



Second Family

A homebound program focused on helping individuals living with illness or other challenges due to aging. An extended family of trained volunteers offers support and companionship for homebound individuals who belong to a partnering congregation.

Family caregivers receive respite, a break and time away from their caregiving responsibilities. A homebound program focused on helping individuals living with illness or other challenges of aging. An extended family of trained volunteers who are part of the CarePartners Second Family Care Team® offer support and companionship for home-

bound individuals who belong to a partnering congregation.

Volunteers primarily serve members of their own congregation. If resources permit, they may extend support to community-based referrals. Volunteers may offer assistance such as occasional home visits, companionship and respite care. Care Team volunteers do not provide skilled care such as nursing, homemaker, attendant, hospice or personal care services. A registration intake is conducted by a CarePartners Coordinator to determine eligibility and welcome new participants to this program. Cost: **FREE**

<https://www.carepartnerstexas.org>



NEWSLETTER

JANUARY 11, 2020 MEETING Bishop Sheltz Fellowship Hall
Saturday 10:00 am to 12:30 pm

JANUARY SPEAKER

Austin Zindler is a federal contractor for ClearCaptions. He will educate the seniors on their civil rights to their service and also on how they can get a free caption phone through a federally funded program. There are many seniors out there that struggle to hear on the phone or their cell phone with their loved ones

There are no monthly fees or any charges because it's a government program.

Mr. Zindler will be providing lunch or us at the meeting, Thank you Mr. Zindler

Thank you By Julie Reid from Divine Mercy Cenacle who was the original sponsor of the sock collection. "I want to thank **all of you** again for our sock collection we did this Christmas for the Women's Shelter and Community First Village. We collected around 500 pairs of socks (the most we have ever collected)!! A lot of people are going to be so thankful to have warm feet in this cold weather. Thank you again for your kindness and generosity."

May all of you have a very Merry Christmas and a blessed New Year! God bless you,

WELCOME!

Anyone 50 + is invited to join our community! There are monthly meetings, trips, plus Luncheons, and other activities to participate in. Check the bulletin or the ap.church website under : Senior Pals for the monthly meeting times and other events. For info: Helen Burwell 281-419-3515

If you have the time or inclination, here is a website that embodies the spirit of our country in these trying times.

NOW HERE IS HOW
"GOD BLESS AMERICA"
SHOULD BE SUNG!

http://www.youtube.com/watch_popup?feature=player_embedded&v=TnQDW-NMaRs#

JANUARY BIRTHDAYS

Barbara Straiton, 1st
Edith Swanson, 1st
Sandy Degler, 2nd
Shirley Frederick, 11th
Kim Shin, 11th
Junior Drewery, 18th
Elaine Wilson, 21st
Dick Johnson, 21st



Alaskan
inside
Passage
Cruise

May 17-24, 2020

IMPORTANT NOTICE!

Contact Joan Sabino 281-298-6683
@doulamom4mom@yahoo.com

Kimberly Perfetto-
Cruise & Vacation Consultant
@<http://www.seashorescapescapes.com>
Kimberly: (727)203-5241

For those who are registered, Check with Joan or Kim for transportation, excursions or any questions It's important that you take the time

- ★ To check your passports.
- ★ Verify the location of your passport.
- ★ That YOU have a passport book, rather than a passport card. and Your passport is not expired and does not expire within 6 months of your return date

*The fear of the Lord is
hatred of evil.
Pride and arrogance and
the way of evil
and perverted speech I hate.
Proverbs 8:13*

FUTURE MEETING DATES

February 1st 2020

***Due to conflicting
schedules, the MARCH
Meeting will be held on**

February 29th, 2020,

- April 4th, 2020
- May 9th, 2020
- June 6th, 2020

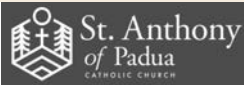
July- NO MEETING!

- August 8, 2020

SENIOR PALS OFFICERS 2019/2020

President: Helen Burwell • H-281-419-3515
Email - helen.burwell@gmail.com • C -936-537-1132
Vice President: Debbie Perrotta • 281-923-1518
Treasurer: Dick Johnson • 936-588-4802
Program Director: Bob Perrotta • 281-825-7404
Trip Committee Elaine Wilson • 832-928-4291
Hospitality: Nidia Drewery • 832-439-5670
Membership: Lynn Parisi • 727-647-8778
Newsletter: Alfred Sabino • 281-415 -8153
E-mail: ubnjtx@yahoo.com * When sending e-mails **PLEASE** put **Senior Pals first** in Subject line!

If you have a friend or know of someone who may be interested in our organization, Please do not hesitate to introduce them to us.



You are all valued members of our community and your input along with your participation is greatly appreciated. *God Bless you. Saint Anthony, Pray for us*



TRIPS & ACTIVITIES

Trip to the *Holocaust Museum*. \$33.00 @ pp
Tues, Jan 14th -Leave at 9 am. A Docent tour will be given, then lunch on your own at a nearby restaurant, perhaps Barnaby's. Bus will leave about 3:00pm to be back by 4:00 pm. Contact: Cathy Landry 832-928-4291



2020 Senior Pals Get Together



4pm Thursday, Jan 16, 2020

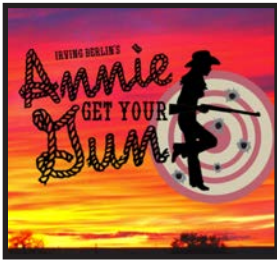
Saltgrass Steakhouse, 19533 I-45 South, The Woodlands (Shenandoah) on the

northbound feeder road just south of Babin's. Order from the early dining menu for reduced Happy Hour prices on drinks and appetizers.

An additional 10% off non-alcoholic beverages with your AAA or AARP card. Signup at our Sat Jan 11th 10am meeting or contact Jim Meyer jmeyer16@comcast.net /or 936-232-2456



JANUARY 25, SATURDAY @ 2:00 pm TICKETS \$10.00 THE WOODLANDS HIGH SCHOOL THEATER 6101 RESEARCH FOREST DRIVE



The musical tale of Annie Oakley! Renowned in the Wild West as a sharpshooter, Annie meets her match, both romantically and professionally, in the form of fellow ace gunslinger Frank Butler.

While Annie and Frank are performing as part of the famous traveling show headlined by the legendary Buffalo Bill, the two compete and flirt, with plenty of ups and downs along the way.

Contact: Patty Mercer 832-628-1822

JANUARY 28th, Tuesday at 1 pm Lunch at Zanti Cucina Italiana 10000 Research Forest, The Woodlands/Magnolia. Average cost \$15 - \$20
Contact Elaine Wilson 832-859-0975 for more information.



FEBRUARY 25th, Lunch Tuesday at 1:00 pm. RED ROBIN BURGERS and BREWS 19433 I-45 Feeder North Shenandoah. Serving so much more than Burgers. Average cost \$10 or less.
Contact Elaine Wilson 832-859-0975 for more information.



MARCH 19th, Thursday at 1 pm Lunch at LUPE TORTILLA 19437 I-45 North Feeder in Shenandoah. Average priced Mexican food and the BEST. Contact Elaine Wilson 832-859-0975 for more information



APRIL 3rd, Friday early dinner at 5 pm. Be the first in serving line for the last fish fry before Easter week. **Knights of Columbus** annual LENTEN FISH FRY at the church. Come and enjoy a wonderful fish dinner and support the K of C. Contact Elaine Wilson 832-859-0975 for more info.

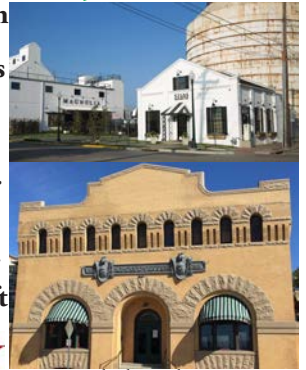
Trip to Waco, TX -Magnolia Farms March 25th, 2020

Leaving @7:30 am from St. Anthony's and Return at 7:30 pm
Cost: \$55.00 pp. Lunch on your own at the **Magnolia Table Restaurant**, which is unique in it's own right. Along with it is **The Magnolia Market**, a nationally recognized boutique home decor store founded by Joanna Gaines.

The store features a hand selected collection of unique and inspiring design items featured in her farmhouse and on her HGTV show, "**Fixer Upper**." **Other items of interest are:**

Dr. Pepper Museum** A museum dedicated to the nation's oldest major soft drink - Dr Pepper! 3 floors of exhibits featuring information about many different soft drinks, ***Texas Ranger Hall of Fame and Museum **Texas Sports Hall of Fame, & More!**

Contact : Arlene McGuire 936-760-9610 or seanathair@consolidated.net



CHICKEN MUSHROOM MARSALA -

INGREDIENTS

1 oz. Dried Porcini Mushrooms
8 to 10 oz. Fresh White Mushrooms
4 Chicken Breast Halves, Skinned, And Sliced In Half ★
Flour For Dredging
Salt & Pepper
3 Tablespoons Olive Oil
1 Teaspoon Finely Chopped Fresh Rosemary
2/3 Cup Sweet Marsala Wine

PREP TIME 10 minutes
COOK TIME 40 minutes
TOTAL TIME 50 minutes
SERVES = FOUR

TO FINISH:

2 Tablespoons Unsalted Butter
1/4 Cup Fresh Chopped Parsley

HINT ★ Place a boneless, skinless chicken breast, with the tender removed, on a cutting board, and hold it flat with the palm of your non-knife hand. Using a sharp chef's, boning, or fillet knife, slice the chicken breast horizontally into two even pieces. Place a piece between 2 pieces of parchment paper and pound to even thicknesses. This will allow for even cooking and tenderness.

INSTRUCTIONS

- Re-hydrate the porcini mushrooms in 1 cup warm water for about 30 minutes.
- Remove from the water, pat dry with paper
- Strain the porcini water, and set aside to use later.
- Slice the fresh white mushrooms thinly.
- Dredge the chicken breasts in flour seasoned lightly with salt and pepper.
- Heat the oil in a skillet over medium heat, then brown the chicken fillets in batches until lightly browned, about 3 minutes each side.
- Once well browned, remove the chicken and set aside.
- Cook the sliced mushrooms in the same pan until tender and golden brown, about 7 to 8 minutes.
- If the pan becomes too dry, use a little of the porcini liquid to moisten it.
- Return the chicken pieces to the pan with the mushrooms, and add the porcini, chopped rosemary, the Marsala wine and 1/4 cup of the porcini liquid.
- Taste, and season with salt and pepper if needed.
- Turn down to medium low heat, cover, and cook for about 15 minutes until the sauce has thickened.
- If the juices begin to evaporate too much while cooking, add a few tablespoons of the porcini water.
- When completed, the sauce should be thick and creamy.
- To serve, place chicken pieces on a warmed platter and cover
- Add the butter and parsley to the skillet and whisk until the sauce is smooth.
- Spoon the mushroom and sauce over the chicken and serve immediately.