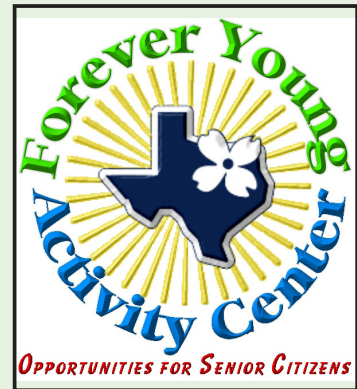


Bits & Pieces

Your FYAC Newsletter

Debbie Main, Editor



6 - 10

For Anyone ... **OVER 50**

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 - Noon ★ 10:00 am - 1:00 pm LUNCH 1:00 - 2:00 pm	GAMES AND FELLOWSHIP CELEBRATE OLDER AMERICANS MONTH! Provided Please RSVP to 903-747-1319 VIDEO EXERCISE CLASS
Friday	9:00 - 4:00 pm 9:45 am 10:00 - 11:00 am LUNCH \$7 7:00 pm	GAMES AND FELLOWSHIP MEDICAL CHECKUP CHAIR YOGA CLASS CHICKEN & DUMPLINGS FYAC Charitable BINGO for any age! ★ <i>(Doors and concession open at 5:00 pm)</i>

★ Big Bingo Event!
\$1,199 blackout payout

THIS WEDNESDAY – MAY 8

Celebrate our seniors:

MAY IS OLDER AMERICANS MONTH



Presentations
Vendors
Food
Music
Door prizes

PRESENTED BY Area Agency on Aging of East Texas

MAY is OLDER
AMERICANS
MONTH



Celebrate
our seniors
with us
on **MAY 8!**
10am – 1pm

Let's build and maintain a healthy senior population in our community. This event will include information on services available to East Texas seniors ... plus a whole lot more!

- **How to stay active**
- **History of Older Americans Month**
- **Presentations from vendors**
- **Financial/Estate planning**
- **Music**
- **Food (lunch provided)**
- **Door prizes!**



LUNCH: for meal planning,
RSVP to 903-747-1319

PRESENTED BY

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 Quitman, Texas
PH: 903-763-8201



MAY 2024



Happy Birthday!



*Our birthdays
in attendance
last Friday were:*

Larry B
Janice B
Earline O
Daisy B

Not present:
Peggy B
Kay B

**THANK YOU to Reflections Hospice
for providing the beautiful cake.**



- 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**



*"The secret of staying young is to live honestly,
eat slowly, and lie about your age."*

- Lucille Ball



Friday, May 10

Free blood pressure
and
oxygen level
check.



**FYAC
MONTHLY BOARD MEETING**



Monday,
MAY 13
5:30 pm

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:



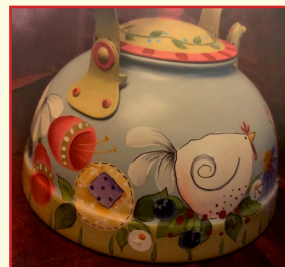
PAINTING FOR FUN

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

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**

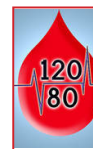
Cake celebration for birthdays is now held on the **first Friday** of each month (provided by Reflections Hospice).



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

**KNOW
YOUR
NUMBERS**

of
each
month.



CLASS

**PAINTING
FOR FUN
CLASS**



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