



NEWSLETTER

From The President's Desk

Our Saturday, September 2nd meeting will be held from 10:00 am until 12:00 pm. in Sheltz Hall and also in the future.

Our Guest speaker will be Brian Jones, Director of Liturgy for St. Anthony's speaking on Catholic Funerals.

★ Thank You to all who provided for our Pot Lunch Today. The Conservatory will be providing our lunch for the October meeting.



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 and other events. For more information, call Art Dominguez at 281-622-7703

September Luncheon-September 13th-WED @ Sakekawa Sushi-Hibach-Bar-4221 Research Forest Drive, The Woodlands. Seating in the Tappan Room -Order anything from the menu. Lunch Menu on line- Prices are very good -Contact Carla at Meeting or 510-593-0303



SEPTEMBER BIRTHDAYS



IRMA SAMANIEGO	09/04	MARIA POKLUDA	09/24
CARLA CHAMBERS	09/09	DOLLY ALBERT	09/25
LELA BRITT	09/11	TED ROGERS	09/27
JOAN ROBINSON	09/13	SHARON MUSIAL	09/29
SANDY EDWARDS	09/14	DAN FORSTER	09/30
PETE VEGA	09/18		

SENIOR PALS OFFICERS 2023 / 2024

President - Art Dominguez	281-622-7703 C
acisa74@gmail.com	
Vice President - Cathy Landry	832-928-4291 C
cmlandry@sbcglobal.net	
Treasurer - Linda Saucedo	775-815-0629
gammy1377@sbcglobal.net	
Secretary - Carla Chambers.	510-593-0303
carlachambers@aol.com	
Trip Chair - Martha Britton	214-924-0847
mbritton58@gmail.com	
Membership - Brigitte Mangelheim.	936-714-3367
brigitte.mangelheim@gmail.com	
Greeter - William Lessmann	713-202-7177
Hospitality - Elaine Wilson	832-859-0975
Elaine5975@att.net	

SENIOR PALS NEWSLETTER- Al Sabino 281-415-8153 C
(e-Mail: ubnjtx@yahoo.com (contacts for Newsletter))
PROGRAM CHAIR Joan Sabino 281-298-6683 H
doulamom4mom@yahoo.com
HAPPY HOURS & OR LUNCHEONS VARIES / TBD
FLOCK NOTES - Sharon Bowen 281-364-7056
grannybo1113@comcast.net

Crichton Theatre downtown Conroe Texas, at 234 North Main St.

9 to 5 The Musical, with music and lyrics by Dolly Parton and book by Patricia Resnick, is based on the seminal 1980 hit movie. Set in the late 1970s. this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic.

September 24th. 2:00 pm. Tickets \$23 - \$25 pp depending on size of group. Sign up at the September Meeting or Contact: Joan Sabino 281-298-6683



Did you ever play the "Clue" board game? You might want to see this production. Sunday, October 19th, @ 2:00 pm. Tickets \$23 to \$25 Sign up at the meeting! Please make sure to have your checkbook so

you can sign up! Contact: Joan Sabino 281-298-6683.



★ Senior Pals HAPPY HOUR ★ Sign up at the September meeting
By the Mall/45 ➤ 1212 Lake Robbins Dr, The Woodlands

September 27th 4:00pm to 6:00 pm
Indoor seating separate Checks and Happy Hour pricing! Great selection!



LUKE 6:37 "Do not judge, and you will not be judged, Do not condemn, and you will not be condemned. Forgive, and you will be forgiven"

Linda Saucedo is an active member of the Montgomery County Choral Society in Conroe Texas. Each year the organization debuts for concerts. The first Concert takes place on October 13th at the First Methodist Church in Conroe on SH 105. Linda has tickets to sell: Seniors \$15, Adults \$20 and students \$5. Enjoy some uplifting music along with some spirituals on October 13th! Come and enjoy a great time. See Linda for Tickets.

SENIOR PALS MEETING SCHEDULE FOR 2023/24

Saturday, September 2nd -	10:00 am - 12:00 pm
Saturday, October 14th -	10:00 am - 12:00 pm
Saturday, November 11th -	10:00 am - 12:00 pm
Saturday, December 9th -	10:00 am - 12:00 pm
Saturday, January 6th -	10:00 am - 12:00 pm
Saturday, February 10th -	10:00 am - 12:00 pm
Saturday, March 9th -	10:00 am - 12:00 pm
Saturday, April 13th -	10:00 am - 12:00 pm
Saturday, May 4th	10:00 am - 12:00 pm
Saturday, June 8th	10:00 am - 12:00 pm

Please note meeting time changes!

If you have internet access be sure to check the website prior to the meetings. If you receive "Flock Notes" check for any additions or changes- or call Art Dominguez @281-622-7703 A current copy of the newsletter is normally posted online the Wednesday or Thursday prior to the meeting. Directions to access: Go online to ap.church, then select Ministries When you do that you will then select "Organizations". At the bottom of the list you will see "Senior Pals". Select that to access our information.

Here is a warm up for the Greek cruise. Easy to make-ingredients available in HEB, Kroger's or Trader Joe's

Hearty Chicken Gyros Prep: 30 min + marinating Cook: 5 min. 6 servings

Ingredients 1-1/2 pounds boneless skinless chicken breasts, cut into 1/2-inch cubes

1/2 cup salt-free lemon-pepper marinade • 1 teaspoon dill weed
3 tablespoons minced fresh mint sauce: • 1/2 cup fat-free plain Greek yogurt
2 tablespoons lemon juice
• 1/2 teaspoon garlic powder

Assembly:

1 medium cucumber, seeded and chopped
1 medium tomato, chopped
1/4 cup finely chopped onion
6 whole wheat pita pocket halves, warmed
1/3 cup crumbled feta cheese



Directions

1. Place chicken, marinade and mint in a shallow dish and turn to coat. Cover and refrigerate up to 6 hours.
2. Drain chicken, discarding marinade. Place a large nonstick skillet over medium-high heat. Add chicken; cook and stir until no longer pink, 4-6 minutes.
3. In a small bowl, mix sauce ingredients. In another bowl, combine cucumber, tomato and onion. Serve chicken in pita pockets with sauce, vegetable mixture and cheese.

(Mint Sauce)

1 cup mint leaves - 1 Tablespoon Granulated Sugar

1/4 cup white wine vinegar

Place washed mint leaves with the sugar in a bowl in a small saucepan -heat the vinegar over low heat. Pour the vinegar over the mint. Taste and add more sugar if you think the sauce is too sharp



**16 nights departing October 23, 2024
to November 08, 2024
Royal Caribbean / Jewel of the Seas**

Deposit \$900.00

Inside Double @ \$2366.76

Ocean View Double \$2600.76

Balcony Double \$3814.75

Single in cabin - Minus \$142.38

Date	Port	Arrive	Depart
Wed- Oct 23	Barcelona, Spain	8:00 am	6:00pm
Thurs-Oct 24	Alicante, Spain	9:00am	5:00pm
Fri- Oct 25	Malaga, Spain	9:00am	7:00pm
Sat- Oct 26	Cadiz, Spain	8:00am	6:00pm
Sun-Oct 27	At Sea		
Mon-Oct 28	At Sea		
Tues-Oct 29	Ponta Delgada	7:00am	5:00pm
Wed-Oct 30	At Sea		
Thurs-Oct 31	At Sea		
Friday-Nov 1	At Sea		
Sat- Nov 2	At Sea		
Sun-Nov 3	At Sea		
Mon- Nov 4	At Sea		
Tues- Nov 5	CocoCay, Bahamas	7:00am	5:00pm
Wed- Nov 6	At Sea		
Thurs- Nov 7	At Sea		
Fri- Nov 8	Galveston TX	6:00am	Welcome Back!

Deposit required to pick Cabin #. Cabins prices held until 06/25/2024. Final payment 07/2024

Prices in US dollars based on double occupancy. These are group rates and are refundable until final payment. . Prices include port charges & fees, but do not include airfare.

For information contact **Joan Sabino** 281-298-6683

To book your cruise contact **Kristi Goodman** - Travel Agent. 281-253-9655

VOLUNTEERS NEEDED-Happy hours and/or Luncheons! Can do on a one time basis or as needed. Contact Martha Britton to volunteer!

Emergency Response Procedures:

Sargeant-at-Arms Tom Maguire is the crisis manager. He will assess the situation and call **911**.

Medical Emergency

1. **Medical Leader Elaine Wilson** will provide aid with help from one other volunteer as needed.
2. **Lynn Parisi** and **Sharon Bowen** will wait outside for **EMTs** and escort them to the emergency site
3. The rest of us will give these volunteers the room to work

Fire or Other Building Peril

1. **Everyone** remember the person sitting to your right
2. All of us to exit the room and gather across the court under the roof of the church administration building – Let's help those who need help.
3. Each one of us is to account for the person who was sitting to our right during the meeting.
4. Once all of us are accounted for, **Tom Maquire** will determine what we need to do next.

Quote:

"The problem with quotes on the internet is that you can never be certain they're authentic. "

Lincoln

Blessings, Art

*Dear St. Anthony
of Padua family,
There is much evil
and darkness that*

ST. ANTHONY'S UPDATES



Satan continuously sows, attempting to overshadow the light and love of God. In reparation and defense against that evil, we are opening our Main Church for a time of community prayer following the 5 PM Saturday Vigil Mass. We encourage all the faithful to remain on holy ground and pray together in solidarity against evil in our city.

Saint Padre Pio once said that "the devil is like a rabid dog tied to a chain; beyond the length of the chain, he cannot seize anyone. Keep at a distance. If you approach too near, you let yourself be caught. Remember that the devil has only one door by which to enter the soul: the will."

There are two ways to fight Satan: one is to cast him out in the name of Jesus by those who have authority, and the second is to flood him out by filling our lives with grace and the Holy Spirit.

With this in mind, we invite you to pray with us on Saturday night at St. Anthony. Whether silently praying a rosary, calling upon the intercession of Our Lady, St. Michael the Archangel or St. Joseph, the terror of demons, or simply gazing upon our Lord in the tabernacle, our church is a place of refuge and strength, and we invite you to join us.

- Fr. Jesse Garcia, Pastor