

Bits & Pieces

Your FYAC Newsletter

Debbie Main, Editor



13 - 18

For Anyone ... **OVER 50**

Monday	5:30 pm	FYAC Board of Directors meeting <i>(Associates Welcome to attend!)</i>
Tuesday	9:00 - 4:00pm LUNCH 7:00pm	GAMES AND FELLOWSHIP BRING YOUR OWN FYAC Charitable BINGO for any age! <i>(Doors and concession open at 5:00 pm)</i>
Wednesday	9:00 - 4:00 pm LUNCH 1:00 - 2:00 pm	GAMES AND FELLOWSHIP BRING YOUR OWN VIDEO EXERCISE CLASS
Friday	9:00 - 4:00 pm 10:00 - 11:00 am LUNCH \$7 7:00 pm	GAMES AND FELLOWSHIP CHAIR YOGA CLASS Mexican casserole FYAC Charitable BINGO for any age! <i>(Doors and concession open at 5:00 pm)</i>
Saturday	6:00 pm	FYAC SUPPER CLUB — Theme: Cinco de Mayo! <i>(Doors open at 5:30 pm — games til 8:00 pm)</i>



Tuesday/Friday 7:00 pm

MAY is OLDER AMERICANS MONTH




Last Wednesday's celebration of Older Americans Month, presented by the Area Agency on Aging of East Texas, was well-attended and provided much-needed information and contacts to our Wood County seniors.

In addition to several vendors participating, there was a program filled with everything from how to stay active, financial planning, history of OAM, providing lunch ... and music and door prizes.



PRESENTED BY





One of the day's door prize winners, Ethel K. Congratulations!

THANK YOU TO OUR VENDORS:

- Cal Tel (captioned telephones)
- Caraday Healthcare
- Daisy Blue Insurance
- Lowe Gardner Funeral Home
- Reflections Hospice
- Tena Burrell, Financial Advisor
- Wesley House Assisted Living
- Wood County Extension Agent

PRESENTED BY



Last Friday's special night of "Bingo Mania" celebrating FYAC Charitable Bingo's 11th anniversary was a big success! The 90 Bingo players who came out enjoyed an evening filled with:

- a \$1,000 daub pull-tab
- a \$1,199 blackout game
- door prize after door prize

And the Concession Stand team offered a home-cooked meal on the menu of chicken and dumplings, salad, garlic bread, cake, and coffee or tea.

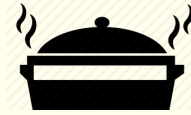
Fun time! Look for another special Bingo night coming this summer!



MAY



Covered Dish.
Bring a friend!



Join us for an evening of
Great Food, Fellowship, and Fun.

SATURDAY

MAY 18

6:00 PM

(DOORS OPEN 5:30)

GAMES UNTIL 8:00 PM

Theme:



PAINTING FOR FUN

Wednesday, May 22

9:00 am — Noon

Class fee: \$4

Instructor: Jean Chancellor



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

Teapot Chicken acrylic



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



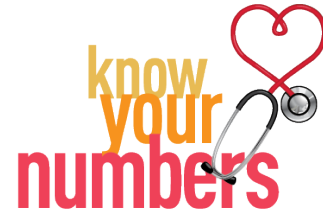
Next meeting
Wednesday
JUNE 5
11:00 am



NO CRAFT
CLASS
IN MAY



THANK YOU
 to Melissa from
 1st Choice Home Health
 for checking blood pressures
 and oxygen levels last Friday.



Again, **thanks** to last Friday's food team
 and Bingo concession workers for the
 delicious chicken and dumpling lunch
 that also provided a hot meal
 for the night's special Bingo event.



**Games up front; exercising in the back.
 Something for everyone!**



**"The older you get, the tougher it is
 to lose weight ... because by then
 your body and your fat
 are really good friends."**

- Bob Hope



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 28*

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 ...

** - Tuesday*





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**

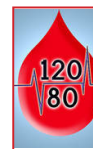
Cake celebration for birthdays is now held on the **first Friday** of each month (provided by Reflections Hospice).



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

**KNOW
YOUR
NUMBERS**

of
each
month.



CLASS

**PAINTING
FOR FUN
CLASS**



**Supper
Club**

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

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www.quitmanseniors.org