

Bits & Pieces

Your FYAC Newsletter

Debbie Main, Editor



2024

APRIL

22 - 27

For Anyone ... OVER 50

Tuesday	9:00 - 4:00pm LUNCH 7:00pm	GAMES AND FELLOWSHIP BRING YOUR OWN FYAC Charitable BINGO for any age! (Doors and concession open at 5:00 pm)
Wednesday	9:00 - Noon 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 7:00 pm	GAMES AND FELLOWSHIP CHAIR YOGA CLASS FRIED FISH & FIXIN'S provided by Caraday FYAC Charitable BINGO for any age! (Doors and concession open at 5:00 pm)
Saturday	11:00 am	★ CELEBRATION OF LIFE for Elaine Douglas Lunch provided - please RSVP to Daisy 903-967-2967 (for food preparation)



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

LAST WEEK



Thank You to the following vendors that participated in the Community Health Fair last week at Forever Young. This event was provided by Wesley House of Quitman and Caraday of Quitman and helped supply much needed information for our community.

- Autumn Wind Assisted Living
- Caraday Health
- Cunningham Insurance
- Cypress Basin Hospice
- First Choice Home Health
- Heritage House Health Care
- Lowe Gardner Funeral Home
- Reflections Hospice
- UT Health East Texas
- Wesley House Assisted Living





Elaine Douglas

CELEBRATION OF LIFE

A celebration of life for Elaine Douglas will be held at Forever Young Activity Center on Saturday, April 27, at 11am.

In remembrance, the family requests memorial gifts in Elaine's honor be donated to Forever Young, which was a large part and support system for Elaine for over 20 years.

Please continue to keep Elaine's family in your thoughts and prayers.

Lunch will be provided.

(for food preparation, RSVP to Daisy 903-967-2967)

PAINTING FOR FUN

Wednesday, April 24
9:00 am — Noon
Class fee: \$4
Instructor: Jean Chancellor



Zebra watercolor

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

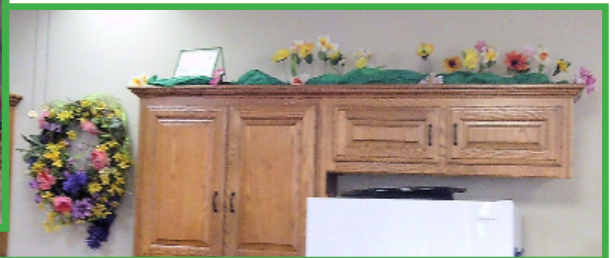
FOREVER
YOUNG
IS
STARTING
A
BOOK CLUB!



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



Next meeting
Wednesday
MAY 1
11:00 am



We have really been enjoying the Spring decorations that were recently put up at the Center.

Thank you to the volunteers who help us all experience the different seasons and holidays throughout the year!





MEET THE NEW FYAC 2024 BOARD OF DIRECTORS



Last Saturday night at the FYAC monthly potluck supper club, we had a good crowd of 32 in attendance. The Board members were the cooks for the evening. They provided the potluck meal as a thank-you to all the volunteers who give of their time and efforts at the Center.

The meal was delicious, and very much appreciated by the many Forever Young volunteers who keep our facility up and running. Special recognition went to Lewis G and Janice B for their steadfast willingness to tackle whatever situation may arise, and to Debbie M for her desktop publishing and other contributions made throughout the year.

Games followed the meal, and a great time was had by all!





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 **April 29**

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**

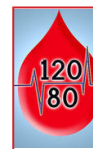
Cake celebration for birthdays is now held on the **first Friday** of each month (provided by Reflections Hospice).



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