

AGE OF AQUINAS

a Bay Area group for Christian singles 40+

Next Shoreline hike: Saturday, November 8, 9:00 am

Transitions Support Group meeting, November, 5, 7:30 pm

Hike Report -- Shoreline:

Well, it rained the night before and it was raining a bit Saturday morning. That may have been the reason only 6 of us showed up at 9 am for the hike. It stopped raining for the hike, and actually it wasn't very cold even with the wind blowing at about 20 mph, and gusting to 30. Some hikers *loved* it! There were dark foreboding clouds, and lots of interesting birds (Night Herons, Cinnamon Teals, something that we decided was a female Eared Grebe, Brown and White Pelicans, only 3 Canada Geese, hundreds of the ever-present Coots, and more!) - it was a great day!



We spent 15-20 minutes at that little dropoff near the Swallow's nests on the building, watching the Great and Snowy Egrets jostle for perches. Several Night Herons got tired of the Egret antics and flew off eventually. And the Eared Grebe kept dipping down into the water hunting for who knows what! After we returned to the cafe, 2 more showed up. Not a very big turnout, but quite fun nonetheless.

Hike Report -- Edgewood:

The Edgewood park hike took place as scheduled and only one showed up. That hiker hiked the Sylvan loop trail, and saw lots of squirrels, blue jays, and little sparrows. It was a little damp, but a warm and very pleasant fall day with lots of little nameless birds around. Looking forward to next month's walk.

Next Wednesday is the Transitions divorced/separated/broken-up support group meeting. And of course next Saturday, there's another Shoreline hike.

For more information on this and other upcoming events, see <http://palaltocatholic.org/aofa.html>.

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## Every Saturday in November 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://palaltocatholic.org/aofa.html>, call Randy on 408.739.2881 or Email: [age-of-aquinas@palaltocatholic.org](mailto:age-of-aquinas@palaltocatholic.org).

\*\*\* These hikes are every Saturday \*\*\*

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Wednesday, November 5, 2008, 7:30 pm: Transitions Support Group

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.

Cost: There is no charge.

Location: St. Thomas Aquinas Pastoral Center, 3290 Middlefield Rd, Palo Alto, 94306.

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.

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