

AGE OF AQUINAS

a Bay Area group for Christian singles 40+

Next hike: Saturday, August 30, 9:00 am

Financial Talk: THIS WEEK Tuesday, August 26, 7:30 pm

Saturday Hike NORTH: September 6, 9:00 am (new time)

As a smaller than usual group gathered by 9 am this morning, it seemed to be getting colder. People kept going back to their cars to get another wrap. The sky was a solid grey and some claimed it was warmer earlier. But that only referred to the ambient air temperature, because the friendship and conversation were as warm as ever.



Though it was a small group, four of our number were first-timers, and we got to know each other quickly. Then we set out at a brisk pace, partly just to warm up. And warm up we did! Halfway through the hike people were shedding their extra layers and tying them around their waist. We gathered back at the café warm and exercised and "glowing". You had to be there!

Don't miss the free financial talk this Tuesday... see below and <http://paloaltocatholic.org/aofa.html>.

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## **Every Saturday in August, 2008, 9 am: Shoreline Park Hike & Coffee**

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.

**Map:** [http://maps.yahoo.com/maps\\_result?addr=3160+n+shoreline+blvd&csz=mountain+view+ca++94043](http://maps.yahoo.com/maps_result?addr=3160+n+shoreline+blvd&csz=mountain+view+ca++94043)

**More information:** Visit <http://paloaltocatholic.org/aofa.html>, call Randy on 408.739.2881 or Email: [age-of-aquinas@paloaltocatholic.org](mailto:age-of-aquinas@paloaltocatholic.org).

\*\*\* Hikes are every Saturday \*\*\*

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Tuesday, August 26, 2008 @ 7:30 pm: Financial Talk - by Maria Edmonds-Zediker

The topic is *Financial Wisdom For Mid-Lifers*, and the talk is free. Ms. Edmonds-Zediker is a Certified Financial Planner specializing in retirement plans for teachers and for very small business (<50 employees), and in Section 529 college savings plans. She is currently Financial Advisor for Foothill Securities.

Time: 7:30 pm till about 8:30 pm with schmooze time afterward.

Cost: *FREE!*

Location: St. Albert the Great Hospitality Center, 1095 Channing Ave, Palo Alto, CA 94301

Map:

http://maps.yahoo.com/maps_result?addr=1095+channing+ave&csz=palo+alto+ca+94301.

More information: Visit <http://paloaltocatholic.org/AofA.html>, or contact Mabel Ngo by email: m-ngo@sbcglobal.net or age-of-aquinas@paloaltocatholic.org.

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## **Saturday, September 6, 2008 @ 9:00 am: Edgewood Park Hike and Breakfast**

Meet at the entrance to Edgewood Park at 9 am. Look for Josephine in the inside parking lot in an Oracle hat and black-and-white t-shirt waiting in the shade. This hike will take you up and down, in sun and shade, amidst grasses, trees and wildflowers, for about 2 hours. Afterwards gather at a nearby eatery, about 11:30 am, for lunch or brunch. There are several choices within minutes of Edgewood, eg. *Canyon Coffee Roastery*, 3203 Oak Knoll Dr., Redwood City, CA 94062, or *Sancho's Taqueria*, right next door to the coffee roastery at 3205 Oak Knoll Dr. We'll decide where to go after the hike. *We always hike, rain or shine!*

### **Directions to Edgewood Park:**

**From the 101**, take the Whipple Ave exit and travel through town West to Alameda de Las Pulgas. There turn right and go about 1/4 mile to Edgewood Rd. There turn left and follow Edgewood about 2 miles to the Park Entrance on your left. **Map:**

[http://maps.yahoo.com/maps\\_result.php?q1=us-101+%26+whipple+ave%2C+redwood+city%2C+ca+94063](http://maps.yahoo.com/maps_result.php?q1=us-101+%26+whipple+ave%2C+redwood+city%2C+ca+94063).

**From I-280**, take the Edgewood Road exit and go East toward Redwood City about 1/2 mile to the park entrance on your right. **Map:**

[http://maps.yahoo.com/maps\\_result.php?q1=i-280+%26+edgewood+rd%2C+redwood+city%2C+ca+94062](http://maps.yahoo.com/maps_result.php?q1=i-280+%26+edgewood+rd%2C+redwood+city%2C+ca+94062).

**More information:** Visit <http://paloaltocatholic.org/AofA.html>, or contact Josephine, 650.619.4024, [josephine.dorval@oracle.com](mailto:josephine.dorval@oracle.com) or [age-of-aquinas@paloaltocatholic.org](mailto:age-of-aquinas@paloaltocatholic.org).

\*\*\* Hikes are the first Saturday of every month \*\*\*