

# Bits & Pieces

Your FYAC Newsletter

Debbie Main, Editor



2024

APRIL

29 - MAY 2

For Anyone ... OVER 50

<b>Tuesday</b>	9:00 - 4:00pm <b>LUNCH</b> 7:00pm	<b>GAMES AND FELLOWSHIP</b> <b>BRING YOUR OWN</b> FYAC Charitable <b>BINGO</b> for any age! <i>(Doors and concession open at 5:00 pm)</i>
<b>Wednesday</b>	9:00 - Noon 11:00 am <b>LUNCH</b> 1:00 - 2:00 pm	<b>GAMES AND FELLOWSHIP</b> <b>BOOK CLUB</b> <b>BRING YOUR OWN</b> <b>VIDEO EXERCISE CLASS</b>
<b>Friday</b>	9:00 - 4:00 pm 10:00 - 11:00 am <b>LUNCH</b> 12:20 pm 7:00 pm	<b>GAMES AND FELLOWSHIP</b> <b>CHAIR YOGA CLASS</b> <b>MEXICAN FOOD</b> <b>MAY BIRTHDAY CELEBRATION!</b> FYAC Charitable <b>BINGO</b> for any age! <i>(Doors and concession open at 5:00 pm)</i>



**BINGO NIGHTS ARE NOT ONLY FUN,  
BUT ALSO PROVIDE SUPPORT TO OUR COMMUNITY**

FOREVER  
YOUNG  
IS  
STARTING  
A  
BOOK CLUB!



- Intellectual fellowship
- Getting Book Club "off the ground"
- Discuss books recently read
- Monthly book to read???



Next meeting  
**Wednesday**  
**MAY 1**  
**11:00 am**



FYAC Fundraising  
and Committee Chair Meeting  
**WEDNESDAY, MAY 1**  
**2:00 pm**

FYAC  
MONTHLY BOARD MEETING



Monday,  
MAY 13  
5:30 pm

**THANK YOU** to Richelle with Caraday of Quitman for providing a delicious lunch at the Center last Friday. It was enjoyed by all!

**MAY**  
**BIRTHDAY**  
**CAKE**  
**CELEBRATION**  
**Friday, May 3**



**MAY**



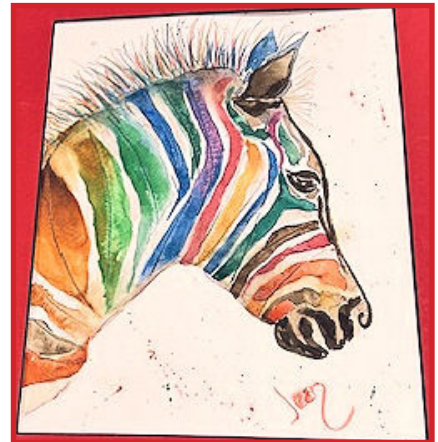
**SATURDAY**  
**MAY 18**  
**6:00 PM**

**(DOORS OPEN 5:30)**

# PAINTING FOR FUN CLASS

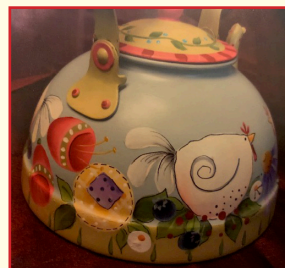


Last week's art class  
had fun painting  
a colorful striped  
zebra.  
Wonderful job!



# PAINTING FOR FUN

Wednesday, May 22  
9:00 am — Noon  
Class fee: \$4  
Instructor: Jean Chancelor



*sign-up sheet and list of supplies on table at front door*

*Teapot Chicken acrylic*



## Elaine Douglas

Twenty Forever Young friends gathered last Saturday with the family of Elaine Douglas, the longtime volunteer and supporter of the Center who passed away recently.

Elaine's family shared with the group how appreciative they were to have FYAC host a Celebration of Life in Elaine's memory. They again told us how much the organization meant to her for the 20 years she was involved with it.

MAY IS ... OLDER  
AMERICANS  
MONTH



COME JOIN US  
MAY 8  
FOR A CELEBRATION  
OF WOOD COUNTY SENIORS

- Open to the public
- Information on services available to Wood County senior community
- food
- fun
- door prizes

*(more details to come next week)*

*Brought to you by the Area Agency on Aging of East Texas*



SPECIAL BINGO NIGHT!

May 10

7:00 pm

Seating Limited.  
Come early!

- Prizes for all 15 Bingo games will pay 100% or Level 1
- Gaming tablet prices start at \$38
- Full-pay pack/cards for all games
- Variety of pull tab games will be played



B	I	N	G	O
●	●	●	●	●
●	●	●	●	●
●	●	FREE	●	●
●	●	●	●	●
●	●	●	●	●

Blackout  
Final game  
**BIG**  
payout:  
**\$1,199**

*Included in all packs/gaming tablets*



Forever Young Charitable Bingo  
404 S. Main Guitman, Texas  
PH: 903-763-8201

# FOREVER YOUNG CHARITABLE



Tuesdays & Fridays 7:00 pm  
doors open 5:00 pm

## BINGO CONCESSION ITEMS

- Hot dog
- Chili dog
- Nachos
- Frito pie
- Freshly made chicken salad sandwich
- Popcorn
- Ice cream bar
- Ice cream sandwich
- Chips/crackers/candy bars
- Sodas/bottled water
- Complimentary tea and coffee
- Friday specials



## HOMEMADE DESSERTS

- DOORS & CONCESSION OPEN 5:00 PM
- FULL CONCESSION CLOSSES AT 7:00 PM
- (packaged snacks available at intermission)

I ❤️  
Pull Tabs

## CHARITABLE BINGO IN QUITMAN

proceeds benefit the Forever Young Activity Center  
providing opportunities for senior citizens  
— a 501(c)(3) organization—

Did  
you  
know?

NEED A GATHERING PLACE  
FOR A FAMILY OR BUSINESS EVENT?

Rent the Forever Young building for  
meetings, reunions, parties, receptions.

**FACILITY  
RENTALS**  
**!AVAILABLE!**

- 3500 sq. ft.
- full kitchen
- ice machine
- automatic handicap access door

Contact Larry Ballowe:

903-569-7512



**KMOO**  
  
**99.9**

**TUNE IN** ... to **99.9 KMOO**

- *Double Talk* program
- Last Monday of the month
- 8:45 am
- Next broadcast May 27

A representative from Forever Young will be on air this month providing the community with information about the Center — activities/services/Bingo/upcoming events.

**So stay tuned ...**





Visit the  
Forever Young  
Activity  
Center  
when you can.



For Anyone ... **OVER 50**

There's  
something  
for everyone!



GAMES AND FELLOWSHIP  
TUESDAYS/WEDNESDAYS/  
FRIDAYS  
9:00 am - 4:00 pm

And more games ...



Games ...



Try the  
VIDEO EXERCISE CLASS  
on Wednesday afternoons.



**CHAIR YOGA**  
on Friday mornings  
is going strong!  
Men AND women welcome.  
Come give it a try!



And **BINGO** every Tuesday & Friday at 7pm!



# SENIOR ACTIVITIES

Tuesdays/Wednesdays/Fridays (games & fellowship):

9:00 am - 4:00 pm



Try out our exercise classes!



**VIDEO exercise class**  
1:00 pm **Wednesdays**

**CHAIR YOGA class**  
10:00 am **Fridays**

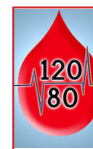
Cake celebration for birthdays is now held on the **first Friday** of each month (provided by Reflections Hospice).



Blood pressure/O2 level checks are provided at FYAC on the **second Friday**

**KNOW  
YOUR  
NUMBERS**

of  
each  
month.



**CLASS**

**PAINTING  
FOR FUN  
CLASS**



Monthly Saturday Supper Club on the **third Saturday** of each month. Bring a dish. Bring a friend.

*~There is an opportunity at every meeting to donate \$1.00 or more that goes towards the maintenance of the building~*



Forever Young Activity Center is a privately-funded, non-profit organization, completely sustained by our fundraisers and donations from local individuals, businesses, and groups. We are a 501(c)(3) public charity established in March, 2009. No city/state/federal funds are received to finance our operations.

For  
Anyone ... **OVER** 50

**Forever Young thanks you for supporting our Center.**

***FYAC 2024 Board of Directors***

Pat Neel, President  
Jennell Sympson, Secretary  
Jackie Taylor, Director  
Wendell Phillips, Director  
Larry Ballowe, Director

Daisy Bennett, Vice President  
Janice Barton, Treasurer  
Vicky Selman, Director  
Venita Holbrook, Director



To provide a place for adult fellowship and programs that will enrich one's life.



Like us on Facebook

@fyacquitman

**Forever Young Activity Center — 404 S. Main, Quitman, Texas**  
Mailing address: P. O. Box 538, Quitman, Texas 75783 Phone: 903-763-8201

**[www.quitmanseniors.org](http://www.quitmanseniors.org)**