



NEWSLETTER



From the President's desk

Dear Senior Pals members,

I trust this message finds you all in good health and high spirits. As we enter the month of February, a unique period of the year reveals itself. In this month, we not only commemorate Valentine's Day, a day dedicated to love and affection, but we also signify the onset of a symbolic thawing, both in terms of the winter chill and the warmth of heartfelt connections.

February serves as a reminder that just as the frost begins to melt away, we too can take this opportunity to thaw out from the icy grip of routine and reach out to old friends and relatives we may not have spoken to in a while. Let us embrace the warmth of connection and friendship, fostering a sense of community that goes beyond our regular meetings.

In the spirit of unity and camaraderie, I encourage each one of you to check on those around you, ensuring that no one feels isolated or forgotten. Our shared bonds as members of Senior Pals go beyond our gatherings they extend into the heart of our community.

May this February be a month of renewed connections, joyful moments, and a thawing of our icy existence. Thank you once again for making our community gatherings so special with your presence and contributions.

One final note, Al Sabino, our Newsletter Editor is currently facing health challenges and has been under the care of medical professionals for the past few weeks. In his absence, I have taken on the role of acting editor for this month.

Your thoughts and prayers for Al's swift recovery would be greatly appreciated during this challenging time. We wish him the best and look forward to his return to good health.

Many blessings,

Art Dominguez

"An archeologist is the best husband a woman can have. The older she gets, the more interested he is in her"

-Agatha Christie

Today's Speaker:

Mallory Freitag from the Area Agency on Aging, This office offers a range of services for seniors and serves as an advocate for the health, safety, and well-being of the county's older residents. She will talk to us about services available through their offices.

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 ASAP and write a check to St Anthony's for \$55 to reserve your spot.*

Crighton 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

February Birthday's

Letty Kelly	02/01		Nick Maldonado	02/28
Marcela Lacambra	02/16		Jerry Wagoner	02/11
Carol Dennington	02/07			

Happy Hour

Happy hour luncheon will be at **Landry's Seafood Restaurant** at 1212 Lake Robbins Drive, The Woodlands on February 13th at 4:00 PM.



This is an encore visit by popular demand.

Luncheon

Luncheon will be at the **Black Walnut Café** at 9000 New Trails Drive, The Woodlands on February 22nd at 1:00 PM.



This is an encore visit by popular demand.

Remember you can view the Senior Pals Newsletter anytime online at: ap.church/senior_pals

Senior Pals Movie Theater

Presents

Some like it Hot

Starring Tony Curtis, Jack Lemmon & Marilyn Monroe



Wednesday, February 21st at 1:00 PM. Theater has free, admission, popcorn, candy, bottled water & parking. You can bring only clear liquids if you wish.

Senior Pals Theater is located inside the main building of the Conservatory at Alden Bridge, 6203 Alden Bridge Dr., in The Woodlands.

We have a classic movie showing every 3rd Wednesday of the month.

The March 9th meeting speaker will be:

Kendra Lawson, Director of the Conservatory at Alden Bridge. She will be talking to us about Senior Living Options.

Senior Pals Meeting Schedule for 2024 -

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

Remember to take home the copy of the Emergency Response Procedures, and study them. Be prepared. An emergency is never a time to begin learning what you need to do.

★ Emergency Response Procedures ★

Sergeant-at-Arms Tom Mcquire will be the crisis manager

He will assess the situation and call 911

Medical Emergency manager will be Elaine Wilson

She will provide aid with help from 1 other volunteer as needed.

Lynn Prisi and Sharon Bowen will wait outside for EMTs and escort them to the emergency site.

The rest of us will give these volunteers enough room to work.

In case of Fire or other building peril !

1. Everyone! Remember the person seated to your right!
2. All exit the room through the glass doors on the court side helping those who need help and all gather under the roof of the Church Administration building.
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, Sargeant-at-Arms Tom Mcquire will determine what we need to do next.



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	7 Madeira (Funchal), Portugal
Departs at 5:00 PM	From 8:00 AM - 5:00 PM
2 Palma De Mallorca, Spain	8 Gran Canaria, Canary Islands
From 8:00 AM - 6:00 PM	From 9:00 AM - 6:00 PM
3 Valencia, Spain	9 Tenerife, Canary Islands
From 8:00 AM - 6:00 PM	From 8:00 AM - 6:00 PM
4 Cartagena, Spain	10 - 16 Cruising
From 8:00 AM - 6:00 PM	Days at sea!
5 Málaga, Spain	17 Orlando (Port Canaveral), Florida
From 8:00 AM - 6:00 PM	Arrives at 6:00 AM
6 Cruising	

“Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.”

- Charles Spurgeon

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 Mangenheim
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

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.