



Newsletter

Here you're among friends!



From the President's Desk

Dear Friends,

Autumn has tiptoe'd in with golden light on earlier evenings, a hint of cool in the morning air, and that gentle nudge that the year is rounding the final bend. This season always reminds me that life moves in faithful rhythms: "For everything there is a season..." (Ecclesiastes 3:1). The baton passes sometimes slowly, sometimes all at once, and yet the music continues. What a blessing to keep playing our part together.

October invites us to gratitude for friendships, for shared meals, and for the many volunteers whose quiet efforts keep our group thriving. October is also a month of prayerful reverence for life. Let's carry that spirit into our conversations, our choices, and the way we show up for one another especially for those who are lonely, grieving, or unsure of their next step. A phone call, a seat saved at lunch, a ride offered these are everyday works of mercy.

As we savor apple-crisp days and sweater-weather mornings, let's finish the year with intention: show up, reach out, and make room at the table. Christ promises life "more abundantly" (John 10:10). Let's live that abundance together.

With gratitude and hope,
Art Dominguez

Respect Life Month: A Call to Prayer Meet me at the Fountain

October is **Respect Life Month**, a time when our Church family unites in prayer for the most vulnerable among us. Our leadership at St. Anthony of Padua has asked that every church group gather at the fountain at least once this month so that, together, we may lift our voices each day in prayer for: those who do not yet have a voice, an end to domestic violence, an end to wars, the very ill, and the destitute.

For the past several years, **Senior Pals** have faithfully honored this request, gathering by the fountain to offer our prayers. To continue this meaningful tradition, after our meeting on **Saturday, October 11th**, we invite you to join us at the fountain. There, we will pray together the special prayer prepared by **Deacon Mike Krall**.

It is my heartfelt hope that you will stand with us in prayer. Following this sacred moment, we will take a **group photo** as a cherished reminder of our fellowship as brothers and sisters in Christ.

A big **"Thank You"** to **Susan Seypt** for setting up our October Luncheon at Babin's Seafood Restaurant and for the delicious appetizers she purchased for all who attended.

A Heartfelt "Thank You" to Brenda Trevino Senior Pals extend their deepest thanks to Brenda Trevino for organizing a delightful day on the water! From the breezy boat ride at the Port of Houston to the laughter and conversation-filled lunch at Luby's, every moment was a treat. Your thoughtful planning and cheerful leadership made it all smooth sailing. We're grateful for the memories and we're already looking forward to the next adventure!



October Luncheon

The October luncheon will take place at B.J.'s Restaurant on October 22nd, at 12:30 PM. B.J.'s is located on I-45 at the Portofino Shopping Center (where Old Navy is located).

Thank you Carla Chambers for coordinating this event.

Senior Pals Theater is Back!

After last month's technical tantrum, Senior Pals Theater is back, and Sunset Boulevard is ready for its close-up. Hollywood's golden ghosts take center stage in this month's feature. Join us for a spellbinding descent into the glittering shadows of Tinseltown, where dreams are made, broken, and sometimes linger long enough to haunt the dreamers. Don't miss this cinematic gem, equal parts glamour and grit with dialogue sharp enough to slice through celluloid.



When: Wednesday, October 15th

Time: 1:00 pm, doors open at 12:30

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

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

Set Sail on a Mediterranean Adventure! May 2nd thru May 12, 2026



Join Senior Pals friends Linda Saucedo 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 anient 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.

Today's speaker is our very own **Brenda Trevino**. She will be sharing stories about her heritage as a Native American and newly elected legislative representative of her tribe.

Our November speaker is Laurie Oglesby, Senior Services Manager for Interfaith of the Woodlands talking to us about services they provide to the community.

Houston Ballet Nutcracker Market Senior Pals Outing

This festive shopping extravaganza brings together **hundreds of vendors** under one roof, offering everything from holiday décor and unique gifts to clothing, toys, gourmet treats, and stylish accessories. Not only is it a wonderful way to get your holiday shopping done, but it also supports the **Houston Ballet Foundation**.



Join us! It's the **biggest and best holiday shopping market in Houston** and going as a group of friends makes it even more fun! **Thank you Martha Britton for coordinating this event!**

Spots are limited, so sign up and turn in your payment **ASAP** to secure your place. Let's make this a joyful day of fellowship, shopping, and holiday cheer!

Senior Pals Trip Details

- **Cost:** \$60 per person (includes round-trip bus, Market admission, and event ticket). Please make checks payable to **St. Anthony of Padua**.
- **Departure:** 9:30 AM from the church
- **Return:** Approximately 4:30 PM

Senior Pals Officers 2025/2026

President	Art Dominguez
Vice-President	Cathy Landry
Treasurer	Linda Saucedo
Secretary	Carla Chambers
Membership	Gladys Gordon
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 drop us a line at
seniorpalscommunity@gmail.com

PALS PUZZLE

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.

1. Adoration
2. Agape
3. Blood
4. Bread
5. Caregiver
6. Devotion
7. Knights
8. Kolbe
9. Moms
10. Novena
11. Pantry
12. Parish
13. Respect
14. St Anthony
15. Vows

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

A Cry for Help from Senior Pals

Our Senior Pals organization is quietly asking for help. We're blessed with a wonderful community, but right now, we are short of a few helping hands that keep our fellowship strong and thriving. We need caring hearts to step forward as:

Greeter – the warm smile that welcomes us in

Hospitality – the host who makes gatherings feel like home

Newsletter – the storyteller who keeps us connected

Christmas Party Chair – the spirit who helps us celebrate joyfully

Please don't leave us out in the rain. Your time, your smile, and your presence can make all the difference.

If you feel that tug at your heart, answer the call. Together, we can keep Senior Pals not just alive but thriving.

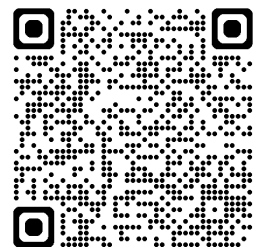


Don't leave us out in the rain. Senior Pals needs your helping hand.

Senior Pals Meeting Schedule 2025/2026

October 11, 2025
November 8, 2025
December 13, 2025
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: ap.church/seniorpals or scan the QR code



OCTOBER BIRTHDAY'S

Happy Birthday!

Joe Thompson	Oct 1
Darlene Dunbar	Oct 2
Steve Lastrapes	Oct 4
Donna Rogers	Oct 4
William Lessmann	Oct 5
Sandra Warhol	Oct 5
Joyce Hughes	Oct 8
Kathy Partridge	Oct 13
Wanda Wooten	Oct 14
Pat Mangano	Oct 18
Susan Seybt	Oct 23
Janet Johnson	Oct 24
Al Sabino	Oct 27

Who shares their birthday with...?

Julie Andrews	Oct 1- Actress
Kate Winslet	Oct 5 - Actress
John Lennon	Oct 9- Singer
Luciano Pavarotti	Oct 12- Operatic tenor
Ralph Lauren	Oct 14- Fashion Designer
Roger Moore	Oct 14-Actor
Angela Lansbury	Oct 16- Actress
Bela Lugosi	Oct 20- Actor
Montgomery Cliff	Oct 17- Actor
Ryan Reynolds	Oct 23- Actor
Pablo Picasso	Oct 25- Painter
Bill Gates	Oct 28 -Microsoft Founder
Bob Ross	Oct 29 -Painter

Free CISD Lifetime Pass for Seniors

If you are **60 years of age or older** and live within **Conroe ISD in Montgomery County**, you may be eligible for a **lifetime pass** that provides complimentary admission to district-sponsored **athletic events and fine arts performances** held at Conroe ISD facilities. Please note that this pass does **not** apply to playoff games or special fundraising events, and applicants **must reside in Montgomery County** within CISD. Applications can be completed in person at the **Conroe ISD Administration Building** during normal office hours. Scan the QR code for more information.



RECIPE CORNER

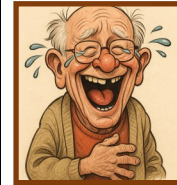


Classic Apple Crisp

- 4 medium tart apples, sliced
- 3/4 cup brown sugar
- 1/2 cup flour
- 1/2 cup oats
- 1/3 cup unsalted butter (cold cut into small cubes)
- 1 tsp ground cinnamon
- 3/4 tsp nutmeg
- Vanilla ice cream (optional)

Instructions

1. Preheat oven to 350°F (175°C). Lightly butter or spray an 8×8-inch baking dish (or a deep pie dish).
2. Toss sliced apples with sugar, 1/2 tsp cinnamon, nutmeg, and lemon juice. Spread evenly in the dish.
3. Mix oats, flour, brown sugar, salt, and 1/2 tsp cinnamon in a bowl. Cut in butter until crumbly.
4. Sprinkle topping over apples.
5. Bake 30–35 minutes, until topping is golden and apples are tender. Cool slightly before serving. Delicious warm with vanilla ice cream.



Grandpa's October Jokes

- ⇒ Why did the scarecrow win an award? He was outstanding in his field!
- ⇒ What's a ghost's favorite fruit? Boo-Berries
- ⇒ Why don't skeletons fight? They don't have the guts!
- ⇒ What do witches use to style their hair? Scare-spray!



Rediscovering Halloween: A Sacred Tradition Rooted in Faith

Summary Report: The Catholic Roots of Halloween

Author: Christina M Sorrentino **Published:** October 31, 2024

A Sacred Tradition Rooted in Faith: Did you know Halloween began as a Catholic celebration? Long before costumes and candy, October 31st marked the vigil of All Saints' Day, followed by All Souls' Day forming a sacred triduum known as Allhallowtide. It originated as All hallows Eve honoring saints in heaven. Pope Gregory III moved All Saints' Day to Nov 1st in the 9th century, then Pope Gregory IV expanded it to the universal Church.

Traditions with Meaning: Costumes and bonfires symbolized spiritual vigilance and the battle between good and evil. Festivities honored the dead and reminded the faithful of eternal life.

How Catholics can celebrate today: **Attend Mass on All Saints' Day** (a holy day of obligation). Pray for departed souls on All Souls' Day. Host saint-themed parties and share stories of favorite saints.

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.