

# NEWSLETTER

*Here you're among friends!*

## A Note of Appreciation

A heartfelt thank-you to all our Senior Pals who joined us for this year's Christmas Party. Your smiles, laughter, and good cheer are what make our gatherings so special. Whether you came to enjoy the food, the music, the fellowship, or simply to soak in the holiday spirit, your presence helped make the celebration truly memorable. We're grateful for each of you and the joy you bring to our community.

As we step into a brand-new year, I'm reminded that January doesn't need to arrive with a bang. It can come in quietly, like an old friend tapping on the door with a warm bowl of soup and an invitation to slow down a bit.

This month, I found, is full of small comforts. It's National Soup Month because it's more than just food, it's memories, comfort and culture. It's Hot Tea Month consider that herbal and decaf teas pair beautifully with conversation and reminiscence. It's Brain Teaser Month, a great time for gentle cognitive engagement, puzzles, riddles, trivia, and word games. It's even Self-Love Month a perfect excuse to encourage kindness circles, compliment cards, or simple reflections on personal strengths. In other words, January is practically begging us to stay warm, stay connected, and take good care of ourselves. For Senior Pals, that sounds just right.

After the bustle of the holidays, this is our time to settle into gentle routines: a phone call to someone you haven't heard from in a while, a shared laugh over a puzzle, a cup of tea enjoyed without rushing. These small moments are where community lives.

As we begin 2026 together, my hope is simple: that each of us finds a little more warmth, a little more steadiness, and a little more joy in the everyday. Let's make this a month of comfort, connection, and kindness, to ourselves and to one another.

Wishing you a peaceful start to the year,  
Art



## From the President's Desk



Thank you to the wonderful volunteers who came in early to set up, decorate, and make ready Sheltz Hall for our Christmas Party!



Thank you to Fr. Mathew and Fr. Viet for visiting our group, and thank you to Sandra Worhol for organizing and generously contributing to this year's successful Senior Pals Christmas Party.

# Membership Dues for 2026

As we begin a fresh new year together, we want to share a quick update that was approved by the membership on August 9th and officially ratified by the board on January 3, 2026. Starting this year, Senior Pals will be collecting annual dues to help support the activities and gatherings that make our group such a fun and lively community.

Dues are **\$20 per member or \$30 per couple**, covering membership from **January through December**. Payments can be made in **January** by cash or check. Our Vice-President of Membership, **Gladys Gordon**, will be collecting dues at the sign-in table, making the process easy and convenient.

These contributions help us continue offering the food, entertainment, and special events we all enjoy. Your support keeps our group thriving and ensures we can keep planning activities that bring us together.

Thank you in advance for helping make 2026 another wonderful year for Senior Pals.

## A Special Presentation You Won't Want to Miss

We are delighted to announce that Kate Mims, Director of Evangelization at St. Anthony of Padua Catholic Church, will be joining Senior Pals this month for a thoughtful and enriching presentation on one of the most profound moments in the Catholic faith: the Consecration during the Mass.

Kate brings a wealth of knowledge, a gift for clear and heartfelt teaching, and a deep love for helping others grow in understanding. Whether you've practiced your faith for decades or simply enjoy learning about the traditions that shape our community, her talk promises to be both enlightening and deeply meaningful.

She will guide us through the central mystery of the Mass, what it signifies, why it matters, and how this sacred moment has been understood throughout the centuries. Her presentation is designed to be accessible, welcoming, and engaging for all.

We warmly encourage everyone to attend. Your presence enriches our gatherings, and we think you'll find Kate's insights both inspiring and uplifting.

“Even to your old age I am the same, even when your hair is gray I will bear you; it is I who have done this, I who will continue, and I who will carry you to safety.”

- Isaiah 46:4

## Senior Pals Meeting Schedule 2025/2026

January 10, 2026

February 14, 2026

March 14, 2026

April 11, 2026

May 9, 2026

June 13, 2026

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

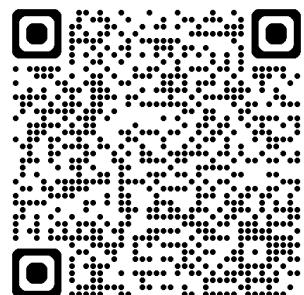
For more information you can read our newsletter at:



We're starting the new year with a true classic: *Strangers on a Train* (1951). Alfred Hitchcock delivers one of cinema's most chilling "chance encounters" in this suspense-filled thriller. When tennis star Guy Haines meets the charming, but dangerously unhinged, Bruno Antony, Bruno suggests a "perfect murder." The film has become one of Hitchcock's most admired works, celebrated for its unforgettable set pieces. Senior Pals are warmly invited to a special screening of *Strangers on a Train* at The Conservatory at Alden Bridge., 6203 Alden Bridge Drive.

When: Wednesday, January 21st, doors open at 12:30 PM, and the movie begins promptly at 1:00 PM. Come early to settle in as we discuss some of the behind-the-scenes fun facts. It's the perfect mid-week outing, good company, a great film, and a cozy place to enjoy it. We'd love to see you there.

Senior Pals gratefully acknowledges **The Conservatory at Alden Bridge** for their generous sponsorship and continued support of Senior Pals Theater's monthly film screenings.





# SENIOR PALS PUZZLE



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

## Word Finder

See if you can find all of the words below. They can read across, up, down or up and down diagonally or backward. Clues are on the last page.

1. Advent	9. Intercessory
2. Anointing	10. Luke
3. Cenacle	11. Need
4. Communal	12. Outreach
5. Confirmation	13. Relic
6. Foster	14. Retreat
7. Immaculate	15. Support
8. Intentions	

## A Note from the Editor

Some of you may have noticed that the word-finder puzzle in our October issue included a couple of unintentional errors. Despite my best efforts, and more cups of coffee than I care to admit, a few stray letters managed to sneak past me. Thank you for your patience and good humor. These puzzles are created to give our minds a friendly workout, and I appreciate everyone who tackles them with such enthusiasm. I've taken extra care with this month's puzzle, and I hope you enjoy it. As always, thank you for being part of Senior Pals and for keeping our community sharp, curious, and smiling.

—Art, Editor

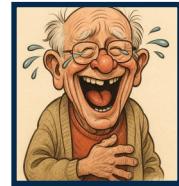


## January Birthdays

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

## Who shares their birthday with...

J. Edgar Hoover	01/01
Mel Gibson	01/03
Isaac Newton	01/04
Bradley Cooper	01/05
Steven Hawking	01/08
Nicolas Cage	01/07
Elvis Presley	01/08
Richard Nixon	01/09
Rod Stewart	01/10



## Grandpa's January Jokes

- ⇒ Grandpa said his New Year's resolution was to be more optimistic. "So far, so good," he said, "but it's only January!"
- ⇒ I asked Grandpa if he had any winter exercise tips. He said, "Sure do, I walk to the thermostat and turn it up."
- ⇒ I told Grandpa it was freezing outside. He said, "That's why I stay inside, I'm not built for temperatures below room temperature."
- ⇒ Grandpa said he tried to go for a brisk walk this morning. "But it was too cold," he added "So I took a brisk nap instead"

## Senior Pals January Luncheon

Let's kick off the new year with good friends and great food! Our January Senior Pals Luncheon will be held at **Pallotta's Italian Grill** in Shenandoah, A local favorite known for hearty portions and warm hospitality.

You'll find it at **27606 I-45 Noth**, on the frontage road in the **WoodRidge Plaza Shopping Center**, Just pas Diamonds Direct.

We'll gather on **Thursday, January 22nd at 12:30 PM**, and we'd truly love to see you there. Come enjoy a relazxed afternoon of conversation, laughter, and delicious Italian cooking.

Your seat at the table is waiting!

## A Heartfelt Thank You to Our Senior Pals

As we welcome a new year, I want to take a moment to recognize the generosity that filled our December giving project. Each of you helped brighten someone's life in a very real way, and our community's kindness was felt across several organizations that serve children, families, and neighbors in need.

Because of you, YES to Youth received much-needed cleaning supplies, Our friends at Missing Pieces Support Group were gifted with calming teas, and other items, The Honduras Mission is now better equipped to serve families thanks to your donations, The Knights of Columbus coat drive was strengthened, by your contributions of warm, gently used outerwear for all ages. A couple of our members even surprised us with toys for the Toys for Tots drive, an unexpected act of kindness that surely brought joy to children this Christmas. Thank you, Senior Pals, for showing once again that compassion is one of our group's greatest strengths. Your generosity helped spread warmth, dignity, and hope during the holiday season, and I'm proud to begin the new year with such a caring community.

### Clues to Word Finder Puzzle

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



## Set Sail on a Mediterranean Adventure!

May 2<sup>nd</sup> thru May 12, 2026

Join Senior Pals friends Linda Sauceda and Elaine Wilson for an unforgettable journey across the sparkling Mediterranean Sea! This 10-day voyage begins in Naples, Italy, and return to Civitavecchia (Rome), Italy aboard the elegant **Enchanted Princess**. Imagine strolling ancient streets, savoring authentic cuisine, and sharing the beauty of Europe with your fellow Senior Pals. It's all waiting for you! For details and booking, contact:

**Debbi Davis - Debs Tours and Cruises**

**Phone: (214) 784-9685**

**Be sure to mention:**

**Group TN4/Deb & Linda's Europe Getaway.**

## Senior Pals Officers 2025/2026

President	Art Dominguez
Vice-President	Cathy Landry
Vice-President Membership	Gladys Gordon
Treasurer	Linda Sauceda
Secretary	Carla Chambers
Trip Committee	Martha Britton
Ambassador	William Lessman
Program Chair	Joan Sabino
Raffle	Sharon Bowen
Newsletter	Art Dominguez
Hospitality	Open
Happy Hours and Luncheons	All Senior Pals Members
For more information, feel free to call or Text: Art Dominguez at (281) 622-7703 or email us at	
	<a href="mailto:seniorpals@ap.church">seniorpals@ap.church</a>

## Senior Pals Mission Statement

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