

AGE OF AQUINAS

a Bay Area group for Christian singles 40+

Next Shoreline hike: Saturday, December 5, 9:00 am

Next Edgewood hike: Saturday, December 5, 9:00 am

Next Transitions Meeting: Wednesday, December 2, 2009, 7:30 pm

Hike Report - Shoreline:

It was chilly this morning, but the sun was bright and beautiful. And walking warmed us up. It was a relatively small crowd that started out, but we grew in numbers all the way to the bench. There we paused, but not for too long, because it was getting chilly again.



Our bird diarists were observing all the different species of ducks, egrets, herons, hawks, etc, etc, and recording the observations in the bird diary. This is the second year we've been using the same book, and it is interesting, if not all that remarkable, that the species of birds change with the seasons each year. But some of the birds, like the coots, stay year round, as do we hikers. We *always* hike... rain or shine... chilly or hot... windy or not! We're perennials!

Coming up: Next Saturday is another regular Shoreline hike. The regular Edgewood first Saturday hike will be leaderless. Let Randy know if you have questions or want to lead the hike. This Wednesday is the regular 1st & 3rd Wednesday Transitions support group. See below for details, and for the latest on *all* the upcoming events, visit: <http://palaltocatholic.org/aofa.html>.

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## **Wednesday, December 2, 2009, 7:30 pm: Transitions Support Group - Palo Alto**

**Transitions** is a *drop-in* support group for those who are undergoing the transition from couple-hood to single-hood. If you or someone you know has suffered the breakup of a marriage or significant relationship, this group may be helpful. The meetings are informal and unstructured, confidential and safe. We have a small lending library of helpful books you may borrow, keep, or pass on to others. There are no age boundaries.

**Cost:** There is no charge.

**Location:** St. Thomas Aquinas Pastoral Center, 3290 Middlefield Rd, Palo Alto, 94306. If it's not too cold, we might meet in the Garden behind the building...

**Map:** <http://maps.yahoo.com/py/maps.py?&addr=3290+Middlefield+Rd&csz=Palo+Alto+CA+94306>

**More information:** <http://palaltocatholic.org/AofA.html> or contact Randy Jones, 408.739.2881, [transitions@palaltocatholic.org](mailto:transitions@palaltocatholic.org).

**\*\*\* Meetings are 1st & 3rd Wednesdays \*\*\***

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Saturday, December 5, 2009 @ 9 am: Shoreline Park Hike & Coffee - Mountain View

Meet at *Lakeside Cafe* in Mountain View's Shoreline Park at 9 am. We'll start off from there and walk for about a half hour, then turn around and walk a half hour back to the café for coffee and/or brunch about 10:00 or 10:15 am. You don't have to make the hike to come to coffee! The hikes go on regardless of temperature, sky condition, or precipitation state!

Directions to Lakeside Café:

From northbound 101, take the Shoreline Blvd exit (*CAUTION!* Slow down! Tight off-ramp curve!) and turn right at the light (NOTE: No right on red).

From southbound 101, take the Shoreline Blvd exit and turn left at the light.

Once on Shoreline Blvd, follow it about 2 miles to the Lakeside Cafe parking lot. We will gather near the breezeway between the cafe and the aquatic center.

