

HERBY HAM ACTIVITY CENTER

FEBRUARY

www.herbyhamactivitycenter.org

(830) 591-2711

248 FM 3447

Uvalde, Texas 78801



SUE'S CORNER

Our Bingo began with a whopping 300 in attendance on opening night.

Thank you everyone who came out that first night. We had a few "first night kinks" which made the evening longer than expected. It will get better. And, if you are a Super Bowl "widow or widower" or want to come out before the game, Sunday, February 2 our doors will open at 12 and playing begins at 2 pm.

Numerous people have contacted us thanking HHAC for bringing Charitable Bingo to Uvalde. Offering it here takes the concern away from family members and participants of traveling to other locations where road construction is an issue along with the time and expense it takes to get there. And of course there is the benefit to the Center. There is misinformation as to who gets the money. Let me be clear....HHAC does. After payout and overhead we are the recipients. Legally, only non-profits and/or charitable organizations receive funds from Bingo events. After our initial costs, including taxes to the state and expenses such as labor and supplies, we will be able to bring other programs, repair much needed items throughout the center, and support Project Grace to a fuller extent.

It is events and programs like Project Grace, Gospel Nite Out, Dances, Market Days, Craft Fairs, wood working, painting classes, crochet and quilting classes, exercise opportunities and so much more, that HHAC is founded on. Rest assured that we will continue these events and hopefully add more in the near future. *HHAC's mission is, and will always be, to provide programs and activities which support, nurture and enrich the physical, mental and spiritual health and well-being of the Uvalde adult community.* We will stay true to our mission!

Dance

Backwoods Band

FRIDAY, FEB 7TH
7:00 PM

\$8.00 Per Person

Bring a Snack to Share!

Herby Ham Activity Center
248 FM 3447 Uvalde, Tx 830-591-2711

SADIE HAWKINS DANCE

Fri. Feb. 28th
7:00 PM

Jack & Tess Clarkson

Bring a Snack to Share! **\$8.00 PER PERSON**

HERBY HAM ACTIVITY CENTER
248 FM 3447, UVALDE TX 830-591-2711



Bingo

EVERY- SUN-TUES-THURS

SUNDAYS

Doors Open at 12 NOON
Bingo Starts at 2 PM

TUESDAYS & THURSDAYS

Doors Open at 5 PM
Bingo Starts at 7 PM

Package Price \$14
Extra Cards and Pull Tabs
may be Purchased

Concession
Stand

No outside food or drinks allowed
License Number 243986



Herby Ham SATURDAY JAM

Now meets every 4th Saturday
from 4:00 pm to 7:00 PM
Join us Saturday, February 22rd
for a great afternoon of Country
and Gospel Music.

Herby Ham Activity Center

Quilts of Grace



benefiting
children of
CASA

Meets Every Monday
From 9:00 am to 1:00 pm
With a Potluck Lunch

Looking for Volunteers to Sew, Cut, Sort and Press Fabric

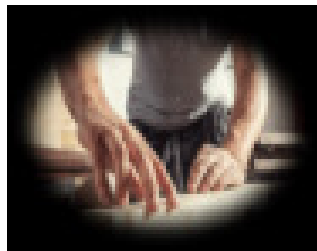
Donations of Fabric, Thread, Sewing Notions, Monetary
Donations and Even Sewing Machines Accepted

For More Information, Contact
Diana Bonnet: 830-613-0656

WOOD WORKING INSTRUCTION WITH

LES BRIEDEN

Tuesdays From
9:30—11:30 am &
6:00-9:00 pm



To set a time with Jackie
Thomas,
call 830-591-4707

\$5 a session or \$30 a month

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

KEEP CALM AND LINE DANCE

LINE DANCING AT
HHAC CAN BE
BENEFICIAL TO YOUR
HEALTH... BOTH MEN-
TAL AND PHYSICAL
WELLNESS
WEDNESDAY'S @ 1:00
FREE AND FUN!



Quilts of Grace

Is now accepting donations of
comfort quilts and tote bags to be given to CASA for
children who have been removed from their homes
through CPS.

Along with quilting items, Quilts of Grace also ac-
cepts donations of toiletries, wash cloths, and small
dollar tree toys for these children.



Happy New Year from the Herby Ham Water Aerobics Center!
 In our classes, we work on all areas of our good health; strong legs, arms and bodies; clear minds, alert thinking and healthy relationships! Please consider joining us!

We have a class for all people who are determined to make exercise a part of their daily routine. Something we work on in class is Belly Breathing. We do this during the class and encourage you to use this technique out of the water to support and calm your nerves and body. Look for an article each month in the newsletter. We hope to offer new and exciting information about good health.

Here Are Some Belly Breathing Tips:

1. Place one hand on your upper chest and another on your belly button.
2. Breathe in slowly through your nose for three seconds. Feel your stomach expand. Your chest should remain still.
3. Breathe out slowly through your mouth for three seconds. Feel your stomach move back.

Brenda Carter
 (text or call for info about classes: 817-343-5494)

WE NEED YOUR HELP PLEASE

People are always asking how they can volunteer at HHAC. One way is to make sheet cakes for our Charitable Bingos. We are asking for un-iced (bring the icing separate) sheet cakes so slices can be sold at our concession during the Bingo sessions.



Another way to help would be to help in the concession by serving Cokes and coffee. Sunday, the doors open at 12 noon and playing starts at 2 pm; Tuesdays and Thursdays, doors open at 5 and play begins at 7pm. Call Sue at 830-591-2711 if you can help. And ThankYou!

**Memorial/ Honorarium
 Donations**



IN MEMORY OF :
 Jimmy Gallaway from
 Mary Frances Burkett,
 John, Tina, Lincoln Burkett and
 Jim & Jamie Burkett
 Milton Woolf from Jack & Carolyn Lampe

*In HONOR OF: HHAC's Board by
 Tom and Nancy Williams*

*Memorials & Honorariums go towards
 HHAC's building fund unless otherwise
 specified.*

Please remember us in your will.

Herby Ham Activity Center

**Toys of
 Grace**

HHAC is looking for volunteers to make toys 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



**DANCE LIKE
 THERE'S NO
 TOMORROW**

**Our Ballroom Dance Class meets
 Friday at 5:30 pm.. Come out for a fun evening while
 you learn how to dance.. Come alone or with
 a friend. \$5.00 a person.**

GOSPEL NITE OUT...BEST EVER!

Over 200 attended HHAC's Gospel Nite Out 2020 Saturday, January 18th. The evening opened with Sue Rankin dedicating our new stage and giving thanks for those who helped both financially and physically including Randy Ham & family and those who attended past Gospel Nite Out events. It was due to previous GNO's that we were able to fund the construction. Now the paint! Their people are still commenting on how much they enjoyed the evening and how the stage added to the experience.

A couple who were in attendance were Linda and Harry Thompson of Sterling Colorado. They happen to see a flyer at Uvalde's Hampton Inn and joined us. "What a great evening! We are so glad we came" Harry said.



Continued thanks to Randy Ham for the construction, Jan Elliott for design, Darrell Zimmerman for sound, and to John Barnes for helping us get our great speakers.

And to Toni Hull..."Girl, you are amazing!" Toni helps HHAC out each year by offering her time and talent putting together Gospel Nite Out and what an incredible job she does. Also thank you to Gregg Knapp who graciously steps up the microphone every time as our MC.

The evening concluded with a reception organized by Board Members, Brenda Carter and Mary Davila. Thank you ladies and all who donated the amazing desserts.












And to those who performed, thank you! The evening did not lack in "heavenly" moments".

Plans are already being made for next year's event. with many wanting to perform. We can't wait!



FEBRUARY– 2020 HERBY HAM ACTIVITY CENTER CALENDAR

SEE NEXT PAGE FOR WATER AEROBIC/POOL/EXERCISE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					3 9a-Coffee/Donuts  Sponsored by Amistad Nursing 2:30-Loteria 5:30-Ballroom Dance 7p-Dance w/ Backwoods Band	1
21 2 PM HHAC BINGO	3 9a-Coffee & Open House 8:30a-Toys of Grace in Wood Shop 2:30–Pinochle (free) 5:30p-Yoga	4 9a-Coffee 9a- Quilting 9:30a- Wood Working (\$) 1:30-Voice Lesson 2:30p-Bingo for Candy (free) 5p-Weight Watchers 6-9p Wood Wkng 7P HHAC BINGO	5 9a-5p-Lifeline Screening  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO— Hangar 6 5:30p-Yoga 1p-Line Dancing 1p Dominoes	6 9a-Coffee  8a-Prayer Group 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p–Cardio Drumming 7P HHAC BINGO	7 9a-Coffee/Donuts  Sponsor needed 9-10 a-Blood Pressure Check from Wesleyan Nurse 5:30-Ballroom Dance 7p-Early Valentine Dance w/Backwwod Band	8
9 2 PM HHAC BINGO	10 9a-Coffee 9a– Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 2:30–Pinochle (free) 5:30p-Yoga	11 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo for Candy (free) 5p-Weight Watchers 6-9p Wood Wkng 7P HHAC BINGO	12 9a-Coffee  9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO—Pizza Hut 1p-Line Dancing 1p Dominoes 5:30p-Yoga	13 9a-Coffee  9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p–Cardio Drumming 7P HHAC BINGO	14 9:00a-Coffee/Donuts  Sponsored by Uvalde Health Care 9a-11a-Blood Pressure Check by UMH 5:30-Ballroom Dance	15
16 2 PM HHAC BINGO	17 9a-Coffee 9a– Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 2:30–Pinochle (free) 5:30p-Yoga	18 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo for Candy (free) 5p-Weight Watchers 6-9p Wood Wkng 7P HHAC BINGO	19 9a-Coffee  9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO— Pit Stop 1p-Line Dancing 1p Dominoes 5:30p-Yoga	20 Coffee  9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p–Cardio Drumming 7P HHAC BINGO	21 9:00a-Coffee/Donuts  Sponsored by Jack & Ann Molloy 5:30-Ballroom Dance	22 SUNDAY JAM Moved to Saturday 4 pm to 7 pm
23 2 PM HHAC BINGO	24 9a-Coffee 9a– Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 2:30–Pinochle (free) 5:30p-Yoga	25 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo for Candy (free) 5p-Weight Watchers 6-9p Wood Wkng 7P HHAC BINGO	26 9a-Coffee  9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO— La Charreada 1p-Line Dancing 1p Dominoes 5:30p-Yoga	27 Coffee  9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p–Cardio Drumming 7P HHAC BINGO	28 9:00a-Coffee/Donuts Sponsored by Jack & Ann Molloy 5:30-Ballroom Dance 7p-Sadie Hawkins Dance w/ Jack and Tess Clarkson	29



FITNESS CORNER

WATER AEROBIC CLASSES :

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

Mixed Arthritis Class: 10:00a (Mon-Tues & Thurs)

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

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

Water Babes: 4:30p (Wed & Fri)

Bio-Wave Class-6p (Mon-Thurs)

POOL USE FEE \$60.00 INCLUDES WATER

AEROBICS & OPEN POOL OR \$8.00 PER DAILY VISIT

Open Pool Hours

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

Monday - 2:30 - 4:30 pm

Tuesday - 2:30-4:30 pm

Wednesday - 10:00 am - 12:30 pm/2:30 pm-4:30pm

Thursday - 2:30 - 4:30 pm

Friday - 10:00 am- 1:00 pm & 2:30—4:30 pm

CENTER HOURS ARE 8:00 AM TO 4:30 PM.

PLEASE BE OUT OF THE POOL BY 4:15.

Line Dancing- Wed 1:00 pm (free)

Exercise Machines- Mon-Fri 8 am -4:30 pm (free)

Open Circuit Gym- Mon-Thurs 8am-7pm, Fri 8-4:30

Ballroom Dance-Friday--5:30 pm--\$5.00 class

Yoga- Monday and Wednesdays at 5:30 pm (\$10)

Cardio Drumming- Thursdays at 5:00pm (\$3)



A WAIVER MUST BE SIGNED AND A DR'S RELEASE MUST BE OBTAINED BEFORE PARTICIPATING IN ANY EXERCISE PROGRAMS.

A WAIVER MUST BE SIGNED BEFORE PARTICIPATING IN WOOD SHOP.

**Hands, Head, Health, Inc.
Herby Ham Activity Center**

P. O. Box 5488

Uvalde, Texas 78802

www.herbyhamactivitycenter.org

Phone 830-591-2711

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