



HHAC ACTIVITY CENTER August 2026

HHAC now
has YOGA
on Wed. @
7 pm. With
Denisse.
\$10

Come and
join us. It
has been
really good
for myself.
Trigger
Point Yin
Yoga with
Sound Bath
Is so good
for relaxing
the soul
and getting
a good
nights rest.
Call for any
questions
you might
have.

**August has quickly arrived, School, Foot-
ball, and all that comes along with it.**

**We pray that everyone is recovering from
the crazy weather July brought with it.
Uvalde seems to always come together in
times like these and it makes me proud to
say it is where I was born and raised.**

**This month we will not be having a lunch,
instead we are going to have an ice cream
social. Show us your Home made ice cream
talents or bring your favorite ice cream and
or toppings. We will have it on Wednesday
August 19th at 2 pm.**

**The MOM PROM will be here at HHAC on
Sept 19th. We are looking for Vendors to
come set up any Girlie Items, (clothing,
jewelery, face items). Call me at HHAC for
more information. I will attach a flyer with
this Newsletter!**

**AMY COLEMAN-Director & The HHAC Board
830-591-2711**



GOODIE BINGO

*Every Tuesday
@ 2 pm*

COME PLAY FOR GOODIES!

FREE & FUN

830-591-2711

WATER AEROBIC CLASSES :

**Water Babes 8:30a & 1:30
(Mon, Tues, Thurs) and
3:15 Water Waves class**

**POOL FEE \$70.00 or \$12 a
visit**

**Price INCLUDES Chair Yo-
ga & Circuit Gym**

WEEKLY EVENTS :

Line Dancing—Wed 1:00 pm \$5 OR \$25 A MONTH
Exercise Machines—Mon-Thurs. 9 am-4:30 pm
Fri 8am-11am
Circuit Gym—Mon-Thurs 8am-4:30Pm Fri 8-11:30 am

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.

**COME JOIN US FOR CHAIR
Exercise! THE CLASS HAS
Grown MONDAY, TUESDAY &
THURSDAYS! 10:00 AND 3
PM, MON, TUES, THURS**
\$25 a month or \$5 a session





**PICKLE BALL
COURTS AVAILABLE!**
Tues at 10 a.m. and
6:30p.m. MON & Thurs.
at 6:30 pm
PLEASE CALL 830-591-
2711 FOR MORE INFOR-
MATION!

**TRIGGER POINT YIN YOGA @7
ON WEDNESDAYS!**



**TAKE AN HOUR FOR YOURSELF
AND RELAX WITH A SOUND
BATH AND SOME YOGA WITH
DENISSE GARZA \$10. WE HAVE
MATS AVAILABLE.**

**WOOD WORKING INSTRUCTION WITH
LES BRIEDEN EVERY TUES-**

DAY AT

**THOMAS WOOD WORKS
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.**

COME BUILD YOUR DREAM



**HAPPY
BIRTHDAY**

COME OUT

AND CELEBRATE on

Wednesday August 5th

at 2 pm!



MEMORIALS/HONORARIUMS

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

