



SENIOR CROSSROADS

ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

July/August 2017

EXCURSION

Cache Creek Casino

Tuesday, August 15, 2017

Join us for a fun trip to Cache Creek Casino featuring over 2,400 slot machines and more than 120 table games .

Cost: \$45.00 per person
\$35.00 NorCal members

Includes bus transportation, \$5.00 for food, \$15.00 for slots. Lunch is on your own.

**For reservations call by :
August 1, Office (650) 697-7474.**

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

Note: Please bring your ID cards .



Երջապտոյտներ

Cache Creek Casino

Երեքշաբթի, Օգոստոս 15, 2017

Միացե՛ք մեզի հաճելի օր մը անցնելու որ պիտի ըլլայ դէպի ՔէՇ Քրիք Քլաբս 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 ուրտելիքի, \$15.00 մեքենայի խաղի համար: Կէսօրուայ ճաշը իւրաքանչիւրը կրնաք ընտրել տարբեր ճաշարաններէն, իրեն ուզածին հարմար: Ապահովելու համար հեռաձայնեցէ՛ք մինչեւ **Օգոստոս 1 (650) 697-7474.**

Պայմանագրի Ձևջում: Ոչ ձեր վճարումը չի պիտի վերադարձուի, բացի եթէ ուրիշ անձ մը գրնուի ձեր տեղը: Բերէ՛ք ձեր հետ ID-ի գարտը:





NOTE– Second Tuesday

Tuesday, July 11, 2017

10 am ~ 3 pm

Lunch, Coffee, Tea & Snack

Sponsored by:

Rev. Vigen and Mrs. Marie Galustian

(For their continued health and well being

with thanksgiving to God)

Presentation:

Christina Kahn

Program Manager, HICAP

Bingo and more fun

RSVP: Please call NorCal office

650-697-7474



Tuesday, August 1, 2017

10 am ~ 3 pm

Sponsored By:

Koujakian and Mirigian Families

“In Honor of

Mrs. Lucy Mirigian’ s

111th Birthday”



Presentation

Mr. Gregory Ovanessian

“Latest Crime Trends Against Elderly”

Lunch, Coffee, Tea & Snacks

Bingo and more fun

RSVP: Please call NorCal office

650-697-7474



Happy Birthday

Wartkes Hagopian ~ July 1

Annik Mulroy ~ July 8

Marie Mamalian ~ July 11

Sona Dakessian ~ July 11

Barbara Morjig ~ July 15

Chake Keuroghlian ~ July 18

Sossé Marek ~ July 19

Judy White ~ July 21

Aida Mirigian ~ July 24



Happy Birthday

Hermine Kouyoumdjian ~ August 2

Lillian Mardikian ~ August 5

Elise Kazanjian ~ August 9

Mary Harmandarian ~ August 10

Knar Harapetian ~ August 10

Mitzi Jardarian ~ August 14

Lucy Mirigian ~ August 15

Sara Matossian ~ August 17

Richard Barberian ~ August 21

Dorothy Svihovec ~ August 21

Ardemis Hovanessian ~ August 24

Margaret Avdoian ~ August 31



Summer Health Tips for Seniors

Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.



Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. Plain or flavored water is a good substitute.



Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses, and a sunscreen of SPF 30 or higher.



Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

With Heartfelt
Sympathy



Condolences

Our deepest sympathies to Thelma and Sonia Tajirian on
the passing of their beloved Mother,

Mrs. Isabelle Tajirian.

Our deepest sympathies to Mrs. Nuritza Mazlumanian and
Family on the passing of their beloved Husband, Father
and Grandfather,

Mr. Oskan Mazlumanian.

May God Bless their souls.

Աստուած հոգիներն լուսաւոր է:





Please Note:

**No Hye Days in
September**

Mark your Calendars

New Picnic Date

Tuesday,

September 12

2017



Bay Area Community Calendar

- ◆ **Tuesday, July 11 ~ NorCal Hye Days,
RSVP (650) 697-7474**
- ◆ **Tuesday, August 1 ~ NorCal Hye Days,
RSVP (650) 697-7474**
- ◆ **Tuesday, September 12 ~ NorCal Annual Picnic,
RSVP (650) 697-7474**
- ◆ **Tuesday, October 3 ~ NorCal Hye Days,
RSVP (650) 697-7474**
- ◆ **Tuesday, November 7 ~ NorCal Hye Days,
RSVP (650) 697-7474**

- ◆ **Tuesday, December 5 ~ NorCal Annual Christ-
mas Party at St. Andrew Armenian
Church RSVP (650) 697-7474**



Bus transportation available from the following pick up locations:

Please RSVP

East Bay Seniors: Pick up at St. Vartan Church - leave 9:15 a.m. return 4:00 p.m./apprx.

San Francisco Seniors:

Stonestown Shopping Center - **Pick up 9:45 a.m.** - Return 3:20 p.m./apprx.

KZV School (825 Brotherhood Way) - **Pick up 9:45 a.m** - Return 3:20 p.m./apprx.

Cupertino/South Bay : Call for transportation