

Welcome! Our First Issue Is Here for Your Enjoyment!

As a Menlo Commons resident, you can submit articles, subject to selection by the editor - keep them short, original, enjoyable and pleasant to our readers. Send to **TGN** Editor Jim Palmer at jdpalmerjr@aol.com.

MEET YOUR NEIGHBORS

An Interview with Bob and Jeanne Grimes



TGN: Tell us about your dogs.

Grimes: Buddy and Lily are "bichon frise", descendants of both water spaniel and standard poodle. We got them 7 years ago when they were age 3. They are mellow, patient, get along well with both older and younger people. They have joined "Furry Friends" and their duties are to visit persons in a nursing home in Belmont twice a month where the residents "pet talk:" with them. Some give Buddy a massage. They cheer people up;

TGN: Why did you move into Menlo Commons?

Grimes: We liked the great location, the good community, the friendly people. Besides, our daughter and two grandchildren (ages 13 and 11) live in Los Altos.

TGN: When did you come here?

Grimes: We came in December 2009, rented for 2 years and then bought our present unit in October 2011. Before that we lived in Seattle, Florida, and we were born and raised in Maryland.

TGN: When did you get married?

Grimes: We've been married 45 years

TGN: What do you do now to occupy your time?

Grimes: Bob volunteers at the Palo Alto VA Hospital - pushing people around, telling them where to go. He also is an usher at Portola Valley Presbyterian Church (it's very informal). Jeanne

volunteers at St. Nicholas Catholic School in Los Altos. She likes to work with 2nd graders - listening to them read books, and testing their memory on what they read. She also works with pre-schoolers on the "I-Care" project to make sure that if they have problems they receive eye glasses. She also teaches pre-school and kindergarten at Portola Valley Presbyterian Church.

TGN: What are your prior backgrounds?

Grimes: Bob was in the Naval Reserve as a jet aircraft machine engineer during the Pueblo Crisis in Korea. Then he became a banker in Florida (senior VP with First National Bank of the South). After that he became a real estate agent in Florida, and Seattle. Jeanne was a school teacher for 20 years in the primary grades ("I like the young children"). In Seattle she was a substitute teacher.

TGN Tell us about your present duties at Menlo Commons.

Grimes :: We help with the social events. Bob is BBQ cook (Hal Harbatkin is gas cook), and Jeanne is co-chair with Judy Harbatkin. The social events are about 7 times a year - coming up Labor Day, general meeting, potluck in November, January Chinese lunch, Memorial Day and 4th of July. Also Bob is a member of the Menlo Commons Board of Directors.

TGN: Thanks. Look forward to Labor Day BBQ!

The Swimming Ladies of Menlo Commons



On Monday, Wednesday and Friday, 9-10 a.m. see them with their noodles doing 35 different exercises including "punching out", "kickbacks" backwards", "jumping jacks", "clap under knees", "bicycling", "pendulum kicking", "stretch", and even "figure 8s".

These ladies do it in addition to "taking deep breaths" while leaning against the side of the pool. Whether its cold, rainy or warm. If it's cold they warm up in the spa. Rain or shine, 40-80 degrees.

Their leader is Eugenia Von Salza from Bldg. A. She's been there for 18 years! All you have to do is to show up at the designated time with your swimsuit on. Be ready to go. Take a couple of deep breaths - exhale slowly, leaning against the side of the pool after that).

The ladies include Eugenia, Lois Cardinal, Marilyn Palmer and recently Ingrid Rogers

"Glad I do it" they say. They get some exercise and it can help with the joints and arthritis.

Others swimming earlier in the mornings (maybe 7 a.m.) include Jeanne Grimes, Shirley Stewart, and Martha Estrada. I have also been told by Val that some men show up at the pool early too. Why not you?..TGN

Let's Go to An Event at "Little House"

Little House is located at 800 Middle Ave. in Menlo Park, and is for senior citizens interested in being active at any level, from movie watching, to taking classes, playing games, adventuring out into our Bay Area with a group, by bus and for lunch. Membership is \$60 per year. Non-members can also participate for a nominal fee per event. (It is run by Peninsula Volunteers, You can call them at 650-326-2025.) There is a monthly printed schedule for you. Here is a partial schedule for the next few weeks.

Eclectic Movies: 1 p.m. Mondays (\$3 for nonmembers):

July 22: "Mrs. Henderson Presents" (2006) - Judi Dench stars as the British widow who bought a theater and brought London its first "nude" review in the late 1930's.

July 29, "The Best Exotic Marigold Hotel"(2012) - British retirees searching for a better life in the Indian City of Jaipur, starring Judi Dench, Tom Wilkinson and Maggie Smith.

Culture Movies: 1 p.m. Wednesdays (\$3 to nonmembers):

July 24 - Zoom to 1733 when the British Parliament enacted the Molasses Act.; July 31 - Meet with president-elect George Washington.

Special Tuesday Tea:

July 22, 1:30 p.m. with slide show of Tropical Costa Rica.

Of Interest:

Mondays, 9-11 a.m. course in Beginning Internet, \$10 per class, by appt (ext 237); .Mondays & Thursdays, 12:30- 4 p.m - Duplicate Bridge; Wednesdays, 12:15 p.m.-3:15 p.m. - Progressive Bridge.

Book Club:

Aug. 7, 12:30-2 p.m., "SALT, a world history" by M.Juransky

Adventures:

July 31, bus to Moss Landing's "Elkhorn Slough Safari" including lunch at Phil's Fish - \$102 per person.

August 22, bus to Golden Gate Park with lunch at the Beach Chalet - \$97 per person.

Daily Luncheons: Monday through Friday, call for information and menu.

Quotable Quotes

"I don't have a bank account because I don't have my mother's maiden name." - Jay Leno

"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where she is" - Ellen DeGeneres

"Originality is the fine art of remembering what you hear but forgetting where you heard it." - Lawrence I. Peter

"The reason there are two senators for each state is so that one can be the designated driver." - Jay Leno

"There are only three things women need in life: food, water, and compliments." - Chris Rock

Another Way to Go - a Scenic Drive to the Beach Area and Back

If you want a scenic drive off the main highway, go to 280, south on 85, take Hwy 17 past Los Gatos, turn left onto Summit Rd., go to Soquel-Old San Jose Rd., turn right, down to Hwy. 1 (stop at Gayles in Capitola after the underpass a few blocks, for great pastry) then go through Santa Cruz north on Hwy 1 to Hwy 84 (up 33 miles), go east on Pescadero Rd., (have soup at Duarte's Tavern in Pescadero), wind along Hwy 84 to La Honda and then down the hill, coming in at Sand Hill Rd near Woodside/Portola Valley. Lots of beautiful redwood trees and greenery. Not much traffic and some berry picking along the way too. TGN*****