St. Anthony of Padua Catholic Church

2026

Here you're among friends!



From the President's Desk

Thanksgiving is more than a date on the calendar or a feast shared around a a table — it is a quiet pause in the middle of a busy world to reflect on where we have been, who we walk alongside , and how far we have come.

Gratitude turns what we have into enough, and more. It reminds us that even though seasons of ncertainty, change, or challenge, there are still moments of beauty to anchor us. When we focus on what is present rather than what is missing our perspective shifts. Hope grows, peace settles in and our capacity for kindness expands.

May this thanksgiving bring joy to your heart, comfort to your spirit and warmth to your home. May you find time to pause, give thanks, and carry a spirit of gratitude forward into every day to come.

Romans 15:13

Linda Sauceda, President

Speaker Spotlight: Jack Angel & Guitars for Vets - Houston Chapter

This November, Senior Pals is shining a spotlight on one of our very own, Jack Angel, coordinator of the Houston Chapter of Guitars for Vets, a national nonprofit that uses the healing power of music to support veterans living with PTSD and other service-related challenges.

Guitars for Vets offers veterans ten weeks of free, one-on-one guitar lessons, taught by compassionate volunteers who understand the importance of patience, encouragement, and community. Graduates receive a brand-new guitar and gear kit, opening the door to creativity, confidence, and connection.

Joe will share how the program is transforming lives right here in the Greater Houston area, how music becomes a pathway to hope, and how our community can help amplify their mission. It's a wonderful chance to celebrate meaningful work being done by a fellow Senior Pal and learn how a simple guitar can change a veteran's life. Come ready to be inspired.

When Did We Become Those People?

By Art Dominguez, SPN Editor

Remember the classroom clock on a Friday afternoon, ticking louder with every passing minute as if it were taunting you? Your desk was already cleared. Your jacket was halfway on. Your attention had long since left the building. Then, at exactly 3:30, the bell rang. Freedom. If you were one of the millions of us born after the war, back when we were the country's young people, you know that sound by heart. We all heard it.

As an eight-year-old boy in a small town, I had a mile-and-a-half walk home through a downtown where everyone knew everyone and, more importantly, everyone knew your mother.

And I had a route. I'd stop at Western Auto to admire the shiny Schwinn bicycles and breathe in that intoxicating smell of fresh rubber tires. Then I'd wander past S.H. Kress, where shoppers perched on lunch-counter stools while a waitress chatted with customers and herded salt and pepper shakers across the Formica countertop into their little stainless-steel corrals.

Then it was on to Woolworth's, where I conducted highly sophisticated research for Santa's Christmas list. A few blocks later came Mr. Garza's Barber

*See **BECOME** on page 2*



Fresh from a moment of quiet prayer at our Meet me at the Fountain gathering on Saturday, October 10th, the Senior Pals came together in fellowship for this wonderful photo

Senior Pals Travel Opportunities

Joan Sabino is partnering with Diamond Tours, one of the nation's most trusted motorcoach tour companies, to offer exciting travel options for our Senior Pals Group. Diamond Tours provides comfortable motorcoach travel, well-planned itineraries, and enjoyable hotel stays that make group travel easy and fun.

Trip options being considered:
- Garden of the Gods, Royal Gorge & Colorado Springs
- Virginia Beach, Historic Norfolk & Colonial Williamsburg
- Washington, D.C.
- Albuquerque & Santa Fe

Each tour features a spacious motorcoach with video entertainment, an onboard restroom, and overnight stays in quality hotels.
For full details, please see Joan Sabino at the next Senior Pals meeting. Sign-in sheets will be available. Your interest helps determine which trips move forward. Friends and family are welcome to join us. Let's see where our next adventure leads.

Senior Pals Theater On Vacation



As the winter travel season approaches, our Senior Pals Theater projectionist will be away in November and December, quietly plotting his next round of classic vintage Hollywood films beginning again in January. As we prepare for Advent this November, may the Lord bless you and your families with safe travels, peaceful hearts, and the joyful hope that leads us toward Christmas.

Hello, Dolly!

Frassati Catholic High School is inviting all Senior Pals members to a delightful performance of Hello Dolly! Presented by Frassati Catholic High School students in the Student Life Building. **Free Admission.**
When: Thursday, November 19
Time: 10:00 a.m. (Doors open at 9:40 a.m.)
Location: 22151 Frassati Way, Spring, TX
Seeting is first come, first served. Parking is limited. Please carpool if possible. No entry after 10:20 a.m.

BECOME *cont'd from page 1*

shop. The buzz of clippers drifted out the door along with the unmistakable aroma of Vitalis Hair Tonic and Clubman talc. Mr. Garza was not a believer in moderation when it came to either one. If you grew up anywhere in America during those years, you can probably smell it right now.

Friday nights at home felt special. I was allowed to stay up late enough to watch *The Flintstones*, *Rawhide*, and *The Twilight Zone*. Every week I was absolutely convinced that this time I'd stay awake for all of them. I never once made it.

But the real magic came the next morning. Saturday was my private kingdom. I'd wake up before anyone else and settle in front of our black-and-white Zenith television while Mighty Mouse, Superman, and a parade of heroes filled the screen. Good always triumphed over evil, and everything seemed right with the world. Then noon arrived, *American Bandstand* came on, and blah… I was out the door.

Neighborhood kids poured into the streets to invent games, race bicycles, and squeeze every last drop out of the afternoon. Scraped knees, skinned elbows, and the occasional lump on the forehead were worn like badges of honor. We boomers were free-range children long before anybody invented the term. As the day wound down, mothers called from porches and the smell of supper drifted through open windows. Evening settled over the neighborhood like a familiar blanket. It was, in every sense, a Norman Rockwell life. Ordinary. Wholesome. Quietly perfect.

Now November has a way of slowing me down. The air cools. The leaves begin to turn. The world seems to whisper, "Remember. Be grateful. Hold close what matters." As Thanksgiving approaches, I find myself taking that walk home again. My guess is you've taken a few of your own. The funny thing about nostalgia is that we're not really remembering bicycles, cartoons, lunch counters, or barber shops. We are remembering people. The barber who knew your father's haircut. The waitress who knew your favorite sandwich. The neighbor who kept watch on everything making sure all was fine without ever appearing to look out the window. The mother who called you home when supper was ready. Those are the people who stayed with us.

When I was younger, caught up in work, raising a family, paying bills, and trying to pretend I knew what I was doing, I sometimes wondered whether I was getting it right. Would my children remember the things I tried to teach them? Would my grandchildren really know me? Looking back, I realize I wasn't worried about being remembered. I was worried about whether I mattered. I'm sure most of us have wondered the same thing.

See ***BECOME*** *on Page 4*

PALS PUZZLE

Q	Z	M	R	T	R	A	D	I	T	I	O	N	X	S	H	C	D	W	Y
L	P	C	K	N	G	R	T	V	J	B	F	M	C	H	S	W	D	G	Q
R	V	R	T	P	X	N	L	C	O	R	N	U	C	O	P	I	A	A	Q
H	F	A	M	I	L	Y	H	B	F	J	G	H	S	C	D	W	Y	T	L
C	N	N	F	P	O	I	A	Y	H	E	W	L	R	P	J	E	D	H	I
R	W	B	O	S	T	U	R	K	E	Y	L	U	O	I	L	V	J	E	T
E	R	E	J	T	V	R	V	E	J	E	A	D	U	L	I	W	E	R	R
B	Q	R	M	T	L	X	E	V	O	N	U	C	H	G	I	Y	D	I	S
M	J	R	H	B	L	E	S	S	I	N	G	S	V	R	S	V	U	N	J
E	N	I	G	P	O	B	T	Y	P	U	W	O	R	I	J	E	T	G	I
V	H	E	N	M	U	T	U	A	V	P	O	A	Y	M	G	S	I	K	Y
O	B	S	W	L	K	K	U	B	G	C	K	C	T	S	I	O	T	U	S
N	P	U	M	P	K	I	N	H	D	I	Y	A	R	O	G	E	A	S	L
H	G	P	L	K	S	D	H	N	S	T	V	F	E	A	S	T	R	A	Z
O	S	N	I	E	T	H	A	N	K	F	U	L	B	U	M	D	G	S	L

Word Finder

Are you up for this month's challenge? See if you can find the following 15 words. They are hidden somewhere in the puzzle. Remember they can be either up, down, across, backward of diagonally. Good Luck!

1. Autumn
2. Blessings
3. Cornucopia
4. Crandberries
5. Family
6. Feast
7. gathering
8. Gratitude
9. Harvest
10. November
11. Pilgrims
12. Pumpkin
13. Thankful
14. Tradition
15. Turkey

Clues to the word puzzle are found on the last page.

Luncheons Announcement

Because the next two months will be filled with turkey, tamales, travel, and twinkling lights, we're giving our Luncheons a short winter vacation in November and December, but we'll continue again on January 21st, at **The Local Table**, 4223 Research Forest Dr. Thank you, Carla Chambers!

2026/2027 Senior Pals Meeting Schedule

Meetings are from 10:00am to 12:00pm in Sheltz Hall

November 14, 2026	February 13, 2027	May 15,2027
December 12, 2026	March 13, 2027	June 5, 2027
January 9, 2027	April 10, 2027	



Joe Weber	11/04	Marie Curie	11/7/1867
Lynn Parisi	11/08	Bram Stoker	11/8/1847
Mike Arnold	11/09	Carl Sagan	11/9/1934
Lorene Suggs	11/09	Hedy Lamarr	11/9/1914
Patti Emerson	11/11	Rita Moreno	11/11/1931
Martina Pena	11/12	George S. Patton	11/11/1885
Sharon Bowen	11/13	Grace Kelly	11/12/1929
Carol Biver	11/15	Rock Hudson	11/17/1925
Toni Colon	11/17	Danny deVito	11/17/1944
Brenda Maldonado	11/18	Alan Shepard	11/18/1923
Maria Godzina	11/19	Indira Gandhi	11/19/1917
Brenda Hodges	11/19	Jodie Foster	11/19/1962
Natasha Alarcon	11/19	Charles de Gaulle	11/22/1890
Virginia Mansour	11/21	Billie Jean King	11/22/1943
Susan Tucek	11/22	Rodney Dangerfield	11/22/1921
Kathy Geier	11/24	Bruce Lee	11/27/1940
Gloria Maguire	11/24	Jimi Hendrix	11/27/1942
Rose Dixon	11/25	Goldie Hawn	11/21/1945
Cheryl Nu	11/26	Randy Newman	11/28/1943
Joan McLean	11/27	C.S. Lewis	11/29/1898
Ed Partridge	11/27	Mark Twain	11/30/1835



Grandpa's November Jokes

Grandpa says he's grateful for Thanksgiving… it's the only day he can unbutton his pants beforedinner and call it "tradition."

§

I asked Grandpa what he's bringing to Thanksgiving this year. He said, "An appetite and opinions no one asked for."

§

Grandpa tried to help carve the turkey, but the family took the knife away. They said last year's bird looked like it lost a fight with a lawnmower

§

Grandpa told the kids the wishbone decides who gets the last slice of pie. They snapped it and he said, "Congratulations, I win."

§

When asked if he wanted white meat or dark meat, Grandpa said, "Yes."

BECOME *Cont'd from page 2*

It would be easy to look at today's world and conclude our grandchildren are missing out. They'll never wander through Woolworth's. They'll never wait all week for Saturday morning cartoons. Most of them probably can't imagine life without Wi-Fi.

But here's the thing. Their memories are being built right now. Different memories? Absolutely. Less meaningful? Not a chance. Carly Simon sang, "These are the good old days." What a remarkable thought. Every generation gets its own good old days. Most people simply don't realize it while they're living them.

Our grandchildren have their own Friday bells, their own favorite places, their own adventures, and their own stories. Someday they'll be sitting around talking about them just like we do.

And if you occasionally catch yourself sounding like an old-timer shaking a fist at the clouds, take comfort in this: people have been doing that for thousands of years. Even Socrates complained about the young people of his time. Apparently, every generation thinks the next generation is moving too fast, dressing too strangely, and being too lazy (Lord knows I heard that a lot).

Some things never change. The other day it occurred to me that life pulls a pretty good trick on all of us. One day we're the kids racing bicycles down the street in scruffy PF Flyers. The next day we're reminding somebody to grab a jacket because it's going to get chilly tonight. One day we're rolling our eyes at grown-ups. The next day we're the grown-ups. And nobody sent us a memo. That's the part that makes me laugh.

Before we knew it we're the grandparent at the Thanksgiving table trying to decode modern slang in the conversations of our grandchildren. We're the familiar voice on the phone. We're the ones who slip a few dollars into a grandchild's hand when their parents aren't looking. We're the storytellers. The encouragers. The steady presence that reminds younger generations where they came from.

And contrary to what some of us occasionally think, we're not standing on a dock watching life sail away. We're still aboard. Think back to your own childhood. The faces that still live in your memory probably aren't movie stars, athletes, or famous people. They're ordinary people. People who made you feel loved. People who made you feel safe. People who made you feel welcome. People who made you feel important. Maybe that's the surprise. Maybe that's the point.

Years from now, when our grandchildren remember their own good old days, the laughter, the friendships, the adventures, and the little moments that seemed ordinary at the time, I hope we're somewhere in the story. Not because we were perfect. Not because we had all the answers. But because we showed up. Because we listened. Because we loved them unconditionally. After all, the people we remember most weren't famous. They were simply there. And somewhere along the way, without anybody sending us a memo, we became those people. Now when did that happen? ∴

Sources:

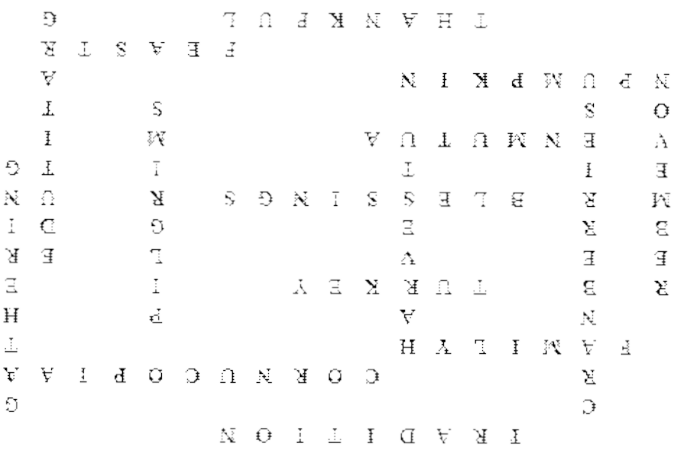
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Senior Pals Officers for 2026/2027

President	Linda Sauceda
Vice-President	Sandra Warhol
VP Membership	-Open-
Treasurer	Gladys Gordon
Secretary	-Open-
Trip Committee	Martha Britton
Ambassador	William Lessmann
Program Chair	Joan Sabino
Raffle	Sharon Bowen
Newsletter Editor	Art Dominguez
Hospitality	-Open-
Happy Hour & Luncheons	All Senior Pals Members

For more information, email us at:
seniorpals@ap.church

Clues to Word Finder



Senior Pals Mission Statement

To foster a community of faith-minded seniors seeking to forge meaningful friendships withing 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 to make new friends, explore new places at their own pace, and discover exciting events happening in our vibrant community.