

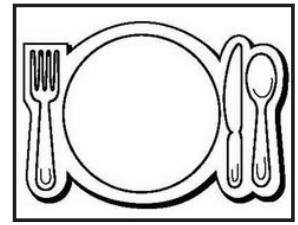


# Thank you!

Last Friday's fried fish, fries, hush puppies and coleslaw was provided by Wesley House (Quitman). Harbor House Hospice provided the dessert. And Tony LeGrew with Edward Jones also brought some sweets.

Our own Larry B brought some sugar-free dessert. We had a great crowd on hand to enjoy such a wonderful meal!

A continued **Thank You** goes out to the community businesses that provide our Fourth Friday lunches!



**Larry B with the Wesley House and Harbor Hospice crews.**



**Tony LeGrew with Edward Jones.**



**Thanks** to our associates who put up the Spring/Easter decorations recently!





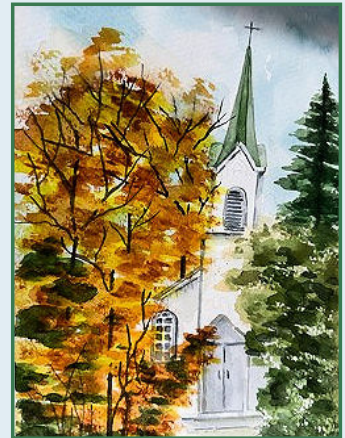
# PAINTING FOR FUN

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



**APRIL**  
**BIRTHDAY** Friday,  
**CAKE** April 4  
**CELEBRATION**



**FRIDAY APRIL 11**

Free  
blood pressure  
and  
oxygen level  
check.



FYAC  
MONTHLY  
BOARD  
MEETING

Monday,  
April 14  
5:30 pm



...COMMUNITY EVENT...

# 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

- DoubleTalk program
- Last Monday of the month
- 8:45 am
- Next broadcast April 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 ...





# 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.



**Crafts**  
  
**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 2025 Board of Directors***

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

Daisy Bennett, Vice President  
Jennell Sympton, 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](http://www.quitmanseniors.org)**