



NEWSLETTER

From The President's Desk

Our Saturday, January 6th meeting will be held from 10:00 am until 12:00 pm. *Welcome Y'all!*

• We will have our guest speaker **BRIAN JONES**, for our January meeting. **Brian is the Coordinator of Liturgy**, who will be speaking on Catholic Funerals.

Our February 10th guest speaker will be **Mallory Freitag**, from the Area Agency on Aging.



Dear Senior Pals: ♥

In this season of of togetherness, may you find comfort in the embrace of family and friends, cherishing the precious moments that truly matter. May the bonds that connect you grow stronger, creating lasting memories that warm your hearts throughout the coming year. May the spirit of **Christmas** fill your hearts with love, joy, and the blessings of good health.

As we celebrate the birth of **Jesus Christ**, the embodiment of hope and peace, may His light shine brightly upon you. May your homes be filled with the warmth of love and may the peace that surpasses all understanding be a constant companion in your lives.

Wishing you a **Christmas** filled with the magic of the season, surrounded by the love of those dear to you. May the **New Year** bring you continued health, happiness, and the fulfillment of all your heart's desires.

On behalf of the Senior Pals Board and me, **Merry Christmas** and a **Blessed New Year!**



Yogi Berra once said. "The future ain't what it used to be". The irony in this statement is that it may be paradoxically true.

As we continue to move toward norms that are different and perhaps even strange from the time when we were growing up, it is comforting to find ourselves with a group of individuals who are young at heart, enjoy making friends with like-minded peers, share Catholic values, and like helping one another.

Let's remember to invite our friends to become members of **Senior Pals**. **The more the Merrier!**



100 Scarborough Dr. Ste A3-A4 Conroe, TX (Gladstell off of 45S)

Tuesday, January 16, 2024 3:00 - 5:00 PM



Luncheon specials until 4:00 pm & **Happy hour** until 6:00 pm. A lovely small Italian Restaurant with reasonable prices, great servers and delicious menu. Space will be limited to 20 patrons-Sign up with **Martha Britton** at the meeting- There will be a wait list.



SENIOR PALS LUNCH CRUISE

Tentative date scheduled **Tuesday, March 26th, 2024**

Cruise will require at least 20 participants

We are currently planning a Lunch cruise on Lake Conroe. Cruise includes food, and interesting views on a weekday, from 12 p.m. to 2 p.m. This is a Carpool trip and we will need to know when you sign up if you can drive or need a ride. You need to Sign up at January and write a check to St Anthony's for \$55 to reserve your spot.



JANUARY 25, 2024

**The Woodlands Waterway Marriott
Hotel & Convention Center
5:00pm - 9:00pm**

Taste of the Town

Is a paradise for foodies looking to fulfill their cravings and sample local area cuisine! For one low price, guests can sample mouth-watering appetizers, entrees, desserts, pastries, and drinks from more than 40 of the area's finest restaurants, caterers, bakeries and beverage companies which includes two alcoholic drink tickets and unlimited food samples, water and soft drinks. Normally price at door is \$50 but if we sign up **15 PEOPLE WE RECEIVE A DISCOUNT PRICE OF \$30.00 PER TICKET!** Bring your check made out to St Anthony's and sign up at the January meeting.

Crichton Theatre

234 Main St., Conroe

• **10 tickets on hold Tickets \$23.00@**

2/18/24 2:00 pm West Side Story

4/14/24 2:00 pm. The Buddy Holly Story

7/14/24 2:00 pm Beauty and the Beast

Must be paid for by 3 weeks prior to each show by check made out to **St. Anthony!**

See Joan Sabino for info and Payment

James 3: 9-10 (NIV)

9With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. **10**Out of the same mouth come praise and cursing.

My brothers and sisters, this should not be.



JANUARY BIRTHDAYS



Barbara Straiton	01/01	Junior Drewery	01/18
Belinda Terro Mooney	01/03	Dick Johnson	01/21
Jean Brown.	01/05	Elaine Wilson	01/21
Kim Shin	01/11	Brigitte Magnenheim	01/22
Dan McCaully	01/11		

LIMONCELLO TIRAMISU

- 1 cup Limoncello Liqueur. • 1 cup water
- 1/2 cup sugar. • 1/4 cup Lemon juice
- 40 Savoirdi (or Lady finger cookies {2 pkgs})

For the Mascarpone Cream cheese:

- 1-1/2 cup heavy cream
- 1/2 cup powdered sugar
- 16 Oz Mascarpone cream cheese -room temp
- 1-10 oz jar Lemon Curd, Divided - save 1/4 to garnish

Garnish -remaining lemon curd, Lightly toasted sliced Almonds

NOTE: Watch carefully & toast until lightly browned as they burn easily!

- In a small pan, heat the limoncello, water, sugar and lemon juice over medium high heat, then reduce heat to low and cook, stirring often until the sugar has completely dissolved.
- Set the syrup aside to cool to room temperature
- In one bowl beat the cream with an electric mixer until soft peaks have formed.
- In separate bowl, beat the mascarpone with 3/4 of the lemon curd until smooth, reserving the rest for garnish.
- Fold the cream mixture into the mascarpone mix until blended.
- Pour the syrup into a shallow bowl and quickly dip each of the Savoirdi into the mixture coating them completely. Lay them flat, side by side (trim if necessary) in a 13" X 9 casserole dish.
- When first layer is filled, spoon over half of the Mascarpone cream mixture covering evenly.
- Make another layer of Savoirdi after dipping them in the syrup, to cover the first layer. Top this layer with the remainder of the cream mixture.
- Use a flat knife to smooth the top of the cream and garnish with the toasted Almonds.
- Mix the remaining Lemon curd with a spoon and drizzle across the top of the Tiramisu. **Note:** you can dress up the top with Strawberries mixed in a blender with some sugar and a tsp of lemon juice in it -spread over top. Refrigerate for 6 hours or overnight, Then Serve. If any is left, it will last several days covered.



Fantastic! 16 day TransAtlantic Cruise aboard the Royal Caribbean VOYAGER OF THE SEAS. 11/10 -11/24 -2024
Bill Netro Travel agent - 714-264-6676. Tell him you are traveling with Joan Sabino! • Deposit is \$1000. to reserve cabin and it's fully refundable until July .

There is a \$50 onboard credit per cabin. Voyager TA cabin prices in group -Interior stateroom \$1050 - Oceanview Balcony \$1663 PORTS listed below.

1 Barcelona, Spain

Departs at 5:00 PM

2 Palma De Mallorca, Spain

From 8:00 AM - 6:00 PM

3 Valencia, Spain

From 8:00 AM - 6:00 PM

4 Cartagena, Spain

From 8:00 AM - 6:00 PM

5 Málaga, Spain

From 8:00 AM - 6:00 PM

6 Cruising

7 Madeira (Funchal), Portugal

From 8:00 AM - 5:00 PM

8 Gran Canaria, Canary Islands

From 9:00 AM - 6:00 PM

9 Tenerife, Canary Islands

From 8:00 AM - 6:00 PM

10 - 16 Cruising

Days at sea!

17 Orlando (Port Canaveral),

Florida

Arrives at 6:00 AM

Senior Pals Mission Statement

To create a community of faith-minded seniors and individuals seeking to forge meaningful friendships within a small group setting.

Aim to foster a sense of belonging for seniors of all faiths, and provide opportunities for seniors to share their life experiences and interests.

Through group activities, volunteering, and supporting one another, we aspire to instill a strong sense of community and provide comfort to those in need.

Our forum serves as a trusted space for seniors of all faiths to make new friends, explore new places at their own pace, and discover exciting events happening in our vibrant community.

★ Take note article from TRAVEL+ LEISURE when flying on planes ★

1. Instruction Cards in seat Pocket Dirtiest spot - use hand sanitizer /wipe cards
 2. Overhead bin-touched by a lot of people=rarely cleaned -use hand sanitizer
 3. Tray tables! Wipe down with disinfectant cloth!
 4. Seat covers - Not often replaced or cleaned-disposable seat covers available on the market.
 5. Bathroom handles-locks and door handles rarely cleaned- use hand sanitizer after stowing luggage, touching anything in seat pocket or going to bathroom!
- Studies showed that drinking water on planes potentially unsafe and that includes coffee or tea * **Don't wash hands- use disinfectant wipes!**

Please take this copy of Emergency Response Procedures with you to the meetings for reference in the event of an emergency

★ EMERGENCY RESPONSE PROCEDURES ★

Sergeant-at-arms Tom Maguire - Crisis manager

He will assess the situation and call **911**

Medical Emergency → Elaine Wilson

Will provide aid with help from 1 other volunteer as needed.

Lynn Parisi + Sharon Bowen will wait outside for **EMT's** and escort them to emergency site.

→ The rest of us will give these volunteers all adequate room to work.

Fire or Other Building Peril !

1. EVERYONE! remember the person seated to your **right**

2. All of exit the room and gather across the court under the roof of the Church Administration building - Let's help those in need of 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 Maguire** will determine what we need to do next

SENIOR PALS MEETING

Saturday, January 6th

Saturday, February 10th

Saturday, March 9th

Saturday, April 13th

Saturday, May 4th

Saturday, June 8th

SCHEDULE FOR 2024

10:00 am - 12:00 pm

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View Newsletter online: ap.church/seniorpals

SENIOR PALS OFFICERS 2023 / 2024

President • Art Dominguez • • • • 281-622-7703

Vice President •

Cathy Landry

Treasurer •

Linda Saucedo

Secretary •

Carla Chambers

Trip Chair •

Martha Britton

Membership •

Brigitte Mangenbeim

Greeter •

William Lessmann

Hospitality •

Elaine Wilson

Senior Pals Newsletter •

Al Sabino

Program Chair •

Joan Sabino

Happy Hours & or luncheons •

Varies/TBD

Flock Notes •

Sharon Bowen