



# NEWSLETTER

"When you are here you are with Friends"

## From The President's Desk

Dear Friends,

As we welcome each New Year, let us pause and reflect. Each New Year offers a fresh start, a chance to leave behind regrets and embrace the hope. It is a reminder of God's enduring love and His gift of a new beginnings.

Lamentations tell us, "The steadfast love of the Lord never ceases. His mercies never come to an end, they are new every morning (Lamentations 3:22-23)

As we step forward, we are invited to trust in His faithfulness and remember that he is always at work in our lives, crafting a future filled with with promise and peace.

This year, I encourage each of us to focus on gratitude and renewal. Let us cherish the blessings - our families, friends, and the time God has given us. Let us look forward to make a positive difference, offering kindness, encouragement and support to those around us.

I am deeply thankful for the life I have and the fellowship I share as Senior Pals. Together we remind one another of God's presence and His call to live in love and unity.

May this New Year bring you peace, joy, and a renewed sense of hope. May we step forward with faith, trusting in God's plan for each of us and and shining His light in all we do.

**WISHING YOU ABUNDANT BLESSINGS IN 2025!**



## Senior Pals Speakers

**Steven Crenshaw January 11th Handle with Care**  
Will discuss safety in the home - Committed to giving families peace of mind with a range of quality home safety solutions.



**February 8th Hear. USA**

**Jessica Nader - Hearing Aid Specialist**  
- Will go over hearing loss basics and how hearing loss affects us, and the basics of hearing aids.



2025 has been declared a **Jubilee year** by Pope Francis to explore the theme "**Pilgrims of Hope**".



Come hear Fr. Donald Calloway on Thursday, February 4th Mass at 6:45 pm in St. Anthony's Main Church followed by a talk at 7:30 pm



## FOOD PANTRY NEEDS

The food pantry is in need of (Rice (1 or 2 lbs)  
Stop by the store and pick up some rice and drop it off in the bins outside of the main church.  
Thank you for your support of our pantry!

**Help needed!**  
**JOIN THE FUN! We need your help.../ Senior Pals is looking to its members to help organize our monthly luncheons and Happy hours. It's easy and fun and a great way to share your favorite spot with friends!**  
**X Choose a Location! Ideally a restaurant you love.**  
**X Coordinate with the Manager**

Arrange a time to accommodate 20 -30 people with seperate checks

- X Pick the day and time**
- Luncheons at 1:00 pm or 2:00 pm
- Happy hours at 4:00 or 5:00 pm

If you can help we would love to hear from you

**SAKEKAWA RESTAURANT LUNCHEON - 01/16/1:00 pm**  
4221 Research Forest Drive, Call Carla Chambers @ 510-593-0300  
if you have questions

**EDEN CAFE HAPPY HOUR - WEDNESDAY, JANUARY 22 -4:00PM**  
33418 Egypt Lane Magnolia- Cocktails and dinner.



26715 I-45 frontage Rd. Spring TX  
Thursday, February 20th @1:00 pm  
Good affordable lunch menu in a private room\* Come join us for **Italian!**

Just a good time with great people-  
Contact Linda Saucedo with questions

**Movie: "DESK SET" ★ Tuesday, January 21st 1:00 pm at the Conservatory 1:30P**

The January movie will be "Desk Set", with Spencer Tracy and Kathrine Hepburn. The plot centers on fear of job loss due to automation., a theme that feels both dated and ahead of its time. The film's humor and charm come from interactions between the the humor and the evolving interactions between the characters and the evolving relationship between Spencer Tracy and Kathrine Hepburn's characters



Please pray for the repose of the souls of Shirley Frederick, one of our Senior Pals members who passed away on December 29, 2024  
And also Pray for the soul of Member Tom Maguire's mother, Mary Corradino who passed away in New York on November 11,2024



JANUARY- BIRTHDAYS			
Barbara Straiton	01	Dan McCauley	11
Belinda Terro Mooney	03	Kim Shin	11
Jean Brown	05	Julia Regusa	10
		Junior Drewery	18
		Dick Johnson	21
		Elaine Wilson	21

## Senior Pals Trip Committee

The trip committee for January is currently on pause due to various issues and in working on attempting new venues to explore. this year for the the Senior Pals. The current meeting has is been suspended and the next one will be in the month of February. We can use some new members to join and work with us in assisting with with upcoming interesting and joyful trips and functions for ourmembers.

### SENIOR PRIORITY PASS Conroe ISD

Residents 60 or older may receive free admission to any Conroe ISD athletic event at any district facility, excluding playoffs

Qualifying resident will also receive free admission to student fine arts performances at any District facility, excluding fundraisers. Complete your applications at the Conroe ISD Administration Building -3205 SH- 105 for your Lifetime Pass during regular business hours

### Acts 4:13 (HCSB)

When they observed the boldness of Peter and John and realized that they were uneducated and untrained men, they were amazed and recognized that they had been with Jesus.



## REMINDER!! FOR SENIORS

### WAYS TO KEEP YOUR CAR FROM BEING STOLEN!

Car thefts have risen from 2019, with more than one million stolen last year. *As seniors we can be prime targets for these criminals.* The cars most often stolen are the Kia Optima, Chevrolet Silverado 1500, Kia Soul and Hyundai Elantra, and Sonata. Some thefts were spurred by social media posts that showed how to steal those specific models. To keep your car safe: **NEVER** leave a running car unattended, **NEVER** leave keys in the car, and always park in well-lit areas, hide valuables, close windows and lock doors.

Also, be aware of your surroundings, individuals who appear to be watching you, and men never keep your wallet in your back pocket. Women should keep your purse in front of and close to your body. **BE SAFE!**

## SENIOR PALS MEETING SCHEDULE FOR 2025



All meetings begin

@10:00 am. until 12:00 pm. @ Sheltz Hall

Web site: [ap.church/senior\\_pals](http://ap.church/senior_pals) to access newsletter

January 11th  
February 8th  
March 8th  
April-12th  
May 10th  
June 14



If you have internet access be sure to check the website prior to the meeting, If you receive "Flock Notes" check for any additions or changes- or call Art Dominguez A current copy of the newsletter is normally posted online the Wednesday/Thursday prior to the meeting.

## SENIOR PALS

Anyone 50+ is invited to join us for events, cruises, trips, Luncheons, Happy Hours and other activities. For more information you can call President

Art Dominguez at 281-622-7703.

Our next meetings are listed above

**NOTE:** We will be raffling off the queen size quilt that Jim Meyer's wife made for our group to raise funds for Senior Pals.

The raffle will take place over the next 3 meetings and will be raffled at the March Meeting. Each Chance will be \$5.00



## GENERAL TSO'S CHICKEN

### Sauce

1/2 cup Oyster sauce  
1tbsp hoisin sauce  
1tbsp chili garlic sauce  
1/2 cup sugar  
3 oz white vinegar  
2 tbsp soy sauce  
2 tbsp minced ginger root  
1/2 tsp chopped garlic  
1 tbsp tpsb cornstarch mixed with 1 tbsp water  
1 drop red food coloring (opt)

### Chicken

1-1/2 qt vegetable oil, plus 2 tbsp for stir frying  
2 lb boneless chicken thighs, cut into 2" dice  
**1-1/2 cups tempura flour, plus 1 cup for dredging**  
1 cup cold water  
1/2 onion, cut into large dice  
10-12 Whole dried Thai chilies  
1-1/2 cups broccoli florets, steamed in microwave for 1 min.  
3 scallions, sliced on the bias

### For the sauce

Add all the sauce ingredients into a 2-qt saucepan, and bring heat up to medium. Whisk gently as it comes to a simmer. Allow it to simmer and keep whisking it for about 5 minutes. until the sauce thickens.

### For the Chicken

Heat the oil in a 4 qt Dutch oven to 375\* using a frying thermometer. Rinse the chicken in cold water and pat dry with paper towels. Mix 1-1/2 cups of the tempura flour and 1 cup water into a thick batter. it should look like thick pancake batter Dredge the chicken cubes in 1 cup of tempura flour and fry them in two batches and until golden brown and crispy, about about 6-8 minutes. Drain the chicken on paper towels or a rack.

Heat a wok or large skillet to high and add 2 tablespoons of oil. When you see the first wisps of white smoke, stir in the fried chicken, onion, chilies and broccoli and cook them for about 30 seconds. Stir in the sauce and allow it to coat the chicken and simmer. Cook it, folding all the ingredients until they are well coated, about 2 minutes. Garnish with scallions and serve

## SENIOR PALS OFFICERS 2025

Art Dominguez- 281-622-7703-H

Vice President -

Treasurer -

Secretary -

Membership -

Greeter -

Hospitality -

Senior Pals Newsletter-

Program Chair-

Happy Hour/ Luncheon-

Raffle for faith formation-

Cathy Landry

Linda Saucedo

Carla Chambers

Gladys Gordon

William Lessman

OPEN

Al Sabino

Joan Sabino

OPEN

Sharon Bowen