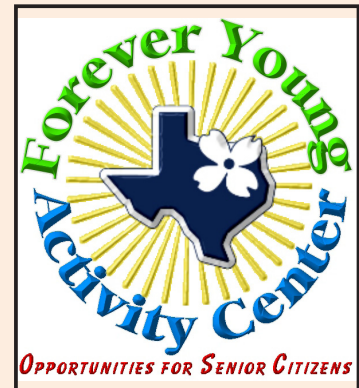


Bits & Pieces

Your FYAC Newsletter

Debbie Main, Editor



2025

March
24 - 28

For Anyone ... **OVER 50**

Tuesday	9:00 - 4:00 pm LUNCH 7:00 pm	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 Yantis Community Outreach Senior Shopping Day LUNCH 1:00 - 2:00 pm	GAMES AND FELLOWSHIP BRING YOUR OWN SENIOR EXERCISE CLASS
Friday	9:00 - 4:00 pm 10:30 - 11:30 am LUNCH \$7 7:00 pm	GAMES AND FELLOWSHIP CHAIR YOGA CLASS Provided by Wesley House FYAC Charitable BINGO for any age! <i>(Doors and concession open at 5:00 pm)</i>

NOTE: MARCH ART CLASS CHANGED TO APRIL 1



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

Where: Forever Young Activity Center

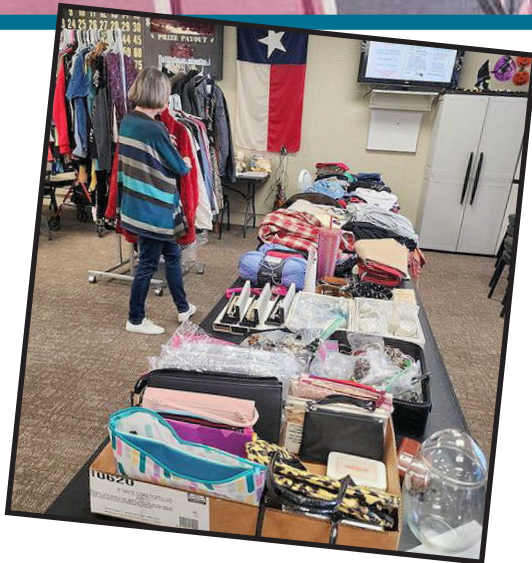
QUITMAN, TX, 75783

Last Wednesday of each month

Time: 9:00 AM- 7:00 PM



WEDNESDAY
MARCH 26
AT
FYAC

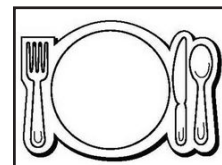


- The **Yantis Community Outreach** monthly “free shop day” is this Wednesday. Overstock items are set up for an easy shopping experience.
- Proceeds go to raising funds for a new YCO facility.
- All items are free, but a donation to the fund is greatly appreciated for the service being provided.

Thank you!

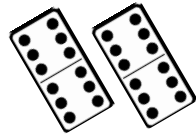
Last Friday's Shepherd's Pie lunch
was provided
by Venita's Food Team.

We had a great turnout and everyone really
enjoyed the meal!





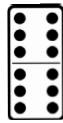
TOURNAMENT



(l-r) Games Chair Jackie and Tournament winners Dianne and Pat. Congratulations!



Last week's 42 Tournament was a big success! We had 12 players participating. It was close, but the eventual winners were Pat and Dianne. Special thanks to Jackie, our Games Chairman, for planning the vent and bringing the pizza.



Last Friday's speaker was Gayle Mullinex from the Wood County Extension Office (Agrilife).

She is a Certified Master Gardener, and her presentation "Getting Ready for Spring" included tips on flower bed/lawn/garden preparation and maintenance.

Thank you, Gayle, for sharing your knowledge with us!



Gayle; Peggy, our Program Chair; and Extension aide.



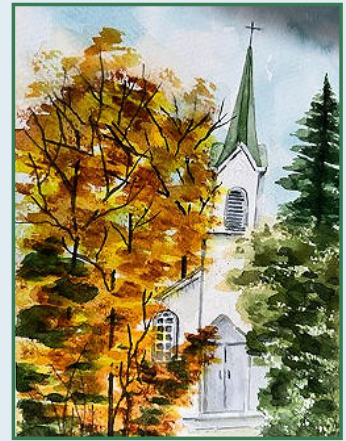
PAINTING FOR FUN

TUESDAY, APRIL 1

9:00 am — Noon

Class fee: \$4

Instructor: Jean Chancellor



watercolor church

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

FYAC Fundraising
and Committee Chair
Meeting



WEDNESDAY
April 2
3:00 pm

FYAC
MONTHLY
BOARD
MEETING

Monday,
April 14
5:30 pm



Debbie A was lucky enough to celebrate her birthday again with friends at FYAC recently. She's holding the beautiful cake that everyone enjoyed, and several others brought snacks to graze on :)



Jennell updates our digital sign. Her efforts keeping up with this are greatly appreciated.

Garage Sale



603 CLIFF STREET IN QUITMAN

**FOR THE BENEFIT OF
QUITMAN CHRISTMAS SHARING, PLUS
A 503C3 NONPROFIT ORGANIZATION**

**Wednesday, April 2nd
5-7 pm \$20 admission
to shop early!**

Thursday, April 3rd 12-5

Friday, April 4th 8-5

Saturday, April 5th 8-5

**Shop and help others!
All proceeds assist local
families by providing them
with food, clothing and toys.**



COMMUNITY EVENT HOSTED BY
FIRST UNITED METHODIST CHURCH/QUITMAN:

Join us for Lunch During Lent!



Quitman First United Methodist Church

Every Tuesday from
March 11 through April 8, 2025.

11:45 a.m. to 1:00 p.m

J.O.Y. Hall, 207 N Goldsmith St .

Lunch, Music, and a Short Devotional

Open to Everyone / Reservations Are Not Required.

No charge for meal *** Donations are accepted

Devotional
Speakers

March 11
Mike Midkiff
Faith Baptist

March 18
Mark Young
FUMC

March 25
Joel McMullan
First Baptist

April 1
Mike Fletcher
Spur On Ministries

April 8
David Hicks
Liberty MC



TUNE IN ... to 99.9 KMOO

- Double Talk program
- Last Monday of the month
- 8:45 am
- Next broadcast March 31

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 ...



FOREVER YOUNG ACTIVITY CENTER



SPECIAL



NIGHT

APRIL 4
7:00 pm

(doors open 4:30 pm)



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

\$1,199
BLACKOUT
prize!

*(included in all card packs
and gaming tablets)*

- 15 games of Bingo played
- Gaming tablets available *(start at \$38)*
- Designated smoking area available
- **CONCESSION OPENS 4:30 pm**

(SPECIAL HOT MEAL WILL BE AVAILABLE)

LOTS
OF PULL TAB
GAMES!

CHARITABLE BINGO IN QUITMAN

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

404 South Main, Quitman TX 75783 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



HOMEMADE DESSERTS

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

CHARITABLE BINGO IN QUITMAN

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



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
SENIOR 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!



SENIOR EXERCISE class
1:00 pm **Wednesdays**

CHAIR YOGA class
10:30 am **Fridays**

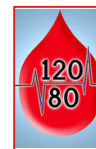
Cake celebration for birthdays is now held on the **first Friday** of each month (provided by Reflections Hospice).



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 2025 Board of Directors

Pat Neel, President
Debbie Main, Secretary
Jackie Taylor, Director
Wendell Phillips, Director
Larry Ballowe, Director

Daisy Bennett, Vice President
Jennell Sympson, Treasurer
Vicky Selman, Director
Venita Holbrook, Director
Jenine Galvin, 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