



2026

St. Anthony of Padua Catholic Church

Here you're among friends!

From the President's Desk



Welcome back from summer vacation. I pray you had a wonderful time reconnecting with family and friends, and you are still planning lunches and dinners with family. Your new Board is thrilled to serve you this year and welcome suggestions for programs and/or trips! I will have a friend with me at our first meeting...a new knee! Yes surgery is July 29th. Time to start dancing again. Take a moment to think about some of the things God has made, and the creativity involved in making them. The God who created the universe also created you. Meditate on that as you praise God. "I will consider all your works and meditate on all your mighty deeds." Psalms 77:12

Linda Saucedo, President

Speaker Spotlight: Understanding the Rising Cost of Ambulance Services

Featuring David Massenti, MASA Medical Transport Solutions

Senior Pals is welcoming **David Massenti** from **MASA Medical Transport Solutions**, an organization dedicated to protecting families from the overwhelming costs of emergency ambulance transport. MASA helps people navigate the financial side of medical emergencies, offering coverage that steps in where traditional insurance often falls short.

David will talk to us about the rising cost of ambulance services, what seniors should be aware of, and how MASA works to shield individuals from surprise bills during critical moments. His presentation promises practical insight, clear explanations, and information every household can use.

To make the day even more enjoyable, **MASA will be catering our meal**, giving us a chance to learn, visit, and share a good lunch together.

Come join us for an informative and engaging program that speaks directly to the needs of our community. Bring a friend, bring your questions, and enjoy the time with us.

Let Me Be Honest with You

By Art Dominguez, SPN Editor

Let me be honest with you. There it is, the verbal equivalent of a flashing red light at a railroad crossing. After seventy one years on this planet, and four decades of watching trains and people both try to stay on the rails, I have developed a mild but persistent twitch whenever someone opens a sentence with those six words. Because if you really think about it, what exactly are they implying? You mean to tell me that up until this very moment you've been what, moonlighting as a part-time fiction writer?

My long-standing misgiving is simple. The phrase "Let me be honest with you" carries an unintended but unavoidable suggestion, that honesty has just now been switched on like an overhead light in a dim hallway. It's as if the speaker is saying: "What I told you before? Let's just call that creative nonfiction."

Linguists actually have a name for this kind of thing: "a performative utterance," a phrase that tries to create the very quality it claims (Austin, 1962). Like saying "Trust me" right before you do something that would make a lawyer flinch. Or "I'm not trying to be rude," which is always followed by something so breathtakingly rude it should come with its own oxygen mask. But out here in the real world, especially among seasoned Senior Pals who have heard every sales pitch, Medicare Advantage commercial, campaign promise, and late-night infomercial known to mankind, the phrase lands with all the subtlety of a screen door in a South Texas hurricane.

In my unofficial field research, conducted primarily in grocery lines, TV interviews, family gatherings, and the occasional phone call from someone trying to sell me an extended car warranty, the phrase tends to appear in very predictable habitats.

In the sales pitch: "Let me be honest with you." Translation: "This is not the best deal you'll find, so kindly stop looking."

In the political interview: "Let me be honest with you." Translation: "Your taxes are going up, but we've arranged the words to make it sound patriotic."

In the family conversation: "Dad, let me be honest with you."

See **HONEST** on page 2

Senior Pals Travel Opportunities

Our own **Joan Sabino** is working with **Diamond Tours**, one of the nation's largest and most trusted motorcoach tour companies, to organize a fantastic travel experience for our Senior Pals Group. Diamond Tours is known for comfortable motorcoach travel, well-planned itineraries, and enjoyable hotel stays, all designed to make group travel easy, relaxing, and fun. Joan has gathered **four exciting trip options** for us to consider:

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

Each tour includes travel aboard a spacious motorcoach equipped with video entertainment and an onboard restroom, along with overnight stays in quality hotels along the route.

There's far too much information to fit into the newsletter, so please see Joan Sabino at the next Senior Pals meeting for complete details. Sign-in sheets will be available, and if a trip interests you, be sure to sign up, this helps us gauge which tours have enough enthusiasm to move forward.

You do not have to be a Senior Pals member to participate. Friends and family are welcome, so feel free to invite anyone who might enjoy traveling with us.

Let's explore where our next adventure might take us.

HONEST from page 1

Translation: "This is going to cost you money, and Mom already knows."

In the doctor's office: "Let me be honest with you."

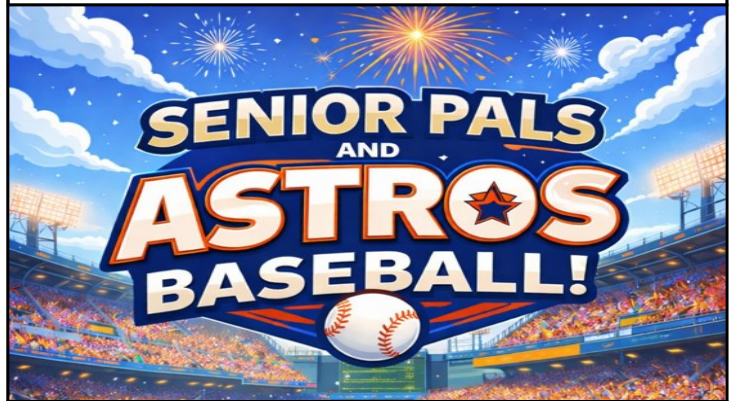
Translation: "You and dessert are about to have a very difficult conversation."

Here's the beautiful irony. Truly honest people rarely feel the need to announce it. Abraham Lincoln, widely considered one of the most honest figures in American

"You don't need a trumpet fanfare every-time you're about to tell the truth. "

history, was nicknamed "Honest Abe." Not because he walked into a room saying "Let me be honest with you," but because his behavior did the talking. In everyday life, credibility tends to work the same way. Trust is built quietly, over time, like a good pot of beans on low heat. You don't need a trumpet fanfare every time you're about to tell the truth. In fact, communication researchers have noted that when speakers heavily qualify their honesty, "frankly," "to tell the

The Game is Sept 3d!



Hurry and submit your check!

Our annual Astros adventure is here, and it just keeps getting better! Each year, this outing has grown into one of our most laughter-filled, memory-making Senior Pals traditions. If you've been before, you know the fun. If you haven't, well, this is the year you don't want to miss it.

We're planning a trip to Daiken Park on Thursday, September 3rd, at 1:30PM, for a game against the Chicago White Sox.

Cost: \$85.00 per person Includes:

- Comfortable charter bus transportation
- At-the-gate drop-off and pickup
- Your game entrance ticket

Space is limited, so hurry and sign up before seats are gone. All tickets must be paid by our August meeting. It's going to be a great afternoon of baseball, fellowship, and summer fun, we hope you'll join us!

truth," "let me be honest," listeners sometimes raise an eyebrow rather than nodding in agreement. The very phrase meant to boost credibility can accidentally send it wobbling. Rather like a restaurant sign that says "Clean Kitchen." I should certainly hope so!

Now, after a lifetime in the railroad business, I tend to look at human behavior through what I call Track Logic. On the rails, signals matter. You don't throw up extra warning lights unless something unusual is happening ahead. So when someone suddenly waves the verbal signal flag, "Let me be honest with you..." my internal dispatcher starts asking questions. Why the sudden emphasis? What's coming around the bend? Should I brace for impact? Years of experience suggest: probably yes.

Now, in the interest of full disclosure, and yes, I see the irony, most people who use the phrase are not huddled in a smoke-filled room, rubbing their hands together like cartoon villains rehearsing their next scheme. Usually, they are trying to sound sincere, preparing to deliver uncomfortable news, or buying

See HONEST on last page.

PALS PUZZLE

Word Finder

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 or diagonally. Good luck!

- | | |
|--------------|--------------|
| 1. beach | 8. sand |
| 2. grandkids | 9. shorts |
| 3. hotdog | 10. sights |
| 4. memories | 11. summer |
| 5. mosquito | 12. sunburn |
| 6. picnic | 13. swim |
| 7. roadtrip | 14. tent |
| | 15. vacation |

Answers to the puzzle word locations are found on the last page.

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

Senior Pals Theater Presents

Mutiny on the Bounty (1935)

Starring Charles Laughton, & Clark Gable, Set sail with us this month as Senior Pals Theater presents the Academy Award-winning classic *Mutiny on the Bounty*, featuring unforgettable performances by Charles Laughton, & Clark Gable. This sweeping high-seas adventure remains one of Hollywood's great epics, filled with tension, courage, and dramatic storytelling that still captivates audiences today.

When: Wednesday, August 12, Doors open at 12:30 movie starts at 1:00PM

Where: The Conservatory at Alden Bridge
6203 Alden Bridge Dr. The Woodlands

Free popcorn, treats, and bottled water! Come early, grab some snacks, and enjoy an afternoon of classic cinema with your Senior Pals friends.

August Lunch Outing: Citizens Grill

Located at 315 Enclave Dr., FM 1488 Old Conroe Rd., Conroe, on Wednesday, August 19th at 12:30. It is known for its relaxed atmosphere, hearty American comfort food, and warm Texas hospitality, and an affordable lunch menu. Let's fill the place up! **Sneak Peek:** September 16th Luncheon-Prepare for a hearty steak lunch at the Salt-grass Steak House in Shenandoah. Thank you Carla Chambers for arranging these events!



Grandpa's August Jokes

⇒ My doctor told me to get on a liquid diet. "I said, "Great, I'll go buy a couple of six-packs."

⇒ My daughter asked if I was ready for our family vacation. I said, "Absolutely, I've been practicing my favorite activity: sitting."

⇒ I told my wife I'm sad the summer heat was ending." She said, "Why?" I said, "Because now I have to find a new excuse for not mowing the lawn."

⇒ My granddaughter asked if I had any Labor Day plans. I said, "Of course, I plan to labor as little as possible."



Ellen Lance	08/02	Meghan Markle	08/04/1981
Joyce McCauley	08/02	Louis Armstrong	08/04/1901
Mary Ann Strauss	08/02	Neil Armstrong	08/05/1930
Margaret Sambrooks	08/04	Alfred Hitchcock	08/13/1899
Joe McNamara	08/07	Julia Child	08/15/1912
Peter Tyrrell	08/09	Madonna	08/16/1958
Michelle Tyrrell	08/12	Robert DeNiro	08/17/1943
Ginny Callihan	08/15	Patrick Swayze	08/18/1952
Dick Musial	08/15	Coco Chanel	08/19/1883
Mary Ellen Rodriguez	08/18	Ray Bradbury	08/22/1920
Priscilla Massey	08/19	Mother Teresa	08/26/1910
Sharron Aldrich	08/30	Michael Jackson	08/29/1958

HONEST Continued from page 2

themselves three extra seconds to figure out what they're about to say. It's a human habit, not a criminal conspiracy. Still, the phrase remains linguistically suspicious.

Perhaps we, the wise and well-seasoned members of the Senior Pals community, can lead a quiet revolution in everyday speech. Instead of saying "Let me be honest with you," we might try the far more radical approach of simply being honest. No drumroll. No warning label. No verbal seatbelt sign. Just plain, straightforward truth delivered the old-fashioned way. After all these years, I've come to believe that honesty is a lot like good rail service, you shouldn't have to announce it every five minutes. When it's working properly, people just know. So as we march boldly into August, a month known for heat that could sauté an egg on the hood of a Ford, back-to-school sales engineered to empty your wallet before Labor Day, and the annual ritual of pretending hurricane season "probably won't be that bad this year," let us commit to a new tradition: honesty without the warning label. So the next time someone leans in and says "Let me be honest with you," don't panic. Just smile politely, hold onto your wallet, and maybe, just maybe, keep one hand near the emergency brake. Because experience has taught many of us one enduring truth: when honesty needs a trumpet introduction, it sometimes arrives wearing suspicious shoes.

If we have something true to say, let's just say it. No preamble. No disclaimers. No verbal hazard lights. And if we must use the phrase, let's at least enjoy the irony of it. After all, at our age, we've earned the right to be honest without permission. And that's the truth. (Or at least, let me be honest with you.) **

Source: Austin, J.L. How to Do Things with Words. Oxford University Press, 1962.

If you have an announcement you'd like included in the Senior Pals Newsletter, please let Linda Saucedo or Art Dominguez know. We're happy to help share your news with the group.

"Honesty is a very expensive gift. Don't expect it from cheap people."

-Warren Buffet

2026/2027 Senior Pals Meeting Schedule

August 8, 2026
September 19, 2026
October 10, 2026
November 14, 2026
December 12, 2026
January 9, 2027
February 13, 2027
March 13, 2027
April 10, 2027

May 15, 2027
June 5, 2027

Meetings are from 10:00 am to 12:00 pm at Sheltz Hall. For more information you can read our newsletter at: ap.church/seniorpals

Senior Pals Officers for 2026/2027

President	Linda Saucedo
Vice-President	Sandra Warhol
VP Membership	Debbie Daigle
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 Hours & Luncheons	All Senior Pals Members

For more information, email us at:

seniorpals@ap.church

Answers to Word Finder Puzzle

			S																
			L					N	O	I	L	V	C	V	A				
			R		G	O	D	L	O	H							S		
S			O														U		
I	D		H									H	C	A	E	B	N	T	
G		I	S	M	I	W	S		O								B	N	
H			K								L						U	E	
L	S			D						C	I						R	T	
S	E	D			N					I		U					N		
	I	N		R		A				N									
	R	A		E			R			C					S				
	O	S		M				G		I						O			
	M			M						P							M		
	E			U					P	I	R	T	D	A	O	R			
	M			S															

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