

JUNE BIRTHDAYS



Joan Sabino, 4th
Mary De Leo, 8th
Rafael Couret, 17th
Gerald French, 19th
Bely Zaboly, 19th
Ed Backner, 24th
Kathy Walsh, 30th

Joan Johnson, 8th
Ken Gereau, 13th
Kelli French, 18th
Charlie McCracken, 19th
Shirley Harbour, 20th
Mina Bowers, 25th

JULY BIRTHDAYS

Virginia Lessmann, 2nd
Michelle Thomas, 4th
Pat Redding, 5th
Jack Ridding, 6th
Anne Boat, 14th
Greg Tencer, 14th
Patricia Hansen, 19th
Bill Mercer, 31st

Kumiko Stoyko, 3rd
Elaine Mc Kenman, 4th
Ruth Riepe, 5th
Helen Mc Dermot, 9th
* Dave Tunink, 14th
Randy Riepe, 15th
William Eckert, 26th



SilverSneakers Is an exercise program that is specifically designed for older adults with the goal of keeping you engaged and interested through fun and social activities. Enjoyable fitness activities may encourage older adults to stay healthier in the long run. What does a SilverSneakers membership include? A SilverSneakers fitness program includes access to all kinds of perks. General membership includes access to all participating locations *cont.* ➔

SENIOR PALS OFFICERS 2019

President: Debbie Perrotta 281-923-1518
VP: William Lessman 713-202-7177
Treasurer: Dick Johnson 936-588-4802
Program Director: Bob Perrotta 281-825-7404
Hospitality: Nidia Drewery 832-439-5670
Trip Committee: Joan Johnson 936-588-4802
Membership: Rita Wold 281-651-4680
Bulletin/Newsletter: *Alfred Sabino 281-415-8153

E-mail: ubnjtx@yahoo.com *When sending e-mails **PLEASE** put Senior Pals first in Subject line!

Alaska Inside Passage
May 17-23, 2020
Oosterdam
Interior-\$1139.00 pp
Ocean View-\$1269.00 pp
Balcony-\$1739.00 pp

Deposit \$350.00 pp
Tax and Port charges included
Not included gratuities
excursions
on board extras

Cabins are still available - if interested contact Joan Sabino - 281-298-65683 or doulamom4mom@yahoo.com. 10 bookings + are current + options to share a cabin for singles@ lower cost.



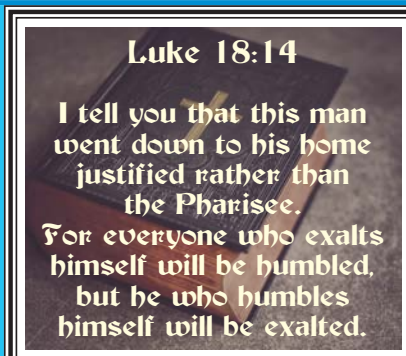
Scenic Cruising Stephens Passage
Holland America Line
Sitka
Ketchikan
Victoria Canada
Seattle

➔ and core services. In addition, the program offers:
Program Advisors who serve as informational guides to fitness facilities and benefits
SilverSneakers is considered a basic fitness service and Original Medicare, Part A and Part B, does not cover this benefit. However, Medicare Advantage plans, also known as Medicare Part C, may provide this benefit. To see if your current Medicare Advantage plan includes the **SilverSneakers** program, contact your health plan directly, or visit the **SilverSneakers** online health plan finder to check.
Several nearby YMCA'S offer this program as do other facilities
•THE WOODLANDS FAMILY YMCA at Branch Crossing 8100 Ashlane Way
•CONROE FAMILY YMCA
10245 Owen Drive 936-441-9622
Do yourself a favor and check this out!

Contributions for the Newsletter and/or Bulletin accepted. Please send to: ubnjtx@yahoo.com.

Luke 18:14

I tell you that this man went down to his home justified rather than the Pharisee.
For everyone who exalts himself will be humbled, but he who humbles himself will be exalted.




NEWSLETTER

JUNE 08, 2019 MEETING
Bishop Sheltz Fellowship Hall
All meetings 10:00 am - 12:30 pm Saturdays
Please Note: There will be no JULY Meeting

• FUTURE MEETINGS •

Saturday, August 10, 2019
Saturday, September 14, 2019
Saturday, October 12, 2019
Saturday, November 09, 2019
Saturday, December 07, 2019
10:00 - 4:00 PM *Senior Pals Christmas Party - Fellowship Hall
Sunday, December 8, 2019
7:00 am - 1:00 pm Fellowship Hall
BAKE SALE

HAPPY NEW YEAR!

Saturday, January 11, 2020
Saturday, *February 01, 2020
Saturday, *February 29, 2020
Saturday, April 04, 2020
Saturday, May 09, 2020
Saturday, June 06, 2020

*NOTE! Due to Scheduling conflicts, the February meeting is moved back one week and the March meeting will be on February 29 as noted.

★ REMINDER! ★
PLEASE BRING ITEMS FOR THE MONTHLY RAFFLE TO THE MEETING

★ UPDATE!
Now, Anyone 50 + is invited to join our community!
We host a multitude of events every month! There is a monthly meeting, trips, luncheons, and other activities to participate in. Check the bulletin for the monthly meeting times and other events. For information call: Debbie Perrotta at 281-923-1518



Elections will be held at this meeting with the following positions open: *President, Vice President, and Trip Committee head.*
The future of the organization is at stake here. It is not difficult and **YOU can make a difference!!** Thank You.....

Guest Speakers
• *June: Stephen Andriko, Author. will speak on reducing the risks of Dementia*

Also, we are expecting Father Tom to be at the meeting to speak to us also.

SENIOR PALS MASS
There will be a Mass for the Senior Pals at 5:00 PM
The evening of our meeting, JUNE 8th

REMINDER!

 **HOUSTON ASTROS**
VS
 **Pittsburgh Pirates**

June 27th, 2019 • 1:10 PM
Leaving 11:30 am - 5:00 pm
Dick Johnson 936-588-4802

May all you wonderful

Dads enjoy a

Happy Father's Day

Sunday, June 16



Located in Hackensack New Jersey-the original owners, **Boehringer & Weimer (B & W) Bakery**, ran a classic, German-style bakery whose products are the same today as they were 63 years ago... delicious, addicting, and safely guarded when it comes to the recipes. Just the B & W bag is enough to stimulate the same response from those in-the-know that Pavlov got from his dogs!

Having experienced the Original and several times my own (copycat) I can assure you this cake is addictive and delicious.- " Try it, You'll Love it!"

B&W Crumb Cake (Copycat Recipe) Recipe

- Cake Dough**.....
- 3 1/3 cups All-purpose flour
 - 6 tbsp cold butter, cut into small pieces
 - 3/4 cups whole milk, warm
 - 3 1/2 tsp instant or active dry yeast
 - 1/4 cup sugar
 - 1/2 tsp salt
 - 3 lg eggs, room temperature
 - zest of 1/2 lemon (about 1 tsp)

Crumb Topping

- 2 1/2 cups flour
- 1 1/4 cups Granulated sugar
- 1 cup (firmly packed) Dark brown sugar
- 1 tsp cinnamon
- 1 cup (2 sticks) melted butter
- Powdered sugar for dusting (optional)

Note: cake shown is about 8 cakes before cutting



DIRECTIONS: DOUGH

1. Combine butter, flour, sugar and salt in the bowl of a mixer and beat until the butter is distributed and the mixture looks mealy.
2. In another bowl combine beaten eggs, luke-warm milk and yeast. Mix to combine and let rest while you zest your lemon (5 minutes should be fine)
3. Add the milk mixture & zest to the flour/sugar mixture and stir with a spatula until it comes together loosely.
4. Using a dough hook beat for 3-5 minutes until the dough becomes smooth and elastic and pulls away from the sides of the bowl. Put the dough out on a lightly floured board (the dough will be sticky).
5. Generously butter a 9"x13" pan. **Use real butter, no sprays!**
6. Roll out the dough to the size of the pan (use only 1/2 the dough if you prefer a thin layer of cake) **If making a 2nd cake with the remaining 1/2 of dough, you will need to double the crumb topping quantities.)**
7. Place dough in pan.

CRUMB TOPPING

1. Place flour, granulated and brown sugar in a bowl with cinnamon. Mix to combine.
2. Pour in melted butter and combine until crumbly.
3. Use your hand to make small 1-2" crumb lumps and place on top of dough in pan. Cover the dough with lumps and sprinkle any remaining crumble on the areas of dough that are showing between the larger crumb lumps.
4. Gently press the crumbs into the dough using the palm of your hand.
5. Bake at 350° for 30 minutes
6. Finish with a dusting of Powdered sugar.

National Museum of Funeral History

Joan and Al Sabino are tentatively scheduling a trip to this interesting Museum on November 6th, with lunch at a local restaurant on your own. TBD. Cost: 55+/Veterans \$9. Group 25+ - \$8 @. • Fully handicapped-accessible facility offers wheel chair access and benches for resting. Due to the reasonably close proximity we will either drive or carpool. Sign ups will be at August meetings: Joan or Al 281-298-6683 for Info

TRIPS & ACTIVITIES

Come join Senior Pals at 4:00pm Thursday July 18th

Our monthly Get - Together / Happy Hour at **Tapped Drafthouse and Kitchen**, It has good online reviews, including Al Sabino's, lots of beers, food so healthy they don't serve any fried foods, only baked, broiled or grilled. Included on menu a variety of tacos, pizzas, sandwiches and soup, wings and chicken strips, salads, pasta, sweets, etc.



Where: 525 Woodland Square Blvd, just west of the new Movie Theatre north side of 1488.

Sign up with Jim Meyer: Saturday, June 8th at the meeting, or Contact: jmeyer16@comcast.net Phone 936-321-8606



PLAYS:

Sunday, June 30th @ 2:30 pm

A play about the 1899 Newspaper strike in New York City. Presented by Class Acts Productions at the Nancy Bock Theater in the McCoullough Jr. High School in the Woodlands. Discounted price \$15.00



NEWSIES: *It's time to carry the banner with Disney's Newsies! Set in turn-of-the-century New York City, Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a band of teenaged "newsies." When titans of publishing raise distribution prices at the newsboys' expense, Jack rallies newsies from across the city to strike against the unfair conditions and fight for what's right!*

Patty Mercer: 281-367-5359 Info



SALTGRASS STEAK HOUSE



June 13th, 4 PM

19533 I-45 South, Shenandoah, on the northbound feeder road, just south of Babin's. Or if you prefer, drive east on Research/Tamina under I-45, then right on David Memorial Dr, next right on Oak Ridge Rd. towards restaurant parking.

Order from the happy hour menu for reduced prices on appetizers and drinks, from specially priced early dinners, or from regular dinner menu. An additional 10% discount on food and beverages with your AAA or AARP card is available. "Landry's Select Card" is also accepted.

•LUNCHEON Friday June 21

• **Perry's Steakhouse and Grill**,

The Woodlands. 1:00 pm

Friday June 21st.

Serving Pork Chop specialty items-Discounted

Price (3% group service fee plus Gratuity)



Elaine Wilson at 832-859-0975

•LUNCHEON

July- 23rd

• **House of Pies**

Tuesday, July 23rd

1:00 pm 1330 LakWoodlands Dr. (in the Target/Academy Shopping Ctr.)



Elaine Wilson at 832-859-0975

TOUR AND TASTING AT HAAK WINERY

in Sante Fe (TX) October 9, 2019, \$15.00 and opportunity to purchase some of their fine wines. Lunch will be at the **Monument Inn, La Porte**, a seafood restaurant overlooking Galveston Bay.

Approx. cost \$45.00 pp. for bus and winery tour and tasting is \$45 with lunch on your own. Sign ups will start at the Auust meeting and continue through the September meeting

Elaine Wilson at 832-859-0975