



NEWSLETTER

FROM THE PRESIDENT'S DESK

NOVEMBER GUEST SPEAKER

Our featured speaker for this meeting will be Chris Lessmann (Son of our beloved member William Lessmann).

Chris will be giving us a presentation upon the creation of the universe, tying it into his time with NASA.

First Senior Pals Mass 2/6/22 at 11:00 am

The Mass will have seating set aside for our group and Father will stay after Mass to offer a blessing for us.

There is a Boy Scout breakfast following in Sheltz Hall for those interested in staying. We will have sign up at the January meeting of Senior Pals

Howdy!



Daylight savings time ends on

Sunday, Nov. 7, 2021 at 2:00 a.m. local time. On Sunday, Nov. 7, don't forget to fall back, and set your clock one hour behind. Yes, your iPhone will reset it's time on its own!

Thanksgiving Project 23 October – 20 November 2021 ANNUAL THANKSGIVING FOOD DRIVE



Help us make a family's Thanksgiving Day celebration special! Each year St. Anthony's Bread Food Pantry offers a Thanksgiving Box to families in need of assistance in the Montgomery County Area. We want everyone to have a healthy Thanksgiving meal on the table.

HOW YOU CAN HELP

Take home a box (or 2 or 10) and fill it with the list of items found here and return it to us for distribution to area families in need. We will provide the Turkey when distributing to the family, giving them everything they need to celebrate a day of Thanksgiving. Depending on where you shop, you can purchase prepacked Thanksgiving Project boxes until noon on Tuesday, November 23rd at: North Woodlands H-E-B, 3601 FM 1488, The Woodlands, TX 77384 costs an estimated \$35 to \$45 to fill a box.

BUILD YOUR OWN BOX: Place canned (heavy) items at the bottom of the box and tape the top of the box closed.

After weekend Masses, find volunteers collecting boxes at the St. Teresa Center through Sunday, November 14th.

At all other times, drop off filled and taped boxes on the pallets at the St. Teresa Center before November 19th at noon.

The St Teresa Center is located at 7985 Bay Branch Dr.

RETURN FULL BOXES

October 30 through November 14 at the St Teresa Center. Volunteers will be available before all weekend Masses to assist with unloading packed boxes. Outside of weekend hours, leave your full box on a designated pallet clearly marked "place full boxes here."

DISTRIBUTE FULL BOXES-Volunteer to help the Food Pantry give out boxes to families on November 16th, 18th, or 20th. Find the online sign up here.

--- BOXES WILL BE AVAILABLE AT THIS MEETING!---

<https://www.signupgenius.com/go/60b0548aeadd22a7fa7-thanksgiving1>

Blood Drive November 14th

7801 Bay Branch Dr.

Donor Coach

The Woodlands, TX 77382



Primary Blood Drive Coordinator Jeannie Halbach

Email: jhalbach@ap.church. Phone: 8324824170

Donors are needed to help maintain a life saving supply of blood- You can be significant in helping them, and even, perhaps yourself.

Signup for the upcoming blood drive on November 14th at this web site https://www.commitforlife.org/donor/schedules/drive_schedule/323938

Which Flu Shot is Best For You?

Getting the strongest protection for your age group could be especially important this year, doctors say. (AARP September 2021)

If you were one of the 80 percent of people age 65 and older who lined up for flu shot last year, public health experts want you to keep up the good work this fall

But as you make your appointment or arrive at the clinic, there's one more thing you should do for the best protection available: Ask for a either a high-dose or an adjuvanted vaccine. While experts say a standard flu shot is certainly better than no flu shot, these two options are designed to compensate for. As of last year, the shot is also quadrivalent, which means it offers even more protection because it protects against four strains of the virus, not just three. The weaker immune response that comes with age, making your vaccination more effective. In any year, 50 to 70 percent of flu-related among people age 65 and older according to the CDC "Centers for Disease Control and Prevention (CDC).

Senior Pals Christmas Party

Our Saturday December 11th meeting will be the from 9:45 - 11:45 am in Sheltz Hall.

The Conservatory will be providing our lunch for the event. Many thanks and our appreciation for their continued support of us.

Entertainment will be provided by Lorrie Reid, "Cellist" from the 11:00 am mass, and her friends.

If you have not already signed up for the Christmas Party, please contact Lynn Parisi at 727-647-8778 or sign up at the November meeting - **Space is limited.**

Please bring unwrapped Children's toys to the event which will be collected by Interfaith of The Woodlands on December 11th to be dispersed to the children.

Joan Sabino - Blessings to all



Trips - Activities - Plays - & Class Act Musicals



A global event celebrating local theatre!

A Cabaret of individual performers singing show tunes!
November 14, 2021 @2:30

Sign up at the meeting or call Patty Mercer

ELF-The Musical Sunday -12/19 -2:30 pm
Contact: Patty Mercer - (832) 628-1922 or at the meeting if interested.

Cruise: MS Westerdam - Holland America Line
May 8 - May 15th, 2022 - Seattle to Alaska-round trip

For more information, or to sign up, contact:
Joan Sabino @ 281-298-6683

Leave a message or contact at our meeting.



1 Corinthians 13

Love is patient, love is kind. Love does not envy, is not boastful, is not arrogant, is not rude, is not self-seeking, is not irritable, and does not keep a record of wrongs.

Love finds no joy in unrighteousness, but rejoices in the truth.

It bears all things, believes all things, hopes all things, endures all things.



THE BREAKFAST PLACE
LUNCH for NOVEMBER will be a **BRUNCH** at 11:00 am on Monday, November 22nd at 8000 McBeth Way #100, The Woodlands. The restaurant is located in the **Marcel Crossing 2 strip center**.

Directly across from the Park-N-Ride parking lot and the Branch Crossing YMCA and Library on Ashlane Way. Come and enjoy a fantastic late Breakfast or Lunch. Sign up at meeting. Contact: Elaine Wilson 832-859-0975.



DECEMBER Holiday LUNCH at **CARRABBA'S ITALIAN GRILL** 25665 I-45 south

feeder The Woodlands on Tuesday, December 21 at 1:00 pm. Contact: Elaine Wilson 832-859-0975.

Lunch restaurants coming up in 2022

Republic Grill, BJ's Brewhouse, Mia's, Crust Pizza and more!

❁ Volunteers Needed ❁

We are still in need of a few volunteers for the following committees:

- **The Christmas Party** - if you can assist please Contact Lynn Parisi- @ 727-647-8778



Coffee Team Needed!

YOU can be the person (s) that spreads the aroma, the taste, the joy of that morning coffee at our **SENIOR PALS MEETINGS** each month.

This is a rare opportunity to volunteer in a position of great importance, with very little effort involved.

Arrive at 9:15 am for our Senior Pals meeting which starts at 9:45 a.m. Arrange the serving table. After the meeting rinse the pots -That's it! you have made everyone's day!

We need TWO (2) folks to be our Coffee Team - back each other up in case one cannot make a meeting. Easy to get hired! - No drug test, no previous experience no resume needed - no references' - no pay!

Call Mike Arnold at 346-413-7672 - you can start at our November meeting.

The Olive Oil Greek Restaurant

4:00 pm Tuesday, November 9th - Wine and beer are served.

Reservation for 25-30 of us at : 373 Sawdust Rd, The Woodlands-Spring, just west of I-45, south side of Sawdust, parking is in front. . There are no special prices for drinks.

Contact: Jim Meyer 936-232-2456 or at the meeting



Best-Ever Chicken Soup

Ingredients

- 1 tablespoon avocado oil or olive oil
- 1 yellow onion, diced
- 2 celery stalks, roughly chopped
- 1 tablespoon turmeric, grated (or 1 teaspoon ground turmeric)
- 6 cups low-sodium chicken broth
- 6 cloves of garlic, minced
- 2 large carrots, thinly sliced
- 1 tablespoon ginger, grated
- 1 lb chicken breast/thighs, boneless and skinless

NOTE! Turkey may be substituted in preference to Thanksgiving tradition

- 1 teaspoon rosemary, freshly chopped
- 1/2 teaspoon salt
- ground black pepper, to taste
- 2/3 cup frozen peas (optional)
- 1 teaspoon thyme, freshly chopped and with the stems removed
- 1 cup pearl or Israeli couscous

• Begin by setting a large pot or dutch oven over medium-high heat, then add in the oil. • Once the oil heats, add in the onion, garlic, celery, and carrots, cooking for a few minutes or until the onion is translucent.

• Then, add in the grated turmeric and grated ginger. For 30 seconds, sauté, allowing the spices to become fragrant.

• Next, add in the chicken, chicken broth, thyme, rosemary, salt, and pepper.

• Bring to a boil, being sure to stir the chicken down to the bottom of the pot so the broth covers it fully.

• Reduce to medium-low heat, letting it simmer for 20-25 minutes, uncovered until the chicken is cooked through

• While the chicken simmers, stir in the couscous so it cooks according to the manufacturer's suggested cook time.

• Once the chicken is done, remove with a slotted spoon and move to a cutting board. With a fork, shred the chicken. Return the shredded chicken back into the pot and stir in the frozen peas, if using.

• Adjust the seasonings to taste, then serve.

NOVEMBER SENIOR PALS BIRTHDAYS

Colleen Siemers	1st
Linda Brown	2nd
Joe Weber	4th
Harold Schambach	6th
Bertha Klingman	7th
Lynn Parisi	8th
Mike Arnold	9th
Lorene Suggs	9th
Patti Emerson	11th
Sharon Bowen	13th
Roberta De Vos	18th
Dorothy Goudelock	18th
Virginia Mansour	21st
Susan Tucek	22nd



If we have missed anyone, or the date is incorrect, please e-mail me with the correct information
ubnjtx@yahoo.com

Brian Walsh	23rd
Cheryl Nu	26th
Joan Mc Lean	27th
Laura Harville	27th

Senior Pals Meeting Schedule for 2021/2022

Saturday, November 6th,	9:45 - 11:45	2021
Saturday, December 11th,	9:45 - 11:45	2021
Saturday, January 8th,	9:45 - 11:45	2022
Saturday, February 19th,	9:45 - 11:45	2022
Saturday, March 12,	9:45 - 11:45	2022
Saturday, April 9th,	9:45 - 11:45	2022
Saturday, May 21st,	9:45 - 11:45	2022
Saturday, June 11th,	9:45 - 11:45	2022
<i>Dates may change due to circumstances beyond our control</i>		
<i>A copy of the newsletter is posted at ap.church under Connect/Organizations/Senior Pals or call 281-298-6683</i>		

SENIOR PALS OFFICERS 2021/2022

President - Joan Sabino	281-298-6683- H
Vice President - Mike Arnold	346-413-7672 - C
Treasurer - Dick Johnson	936-588-4802 - H
Secretary - Joan Johnson	936-588-4802 - H
Membership - OPEN	-----
Hospitality - Sharon Perreault	936-890-5383 - H
Trip Committee - Cathy Landry	832-928-4291 - C
Program Chair - Linda Saucedo	775-815-0629 - C
Newsletter Editor - Al Sabino	281-415-8153 - C

Email: ubnjtx@yahoo.com