



2026

St. Anthony of Padua Catholic Church

Here you're among friends!

From the President's Desk



Welcome to the Fall Season. Soon it will be time to put the cool clothing away and dress a little warmer. Maybe. I was so happy to see so many smiling faces at the September meeting. Thank you all who volunteered to make coffee, help at the Membership desk and helped set up and serve delicious food. As we all know it does take a village and volunteers. We are rounding the corner into October with helpful information from the fire department in the month of October. With the holidays coming, candles and faulty wiring on our decorations could be disastrous. Bring a friend or neighbor to hear and ask questions.

Our annual Christmas luncheon is approaching, and we need a leader or coordinator to step up. Two or three people could get this done quickly. Danel, in the office, is a caterer and chef. She has catered our lunches, and restaurants have catered out lunches. We try to keep the price under \$20.00 for members. We have tablecloths and decorations. If you have to purchase anything you will get reimbursed. I pray we have volunteers. October 210 is the next Luncheon, And November 14 is the meeting. Thank you for your support. Don't forget that this month is Respect for Life. Please join us at the fountain, outside our doors for prayer.

Linda Saucedo, President

October is Respect Life Month

October invites us to reflect on the Church's call to respect every human life. This commitment is not limited to one specific issue; it embraces the dignity of all people, children and adults, the unborn and the elderly, the poor and the marginalized, the sick and the suffering, the migrant and the imprisoned.

To respect life is to recognize that every person is created by God, loved by God, and worthy of our care, protection, and compassion.

Lord, open our hearts to see Your image in every person. Give us courage to defend the vulnerable, tenderness to accompany the suffering, and wisdom to act with mercy in all things. May our parish be a beacon of hope and a witness to the sacredness of all life. Amen.

The Doctor Will See You Now... and That's a Good Thing

By Art Dominguez, SPN Editor

Somewhere along the winding road of life, many of us picked up the idea that you only go to the doctor when something is swelling up, making a noise, or falling off. In our younger years, a doctor's visit usually meant we were either dying or our mother was convinced we were. But as the years have added their wisdom, and a few creaks, we've discovered a surprising truth that regular doctor visits are not a sign of frailty. They're a sign of good planning.

Think of it this way. You wouldn't wait for your car's engine to start smoking before checking the oil. You wouldn't wait for your roof to collapse before patching a leak. And you certainly wouldn't wait until Thanksgiving morning to find out whether last year's pants still fit. No, you'd check early, check often, and adjust as needed. Our health deserves the same attention.

What makes aging interesting, yes interesting, is that it invites us to approach our bodies with a kind of curiosity we didn't have time for when we were busy raising families, building careers, and pretending we were invincible. Now we get to ask questions. Good ones. Questions like *What does this number on my lab report mean? Is this normal for someone my age? What can I do to keep this from becoming a problem?* Curiosity, it turns out, is one of the best tools we have for staying healthy.

But curiosity only works if we pair it with engagement. Doctors are smart, but they're not mind readers. They don't know what's going on in our lives unless we tell them. That's why showing up for regular visits matters. It gives us a chance to ask questions, share concerns, and compare notes. It turns the appointment into a conversation instead of a performance. And it reminds the doctor that we're not just a chart we're a person with a story.

See **DOCTOR** on page 2

"Before I formed you in the womb I knew you, before you were born, I dedicated you."

- Jeremiah 1:5 NABRE

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.

DOCTOR *cont'd from first page*

And speaking of stories, here's one worth remembering. Your primary care doctor is the keeper of your medical narrative. Switching doctors every year is like switching hair solons, you spend half the appointment explaining what happened last time.

But when you stick with one Primary Care Physician (PCP), something wonderful happens. They learn your history. They recognize your patterns. They know what's "normal for you." They can spot changes early, tailor advice to your life, and help you navigate the parts of aging that aren't negotiable.

"A good PCP should give you the time to ask questions without acting like they're double-parked outside."

Of course, this partnership only works if your doctor brings the right attitude to the table. A good PCP should give you the time to ask questions without acting like they're double-parked outside. They should look you in the eye, not at the clock. They should seem genuinely concerned about you not just your numbers. If your doctor always seems rushed, distracted, or uninterested, it may not be a sign that you're difficult. It may simply mean you're not seeing the right doctor... or not the right doctor *for you*.



Joe Thompson	10 01	Jimmy Carter	10/1/1924
Steve Lastrapes	10 04	Julie Andrews	10/1/1935
Donna Rogers	10 04	Mahatma Gandhi	10/2/1869
William Lessmann	10 05	Susan Sarandon	10/4/1946
Joyce Hughes	10 08	Kate Winslet	10/5/1975
Kathy Partridge	10 13	Neil deGrasse Tyson	10/5/1958
Wanda Wooten	10 14	Thor Heyerdahl	10/6/1914
Pat Mangano	10 18	Matt Damon	10/8/1970
Susan Seybt	10 23	John Lennon	10/9/1940
Janet Johnson	10 24	Eleanor Roosevelt	10/11/1884
Al Sabino	10 27	Paul Simon	10/13/1941

Senior Pals Theater Presents

Road to Morocco

Get ready for laughter, music, and Hollywood's most iconic double-act as the undisputed crown jewel of the "Road" series **Road to Morocco** (1942) is on the screen this month!

Join smooth-talking crooner **Bing Crosby** and comedy legend **Bob Hope** as two shipwrecked castaways who wash ashore in exotic North Africa. Before long, scheming Bing accidentally sells poor Bob into slavery only for Bob to end up living in luxury in the palace of the stunning Princess Shalmar, played by the enchanting **Dorothy Lamour**! Packed with rapid-fire quips, Oscar-nominated comedy writing, and ever-green musical hits. This classic studio-era romp is Silver Screen entertainment at its absolute finest.

Be sure to arrive early! We'll be sharing fascinating, behind-the-scenes fun facts about the making of the film before the projectionist rolls the reel.

When: Wednesday, October 21st | **Doors Open:** 12:30 PM | **Showtime:** 1:00 PM

Where: The Theater Inside the Conservatory at Alden Bridge (6203 Alden Bridge Dr.)

Treats: Compliments of our hosts, enjoy free popcorn, sweet candies, and bottled water!

Bring a friend, settle into a comfortable seat, and take a trip back to Hollywood's Golden Age. We'll see you at the movies!

But one caveat here: remember to treat your doctor *as your doctor*, not as someone to chat with about weekend plans, stories about the grandchildren, or the book you're currently reading. Your physician's schedule is packed, and their day is measured in minutes, not hours. Patients after you will also need that same limited time and attention.

Share your concerns as clearly as you can, but leave out non-essential conversation.

See **DOCTOR** on last page

PALS PUZZLE



- Spot the Differences -



Think you've got a sharp eye? There are 12 changes tucked between the two images some obvious, some tiny enough to make you squint. Give it a try and see how many you can uncover. If you get stumped, the clues are on the last page.



Speaker Spotlight - Fire Safety

Our October meeting will feature **Chief Buck**, a veteran fire-fighter with the Woodlands Fire Department who will join us to present an important and practical session on **how to properly use the different types of fire extinguishers**. As we move toward the holiday season, when home fire risks typically rise, this presentation offers timely guidance for every household.

Chief Buck's program will walk us through the major classes of fire extinguishers, how to identify the right one for a given emergency, and the correct technique for safe and effective use. He will also cover common mistakes people make during small fire incidents and offer tips on maintaining extinguishers so they are ready when needed.

We look forward to welcoming Chief Buck and benefiting from his expertise.

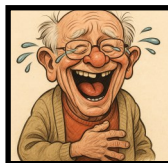
October Luncheon - Olive Garden!

Olive Garden has rolled out several delicious new dishes: Fresh pastas, hearty soups, and those famous breadsticks we all love. It's the perfect spot for good food, easy conversation, and a relaxed fall lunch with friends.

We'd truly love to have you join us. Please make every effort to come share a meal and some laughter with the group. Thank you Carla for setting up another great luncheon.

When: Thursday, October 22nd at 12:30 PM

Where: 26715 I-45 Frontage Road in Spring.



October's Grandpa Jokes

- ⇒ Grandpa says he welcomes October because it's the month when people stop asking why he's wearing three layers.
- ⇒ My grandson asked me if I wanted to go to a haunted house. I said "why pay?" and showed him my electric bill.
- ⇒ Grandpa says he doesn't need a costume for Halloween, he just tells people he's "Retired Batman."
- ⇒ I told the doctor I've been feeling tired. The doctor said, "how long?" I said since 1978.
- ⇒ October is the month when my knees predict the weather more accurately than the news.

Doctor *cont'd from page 2*

It helps your doctor focus on what matters most - your health.

And here's a little secret from the home office: sometimes the best doctor-patient relationships are built on small acts of kindness. My wife Cordy, for example, has a long-standing tradition of bringing a box of fresh donuts for the staff during visits that fall close to the holidays. It's her way of saying *thank you* to the people who keep us patched up, tuned up, and vaccinated year after year.

You'd be amazed at what a dozen donuts can do for the atmosphere. The receptionist suddenly greets you like you're a long-lost cousin, the nurse approaches the vaccine needle with the gentleness of a harpist, and the doctor seems to discover an extra five minutes you didn't know existed.

Still, even without baked-goods diplomacy, finding the right doctor is worth the effort. You look for someone who listens, someone who explains things clearly, someone who treats you like a partner instead of a problem. You ask friends for recommendations. You notice whether the office staff treats you with respect. And most importantly, you pay attention to how you feel when you walk out of the appointment reassured, or dismissed? Encouraged, or confused? Your health is too important to leave in the hands of someone who doesn't have the time or temperament to care for it properly.

Of course, there are things we can't control like genetics, time, gravity, and the price of gas. But there are plenty of things we *can* control, for instance what we eat, how much we move, how we manage stress, and whether we follow the doctor's recommendations. These small choices add up. They're like tiny deposits in the Bank of Future Health, and the interest rate is surprisingly good.

So here's the bottom line. Aging well isn't about pretending we're still 25. It's about being smart, curious, and engaged at 65, 75, 85, and beyond. It's about showing up for ourselves, for our families, and yes, for our doctor's appointments. It's about building a relationship with a PCP who knows our story and helps us write the next chapter with confidence. And it's about choosing a doctor who treats us with the respect, patience, and attention we deserve. Growing older is a privilege. Growing older *well* is a partnership.**

2026/2027 Senior Pals Meeting Schedule

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	-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 Hours & Luncheons	All Senior Pals Members

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

- Clues to "Find the Differences" puzzle -

- Image differences Clues**
1. Pumpkin is misspelled
 2. Hayride Price is 5 cents
 3. 1st kid in horse buggy missing
 4. Kid behind running girl has different hat
 5. Two pumpkins in background between the boy and girl are missing the stems
 6. Boy in background missing suspenders
 7. Running girl's dress is longer
 8. Small window on barn fully open
 9. Rear axle on red wagon missing
 10. Hair bow missing from girl in red wagon
 11. Barn roof vent is smaller
 12. Tree branches above Ole? Time sign missing

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.