

FEBRUARY BIRTHDAYS

Letty Kelly, 1st
Susan Sarazan, 5th
Andrea Ashburn, 6th
Mary Knots, 9th
Mary Laskowski, 14th
Ruth Ann VandeBogert, 17th
Joe Bih 18th
Pat Montgomery, 20th
Gergann Hinton, 22nd
Herbert Sommers, 23rd
Peggy Allen, 24th
John Peppercorn, 28th
Mary Knotts, 29th



If you have a friend or know of someone who may be interested in our Senior Pals 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



St. Anthony of Padua • CATHOLIC CHURCH FEBRUARY 1, 2020

NEWSLETTER

FEBRUARY 01, 2020 MEETING Bishop Sheltz Fellowship Hall
Saturday 10:00 am to 12:30 pm

FEBRUARY SPEAKER

Our February speaker will be Steve Andriko who will be presenting the following topic:
"Reducing the Risk of Dementia".
Steve has spoken to the group before and this should be a very pertinent topic for all.

Luke 23:43

"And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise."



Royal Caribbean Jewel of the Seas TransAtlantic Crossing
November 26, 2020
December 10, 2020

15 NIGHT: Rome to Galveston Cruise: Leaving from -Rome (Civitavecchia) Italy, Onboard the Royal Caribbean- Jewel of the Seas. Contact: Seashore Escapes for more info: Kim Perfetto- Travel Advisor - 727-203-5241 - Cabin fares and deposit based on double occupancy to include taxes and Port Charge- until a deposit is placed, all pricing and availability is subject to change. All cabin fares valid until July 28, 2020.

\$50.00 Onboard credit per cabin when deposited by April 25, 2020
\$1791.54 Interior Cabin
\$1991.54 Ocean View Cabin
\$2431.54 Balcony Cabin
\$435.00 Gratuities per cabin

\$900.00 Fully refundable

Deposit until final payment date of August 28, 2020. After July 28, 2020 cabin fares subject to Royal Caribbean prevailing rates.

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



IN MEMORIAM PLEASE PRAY FOR

William (Bill) Mercer
who recently passed away,
January 20th. And for
his wife, Patty, and
Family.

Bill was a long time
Senior Pals member and
will be missed.
God Bless him.

★ REMINDER! ★

PLEASE BRING ITEMS FOR THE
MONTHLY RAFFLE TO THE MEET.

★ 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

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 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
Hospitality:	Nidia Drewery	• 832-439-5670
Membership:	Letty Kelly	• 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!



TRIPS & ACTIVITIES

2020 Senior Pals Get Together

FEBRUARY 13th- THURSDAY 4:00 pm - 6:00 pm

Willie's Grill and Icehouse, 16846 Interstate 45 S, Conroe, TX

Contact Jim Meyers 963-321-8606



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 8th, Sunday,
"FROZEN Jr"

@ Nancy Bock Theater

Cost \$15.00 - Contact Patty Mercer 281-367-5359



2:30 pm. The play
by Class Act Productions
The Woodlands

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



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

Leaving @7:30 am from St. Anthony's and Return at 7:30 pm
Cost: \$55.00 pp. Lunch on your own. Unfortunately, Magnolia Table does not have room to accommodate everyone going to Waco on 3/25. But here are numerous food trucks available on the Silos site, many of whom have daily specials. To see a list of many of the regulars, use this link.

<https://magnolia.com/an-inside-guide-to-food-trucks-at-the-silos/>

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**."

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



MARCH 26th - Thursday -Happy Hour will be at Fielding's Grill, : 1699 Research Forest Dr, The Woodlands,. 4-6pm. Contact Jim Meyers 963-321-8606

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 **NASA Johnson Space Center** on **Tuesday, April 21, 2020.** Cost is \$50 LUNCH INCLUDED. Leave at 9 am and return at 5 pm.

SPACE is still available (*no pun intended*)

Contact Dick Johnso: 936-588-4802 for more information.



MAY 9TH SATURDAY, 2:00 pm INTO THE WOODS- The Woodlands High School Tickets \$10.00 @.Contact Patty Mercer 281-367-5359



Lent 2020 is a six-week period leading up to Easter. The purpose of Lent is to be a season of fasting, self-denial, spiritual growth, conversion, and simplicity.

Lent, which comes from the Teutonic (Germanic) word for springtime, can be viewed as a spiritual spring cleaning: a time for taking spiritual inventory and then cleaning out those things which hinder our relationship with Jesus Christ and our service to him.

Lent begins 46 days before the Saturday of Easter weekend (Easter Sunday falls on Sunday, April 12, 2020), but is only observed Monday-Saturday each week because every Sunday is viewed as a celebration. Therefore, Lent is observed a total of 40 days.

"Ash Wednesday" 2020, February 26, 2020

"Palm Sunday" April 5, 2020

"Holy Thursday" April 9, 2020

"Good Friday" is the Friday before Easter (Friday, April 10, 2020)

"Holy Saturday" takes place on Saturday, April 11, 2020, commemorates the day that Jesus' body lay in the tomb.

"Easter Sunday" April 12

Here is a simple and easy Lenten meal recipe to try.

Caribbean Jerk Shrimp Tacos. Serves 6

These spicy shrimp tacos are full of fruit salsa, veggies, and cheese.

PREP TIME 20 minutes **COOK TIME** -5 minutes **TOTAL TIME** -25 minutes

•2 Tablespoons butter •1/4 teaspoon chili pepper •1/4 teaspoon all spice
•16 ounces frozen uncooked medium **shrimp**, thawed according to the package
•6-inch Flour Tortillas •Chopped Red Cabbage. •Avocado Slices
•1 batch Pineapple Peach Salsa. •Crumbled Queso Fresco
Cheese •Chopped cilantro

INSTRUCTIONS:

Melt the butter in a hot skillet. Whisk in the spices.

Add the thawed, drained shrimp and stir until each shrimp is coated in the butter mixture.

Fry in the pan until the shrimp turns pink. Remove from the heat.

Fill each tortilla with cabbage, avocado slices, salsa, hot shrimp, cheese, and cilantro. *Serve immediately while hot.*

Pineapple Peach Salsa•1- 20 ounce can pineapple tidbits, drained
4 ripe peaches, peeled and diced

1/2 cup diced red onion

1/2 cup diced red pepper

1 large jalapeño, seeded and diced

1/4 cup chopped cilantro

1 Tablespoon lime juice

1 Tablespoon honey

INSTRUCTIONS

Mix all the fruit and vegetables in a bowl. Drizzle the lime juice and honey over the mixture. Toss to coat. Refrigerate in a covered container.



NOTE! I will be reserving a space here on this page for the next issue of the Newsletter for your favorite Lenten Recipe. Please submit it by February 20 for our members to enjoy in the newsletter for our February 29th Meeting (in Lieu of March). Preferably not too lengthy or complicated