

SENIOR CROSSROADS  
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2017



HAPPY NEW YEAR



*NorCal Board of Directors  
Auxiliary and Staff  
Wish you  
Merry Christmas  
And  
Healthy Happy New Year  
Ζώνηρωμληη Λνη Σωρηη Ει Σηληρη  
Θύνηληη*



# SENIOR CROSSROADS ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2017



**CACHE CREEK**  
CASINO RESORT



## Cache Creek Casino

**Tuesday, February 14, 2017**

Join us for a Valentine's Day trip to Cache Creek Casino featuring over 2,400 slot machines and more than 120 table games to choose from, there is something for everyone.

**Cost: \$45.00 per person**

**\$35.00 NorCal members**

includes bus transportation. You will receive \$5.00 for food, \$15.00 for slot machine. Lunch is on your own.

**For reservations call by February 2,**

(650) 697-7474.

**Cancellation Policy:** no refunds can be made unless a replacement can be found.

## Cache Creek Casino

**Երեքշաբթի, Փետրուր 14, 2017**

Միացե՛ք մեզի *Valentine*-ի հաճելի օր մը անցնելու որ պիտի ըլլայ դէպի Քէշ Քրիք Քըսինսո հոն կան 2,400 աւելի մեքենայի եւ 120 սեղանի բախարախաղեր:

**Գինը:** \$45.00 անձ գլուխ

**\$35.00 NorCalի անդամներուն**

որը կը բովանդակէ պասի ճամբորդութիւնը: \$5.00 վարկ դէպի ուրերուլիքի, \$15.00 մեքենայի խաղի համար: Կէսօրուայ ճաշը իւրաքանչիւրը կրնաք ընտրել տարբեր ճաշարաններէն, իրեն ուզածին հարմար: Ապահովելու համար հեռ աձայնեցէ՛ք մինչեւ **Փետրուար 2 (650) 697-7474.**

**Պայմանագրի Ձևջում:** Ոչ ձեր վճարումը չի պիտի վերադարձուի, բացի եթէ ուրիշ անձ մը գտնուի ձեր տեղը: Բերէ՛ք ձեր հետը ID-ի գարուտը:

### Pickup Locations

**Stones Town Shopping Center** - Leave 8:00 a.m. - Return 6:30 p.m./apprx.

**San Francisco:** Masonic Lodge(855 Brotherhood Way) -Leave 8:15 am. Return appx. 6:45pm

**East Bay:** St. Vartan Church -leave 8:45 a.m./apprx. return 6:00 p.m.

**Cupertino/South Bay:** Call for transportation

# Hye Days

**Tuesday, January 10, 2017**

10 am ~ 3 pm

**Armenian Christmas Celebration**

Coffee, Tea & Snack

Sponsored by:

Mrs. Caline Soghikian

(In memory of her husband

Dr. Krikor Soghikian)

Presentation:

Rev. Fr. Mesrop Ash, Pastor

St.. John Armenian Church

“Pilgrimage to Holy Land”

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call NorCal

office 650-697-7474



*If you wish to be a sponsor or a presenter for the “Hye Days” program,  
please call the NorCal Office*

# Hye Days

Tuesday, February 7, 2017

10 am ~ 3 pm

Coffee, Tea & Snack

## Sponsored by:

Mrs. Hasmig Cingoz and

Mrs. Anahid Kharibian

(In Memory of

Mrs. Araxie Bezdjian)

## Presentation by:

Hasmig Cingoz

*“Who is Vartan Mamigonian’s Daughter”*

Lunch.....Fun & Games

Bingo and more fun

**RSVP: Please call NorCal office**

**650-697-7474**

*If you wish to be a sponsor or a presenter for the “Hye Days” program,  
please call the NorCal Office*

# *One Day At A Time*

- The greatest Joy.....Giving*
- The Greatest loss.....Loss of self-respect*
- The most satisfying work.....Helping others*
- The most powerful force in life.....Love*
- The greatest problem to overcome.....Fear*
- The worst thing to be without.....Hope*
- The deadliest weapon.....The tongue*
- The most beautiful attire.....A SMILE*
- The most powerful channel pf communication.....Prayer*
- The most contagious spirit.....Enthusiasm*
- The most important thing in life.....GOD*



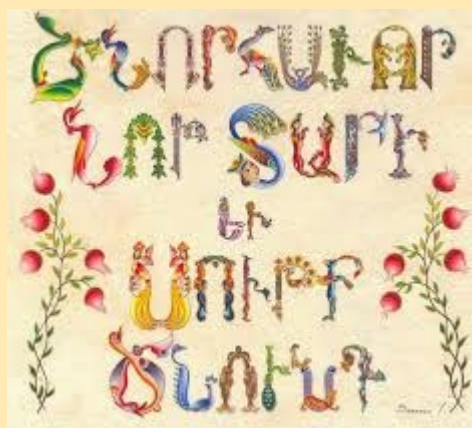
## ***Why do we (Armenians) celebrate Christmas on January 6th***

The answer to this question is not as plain nor as obvious as one might at first presume. Yes, while it's true that we really don't know when exactly Jesus was born, the fact remains that He was born, although God's self-revelation in human history makes the actual date of this glorious celebration moot and quite actually besides the point. In fact, during the very early years of the Christian church His birthday was not celebrated at all!! Many early church fathers omit it entirely from their lists of feasts. Without going into the history of all the pagan window dressing associated with the modern yuletide season, the true celebrations, according to the ancient tradition of the church, was a culmination of events related to God's Incarnation. This was not called "Christmas" but rather Theophany which means "revelation of God," and was universally celebrated on January 6th by all Christendom, highlighted by the remembrance of Jesus' Baptism. Although, ironically today, Christmas is a celebration of Jesus' birthday, it wasn't until later that the Nativity was incorporated into the January 6th celebrations of the Theophany. The question about dates must be answered in 2 parts. There are actually only 2 dates for the observance of Jesus' birth and not 4. They are December 25th and January 6th. The confusion of the other 2 dates, January 7th and 18th are due to the use of 2 calendars, the Gregorian and the Julian. While most of the known world, such as Canada, is on the Gregorian calendar (named after Pope Gregory of Rome), some Orthodox Christians maintain their liturgical calendars according to the ancient Julian calendar. Thus, the January 7th date actually corresponds with December 25th on the "old" Julian Calendar while January 19th corresponds to January 6th on the Gregorian calendar.

Those who observe January 7th which is actually December 25th on the Julian calendar are referred to as "old calendarists." Despite the calendar usage, all these churches observe the Epiphany or the Baptism of Jesus 12 days following the Nativity. Secondly, the Armenians, who observe the Gregorian calendar except in Jerusalem, maintain to this day the ancient date of January 6th as the dual celebration of Jesus' birth and baptism, where all the major events related to the Theophany are recalled, from the revelation of Jesus as the "Son of Man" the Incarnate Word, to His revelation as the "Son of God" the Prince of Peace and the King of Heaven. Therefore, this celebration includes everything from the Nativity of Christ in Bethlehem, the visitation of the Magi who came to "witness" Him as the Divine Revelation, the infancy narrative...His naming, His presentation in the temple, His circumcision and finally the Epiphany or His Baptism in the River Jordan whereby His formal ministry of redemption was inaugurated by the opening of the heavens, the descent of God the Holy Spirit in the form of a dove, and the Voice of God the Father proclaiming that "This is my beloved Son." The dual Theophany/ Epiphany was celebrated on January 6th until the 5th century when the Council of Chalcedon (451 ad) formally declared December 25th as the date for the celebration of "Christmas" separating the Nativity from the Baptism of Christ by the "12 days of Christmas" remembered today in the popular Carol. Although there are many compelling theories as to the reason for moving the celebration of the Nativity to December 25th, suffice to say that it is generally believed that the date was changed in order to override and subdue pagan feasts and practices dedicated to



The Winter Solstice, because at the time Christians also used to continue their observance of these pagan festivities. The pagans called this celebration Saturnalia, in honour of their god Saturn, a festival lasting from the 17th to the 25th of December culminating with the "Birth of the Unconquerable Sun," as the days began to lengthen, because among pagans it was generally believed that the sun who dies during the winter solstice rises from death thereafter. Since the date of the Epiphany or Baptism was more ancient, and was of primary importance as a liturgical feast, it was not possible to move it while the secondary and later addition of the nativity could be moved without great offence. Armenia however, whose Christianity is of ancient Apostolic origins, did not adopt this change for the simple fact that there were no such pagan practices left in Armenia in the 5th century allowing them to remain faithful to the traditions of their forefathers. To this day, Armenians have continued to celebrate the Nativity on January 6th along with the Epiphany which is crowned, as with other Orthodox Church's, in the observance of Christ's Baptism, with a glorious "Blessing of the Waters" in whose climax a Cross is plunged into the water as a sign of God's Saving mystery in Christ's life from Womb to Tomb. The blessed water is offered to all as a sign of God's manifestation in the glorious waters of the Jordan from which the Savior was revealed and it becomes possible for humanity to be born again to new life.



# EXERCISE

Seniors who exercise live better lives. That's because wellness is not just a state of mind, it is a lifestyle. Physical activity reduces the risks of many chronic conditions, prevents falls and decreases depression in older adults. The National Institute of Health also reports that daily exercise increases the capabilities to perform activities of daily living, elevates mental health and improves the chances of living longer.

It is recommended that anyone starting a new physical fitness program should first consult their doctor. It is especially important for those with chronic conditions such as heart disease and diabetes to talk to their doctor about the best way to start a new program. You should also consult your doctor if you have any prolonged pain or discomfort due to exercise

**A complete exercise program for seniors should include:** Strength Training Using weights and resistance can increase muscle mass as well as improve physical endurance. For seniors, this means using light weights and resistance bands to strengthen the body to avoid muscle failure and loss of mobility. This strength helps seniors maintain their activities of daily living.

**Balance:** According to the National Institute of Health, people who practice balancing exercises in conjunction with muscle-strengthening activities greatly reduce their chances for falling. For the elderly, this means light yoga, tai-chi and practicing standing and sitting with assistance.

- Example: Outdoors or at home, practice standing and sitting from stable furniture or from the kneeling or squatting position.

**Flexibility:** Stretching done in conjunction with other exercises can help keep your body limber and maintain your mobility and balance. It can also help you recover from injuries faster.

- Example: Outdoors, at home or in the gym, create a stretching routine. This can be as easy as slowly turning your head from side-to-side. For others, a light yoga routine can help increase flexibility.



# ՄԱՐԶԱՆՔ:

Երեցները որոնք մարզանք կ'ընեն, աւելի լաւ կեանք կունենան, որովհետեւ միտքի բարօր վիճակը, նաեւ լաւ ապրելակերպ է:

Ֆիզիքական շարժումները կը պակսեցնեն քրոնիկ վիճակները կանխարգիլեն իյնալը եւ կը պակսեցնեն մտավախութիւնները ձերերու մօտ:

Ազգային առողջապահութեան կառոյցը նոյնպէս կը հաստատէ թէ մարզանք ընող տարեցները աւելի եռանդուն մտային առողջութիւն ունենալով, աւելի երկար կեանք կրնան ապրիլ:

Կը թելադրուի որ ռեւէ անձ որ մարզանքի պիտի հետեւի, նախապէս պետք է խօսի իր բժիշկին հետ մանաւանդ անոնք որոնք սրտի հիւանդութիւն, շաքար ախց եւայլն, որպէսզի գիտնան ինչ տեսակի մարզանք կրնան ընել:

Երեցներուն մարզանքին մէջ կայ ծանրութիւն վերցնել, որպէսզի իրենց մկանները զօրնան: Անշուշտ ձերերու պարագային դեղեւ ծանրութիւն, որպէսզի մկան զօրացնելով միատեղ պետք չէ մկան վնասել եւ անշարժութեան մատնուիլ: Այս մարզանքը կ'օգնէ որ ձերեր, իրենց առօրեայ գործերը աւելի լաւ ընեն: Հաւասարակշռութեան մարզանք կ'ընեն, ասոնց իյնալու առիթները կը նուազին, այս դեղեւ մարզանքներն են, yoga, նստիլ-ելլել, ծոիլ-շտկուիլ: Ասոնք կրնաք դուք ձեզի տունին մէջ ընել:

Ճկունութիւն. Վերելը յիշուած մարզանքներու կողքին, ձեր մարմնի մկանները ճկուն ընելու համար դեղեւ շարժումներ, օրինակ ձեր գլուխը մէկ կողմէ միւսը կամաց-կամաց դարցնել, պարզ yoga եւ անդամներու շարժումներ:

Նոր վկայութիւն մը որ կ'ըսէ, երբ շատ առանձնացած կ'ապրին, իրենց մէջ կը պակսի ախորժակը ուտելու, մարզանք ընելու, եւ այսպէսով կը տկարանայ անոնց մտային կարողութիւնը:

Թելադրելի է որ մասնակցին երեցներու հաւաքոյթներուն, այցելեն բարեկամներու: Զբաղուին կարդալով, թղթախաղ խաղալով, դեղեւ մարզանքներ ընելով: Այսպէսով զբաղուած եւ եռանդուն կեանք մը կունենան:



# HAPPY BIRTHDAY



*Anayis Assilian ~ January 1*  
*Sonia Koujakian ~ January 5*  
*Johnny Kuftedjian ~ January 9*  
*Sose Balian ~ January 10*  
*Khnar Charekian ~ January 14*  
*Ani Amooore ~ January 16*  
*Garo Mirigian ~ January 18*  
*Ruben Kazarian ~ January 20*  
*Maro Demirjian ~ January 30*

*Nazik Tadjarian February ~ 4*  
*Bea Boghosian ~ February 6*  
*Arusyak Jangochyan ~ February 8*  
*Elo Aslanian ~ February 9*  
*Oskan Mazlumanian ~ February 15*  
*Tania Petrossian ~ February 16*  
*George Riley ~ February 28*  
*Seta Yenikomshian ~ February 29*



With Heartfelt  
*Sympathy*



Our deepest sympathies to Mrs. Mari Gamitian, Mr. & Mrs. Gary Gamitian and Family and Mr. Andy Gamitian on passing of her beloved Husband, Father, Grandfather, **Mr. Takvor Gamitian**.

*May God Bless his souls. Աստուած հոգին լուսաւոր է:*



# Bay Area Community Calendar 2017

- ◆ **Tuesday, January 10 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, February 7 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, February 14 ~ NorCal Excursion to Cache Creek RSVP (650) 697-7474**
- ◆ **Tuesday, March 7 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, April 4 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Sunday, April 16 ~ Easter**

## Senior Crossroads

NorCal Armenian Senior Services  
1818 Gilbreth Road, Suite 132  
Burlingame, CA 94010  
650-697-7474

### Pickup Locations

**Stones Town Shopping Center** - Leave 8:00 a.m. - Return 6:30 p.m./apprx.

**San Francisco:** Masonic Lodge(855 Brotherhood Way) -Leave 8:15 am. Return appx. 6:45pm

**East Bay:** St. Vartan Church -leave 8:45 a.m./apprx. return 6:00 p.m.

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