



# NEWSLETTER

## From The President's Desk

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

It's almost time to review your Medicare choices for the upcoming year.

Our Guest speaker for the August meeting will be **Gregory Orticke** - who will discuss upcoming choices and selections for 2024

**Medicare Advantage program.** Now, before it is too late, is the the time to get the facts and make intelligent choices for future needs

➤ **Thank You to all who provided for our Pot Lunch Today.** Please remember to sign up for next month.

### ★ SEPTEMBER 2nd SENIOR PALS MEETING

With **Brian Jones** *Director of Liturgy* for St. Anthony's speaking on Catholic Funerals.

**Menil Collection** - 1533 Sul Ross St. Houston, TX

**Wednesday, August 23rd**

**Car Pool Field Trip** - Leaving St. Anthony's @ 10:15 a.m. Lunch on your own at nearby restaurants: Either **La Tanatia** or **Niko Niko's**

• Menil Opened in 1987 and designed by Italian architect Renzo Piano, the main building houses art from the prehistoric to the present day. Exhibited in sky-lit galleries, the collection continues to grow. Paintings, sculptures, decorative objects, prints, works on paper, photographs, and rare books are on view. ➔ **You may also visit the Rothko Chapel, which is nearby**

**Sign up at meeting and/or contact Cathy Landry 832-928-4291 if you need a ride or more information**

**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 very good - Contact Carla at Meeting or 510-593-0303**

### SENIOR PALS OFFICERS 2023 / 2024

<b>President</b> - Art Dominguez acisa74@gmail.com	281-622-7703 C
<b>Vice President</b> - Cathy Landry cmlandry@sbcglobal.net	832-928-4291 C
<b>Treasurer</b> - Linda Saucedo gammy1377@sbcglobal.net	775-815-0629
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**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

**Crighon 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 August Meeting or contact Joan Sabino 281-298-6683**

**COLOSSIANS 3:15 (CEV)** - Each one of you is a part of the body of Christ, and you were chosen to live together in peace. So let that peace that comes from Christ, control your thoughts and be grateful, joyful in hope, patient in affliction, faithful in prayer.



Al Sabino  
281-415-8153  
Info



Sign up at the meeting to insure your space

### Senior Pals HAPPY HOUR

★ **Sign up at the August meeting ★**  
**AUGUST 30 - WEDNESDAY 4:00PM - 6:00PM**

**BLACK WALNUT**

CAFE

THE WOODLANDS  
9000 New Trails Drive  
The Woodlands, Texas



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



### AUGUST BIRTHDAYS

**MARY ANN STRAUSS**  
**MARGARET SAMBROOKS**  
**JOE MCNAMARA.**  
**GINNY CALLAHAN**

**08/02**  
**08/04**  
**08/07**  
**08/15**

**DICK MUSIAL**  
**PRISCILLA MASSEY**  
**SHARRON ALDRICH**

**08/15**  
**08/19**  
**08/30**

### 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 "Connect". 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.

