Tues, & Thurs)

**POOL USE FEE \$60.00 INCLUDES WATER
AEROBICS & OPEN POOL**

OR \$10.00 PER VISIT

Open Pool Hours

**Two people must be in the pool area at all
times**

Monday - 11:00—1:00 & 2:30 - 4:30 pm

Tuesday - 11:00—1:00 & 2:30 - 3:30 pm

Wednesday - 8:00 am—3:30 pm

Thursday - 11:00—1:00 & 2:30 - 3:30 pm

Friday - 8:00 am - 11:30 am



UVALDE FARMER'S MARKET

Every Thursday at
Uvalde's Town Square
from 11-.

If you would like to sell
home grown fruit or
vegetables or home
baked items, home
canned items, eggs,
even chickens you are
welcome to join us at
no charge

Call 830-591-2711 for
more information.

HHAC JULY 2022 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO (see page) 1pm - Dominos & Games 1pm - Line Dancing	8:45am - Coffee 9am - Uvalde Piece Makers 11am - Farmers Market at the 5:30pm - Yoga with Jena 7pm - Corn Hole	9am - Coffee & Donuts	
3	4	5	6	7	8	9
FOR THE 4TH OFFICE CLOSED	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO (see page) 1pm - Dominos & Games 1pm - Line Dancing	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO (see page) 1pm - Dominos & Games 1pm - Line Dancing	8:45am - Coffee 9am - Uvalde Piece Makers 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	
10	11	12	13	14	15	16
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Cooking Indian Rice	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 10am - Health Screening 11:30am - CEO (see page) 1pm - Dominos & Games	8:45am - Coffee 9am - Uvalde Piece Makers 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	
17	18	19	20	21	22	23
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - National Weather 6pm - Woodworking w/Les	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO (see page) 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 9am - Uvalde Piece Makers 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	
24	25	26	27	28	29	30
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 10am - Where Did My 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9:30am - Woodworking w/Les 10am - Where Did My 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO (see page) 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 9am - Uvalde Piece Makers 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	9am - Life Line Screening
31	1	2	3	4	5	6
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO (see page) 1pm - Dominos & Games 1pm - Line Dancing	8:45am - Coffee 9am - Uvalde Piece Makers 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	