

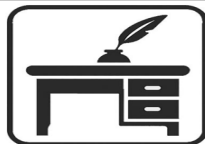


2026

St. Anthony of Padua Catholic Church

Here you're among friends!

From the President's Desk



Our organization is growing and I see how y'all pitch in when something needs doin' thank you so much. As we progress through this year, let's get to know our newer members and include each other in sister/brotherhood. Let's work together to stay focused on what is important. We all need help once in a while. Lord let me walk with You. Although my steps are small, stay beside me, hold my hand and never let fall. Amen.

Linda Saucedo, President

Speaker Spotlight: Bright & Beautiful Therapy Dogs

We are delighted to welcome Lynette Weems from **Bright & Beautiful Therapy Dogs** to our Senior Pals meeting on **Saturday, September 19**. Lynette is part of a nationwide organization dedicated to bringing comfort, companionship, and joy to people through the gentle presence of certified therapy dogs. Her visit promises to be one of the most heartwarming mornings we've had this year.

Lynette will be sharing how therapy dogs are trained, the kinds of people they serve, and the beautiful stories she's witnessed along the way. Even better, she will be bringing several of her therapy dogs with her. Our members will have the chance to meet them, learn about their work, and enjoy the calming, uplifting company these wonderful animals provide.

Whether you're a lifelong dog lover or simply curious about how these special companions help brighten lives, this will be a meaningful and memorable presentation.

PLEASE TAKE NOTE:

Our September Senior Pals meeting will be held on **Saturday, September 19th** which falls **outside our usual second-Saturday schedule**. This date was assigned earlier in the year by the church's leadership. We appreciate everyone's understanding and look forward to another wonderful morning of fellowship together. Next month we will return to our regular second-Saturday schedule.

Why Some of Us Sleep to Music and Others Can't Bear a Single Note

By Art Dominguez, SPN Editor

Back in our June meeting, we had a wonderful presenter, **Andrea Morrow**, a music therapist who gave us one of the most engaging programs we've had in a long while. I connected with her presentation immediately, not because I need music to fall asleep, but because I'm one of those people who needs absolute dead silence to work, focus, or drift off. If a single note sneaks into the room, my brain sits up like a prairie dog and says, "What was that?"

Andrea's talk reminded me of something I've noticed for years: people have *very* strong opinions about music. Some folks can't sleep unless they've got soft jazz playing, ocean waves crashing, or Frank Sinatra crooning them into unconsciousness. Others, like me, need the kind of silence you only get in old school libraries, monasteries, or after everyone else has gone home and forgotten to invite you.

It turns out there's a reason for all this. Actually, several reasons, and none of them mean you're odd, stubborn, or "too set in your ways," despite what your children or spouse might lovingly suggest. Our brains handle sound the way our gardens handle sunlight: some thrive in full sun, others prefer the shade.

For the people who sleep to music, silence isn't peaceful, it's loud. When the room gets quiet, the mind starts rummaging through old worries like a raccoon in a trash can. A little melody gives the brain something soft to hold onto, a steady rhythm that keeps the mental chatter from taking over.

Sleep researcher Dr. Lina Ortega calls it "a stabilizer for the nervous system," especially at night when the mind tends to wander. In other words, music becomes emotional wallpaper, something that fills the quiet without demanding too much attention.

There's also the comfort of familiarity. Many of us grew up in homes where silence was rare. Siblings arguing, radios humming, TVs blaring, someone practicing the piano whether they were good at it or not. For people raised in that kind of environment, quiet can feel unnatural, like the world has stopped spinning. A little background sound brings back the hum of life,

See **MUSIC** on page 2

Astros Game Outing Update

It is with sincere regret that we were forced to cancel this year's Astros Baseball Game Outing. Those who signed up were truly looking forward to spending the day together, sharing fellowship, fun, and a great game. Unfortunately, we did not have enough participants to move forward, and we share in the disappointment this brings.

For those who paid by check or cash, your payment will be returned at our meeting on the 19th. If you paid via Zelle, your refund will be issued promptly. Thank you to everyone who expressed interest. Your enthusiasm reminds us how meaningful these outings are. We hope to try again next year, and with a little more participation, make it the wonderful day we all imagined.

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.

Montgomery County Choral Society Join the Music!

Senior Pals are invited to enjoy the 55th season of the **Montgomery County Choral Society**, a beloved community choir where our own **Linda Saucedo** and **Michelle Tyrell** lend their voices.

MCCS has been enriching Montgomery County since 1971 with performances ranging from classical favorites to contemporary works. Their upcoming **2026–2027 season**, led by Artistic Director **Jim Kritikos**, is themed **Threads of Life: A Tapestry of Spirit and Song** and features four uplifting concerts:

- **Oct 3, 2026 — Love, Loss, and Laughter**
- **Dec 12, 2026 — Comfort & Joy**
- **Mar 13, 2027 — Dreams Worth Singing**
- **May 15, 2027 — The Soundtracks of Our Lives**

If you enjoy beautiful music and supporting local arts, come out and cheer on Linda and Michelle. MCCS concerts are a wonderful way to share an evening of harmony and community. For more information go to

MCCHORAL.ORG or scan the QR code.



MUSIC from page 1

the sense that someone's awake, someone's nearby, and all is well.

Then there are the silence seekers, the people who can't read, write, or sleep if there's even a hint of music in the background. Their brains treat sound as something to analyze, not something to blend into the scenery. They hear a song and immediately start following the melody, anticipating the next chord, or wondering why the drummer is rushing. Instead of relaxing, they get mentally busier.

Cognitive specialist Dr. Samuel Kline explains that some people "process sound as information, not ambience," meaning their brains don't tune out, they tune in.

For these folks, quiet isn't empty, it's peaceful. It's the space where thoughts line up neatly instead of bumping into each other like grocery carts in a windy parking lot. And when it comes to sleep, their brains interpret sound as a signal to stay alert. Even soft music

can keep the mind hovering just above rest, like a porch light that never quite turns off.

A royal example: If you think modern people are

"Their brains treat sound as something to analyze, not something to blend into the scenery."

picky about their sleep sounds, history gives us a story that puts all of us to shame.

In the 1730s, Spain's King Philip V was struggling with what modern researchers believe was severe depression or bipolar disorder. He withdrew from public life, refused to dress, refused to bathe, and spent days in bed, which, to be fair, sounds like some of our Mondays, but his was a bit more dramatic.

Nothing helped. Not doctors, not priests, not royal pep talks.

See **MUSIC** on last page

PALS PUZZLE

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

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. Astaire | 9. Rogers |
| 2. Choral | 10. Saltgrass |
| 3. Dogs | 11. Silence |
| 4. Dolly | 12. Sleep |
| 5. Game | 13. Therapy |
| 6. Music | 14. Tours |
| 7. Olive | 15. Travel |
| 8. Popcorn | |

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

Senior Pals Theater Presents: Swing Time

Let's go back to a golden age of Hollywood glamour. A time when the music was smooth, and the dancing was smoother. **Swing Time**, brings **Fred Astaire & Ginger Rogers** at their sparkling best. The energy is bright, the rhythm is contagious, and every scene reminds us why their partnership became legendary. So settle in, let the lights dim, and get ready to be swept into a world where joy comes with a tap step and romance glides across the floor.

When: Wednesday, Sept. 16th, Doors open at 12:30 movie starts at 1:00PM (please note the movie is at the same day and time as the Senior Pals Luncheon at Saltgrass due to availability)

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.

 **HAPPY BIRTHDAY!** 

Irma Samaniego	9/4	Agatha Christie	9/15/1890
Carla Chambers	9/9	B.B. King	9/16/1925
Diane Jerkins	9/10	Sophia Loren	9/20/1934
Lela Britt	9/11	Leo Tolstoy	9/8/1828
Norm Lance	9/11	Greta Garbo	9/18/1905
Joan Robinson	9/13	T.S. Eliot	9/26/1888
Sandy Edwards	9/14	Jesse Owens	9/12/1913
Maricarmen Villasenor	9/15	Lance Armstrong	9/18/1971
Pete Vega	9/18	Jimmy Fallon	9/19/1974
Maria Pokluda	9/24	Bill Murray	9/21/1950
Dolly Albert	9/25	Serena Williams	9/26/1981
Ted Rogers	9/27	Otis Redding	9/9/1941
Linda Barthelemy	9/28	Bruce Springsteen	9/23/1949
Sharon Musial	9/29	Keanu Reeves	9/2/1964

September Luncheon

Let's go have a juicy steak at **Saltgrass Steak House** 19533 IH-45 Frontage road, Shenandoah, TX. On Wednesday, September 16th at 12:30PM. This is next to Babin's Seafood Restaurant. **Thank you Carla Chambers** for organizing these great luncheons!

Sneek Peek: October Luncheon: Olive Garden on 26715 I-45 Frontage road, Spring, TX. on Thursday, October 22nd at 12:30.

In Loving Memory of Dolly Parton, Enjoy these Dollyisms She Left Us

- ⇒ "The way I see it, if you want the rainbow, you gotta' put up with the rain."
- ⇒ "It takes a lot of money to look this cheap."
- ⇒ "Smile - It increases your face value."
- ⇒ "A Positive attitude and a sense of humor go together like biscuits and gravy."
- ⇒ "You'll never do a whole lot unless you're brave enough to try"
- ⇒ "If you see someone without a smile today, give 'em yours."

Rest in peace Dolly, until we see you again.

