



SENIOR CROSSROADS ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

July/August 2019



EXCURSIONS ~ ~ ~ ~ Շրջապտոյտներ

Red Hawk Casino

Tuesday, July 16, 2019

Join us for a fun trip to Red Hawk 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 **July 9,**
(650) 697-7474.

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

Note: Please bring your ID cards with you.

For reservations call by **April 3,** (650) 697-7474.

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

Note:



Բէտ Հոք Քըսինո

Երեքշաբթի, Յուլիս 16, 2019

Միացէք մեզի հաճելի օր մը անցնելու որ պիտի ըլլայ դէպի Բէտ Հոք Քըսինո հոն կան 2,400 աւելի մեքենայի եւ 120 սեղանի բախարախաղեր:

Գինը: \$45.00 անձ գլուխ

\$35.00 NorCal-ի անդամներուն

որը կը բովանդակէ պասի ճամբորդութիւնը: \$5.00 վարկ դէպի ուտելիքի, \$15.00 մեքենայի խաղի համար: Կէսօրուայ ճաշը իւրաքանչիւրը կրնաք ընտրել տարբեր ճաշարաններէն, իրեն ուզածին հարմար: Ապահովելու համար հեռաձայնեցէք մինչեւ **Յուլիս 9 (650) 697-7474.**

Պայմանագրի Զնշում: Ոչ ձեր վճարումը չի պիտի վերադարձուի, բացի եթէ ուրիշ անձ մը գտնուի ձեր տեղը: Բերէք ձեր հետ ID-ի գաղտը:



JULY "HYE DAYS"

Tuesday,
July 2, 2019

10 am ~ 3 pm

Coffee, Tea & Snack

Sponsored by:

Mrs. Elo Aslanian

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call NorCal office

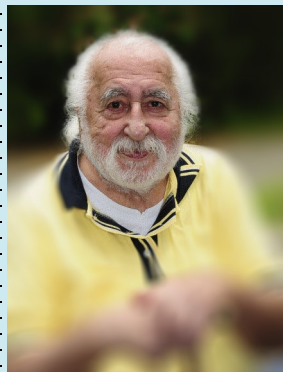
650-697-7474





On July 7th, 2019, Edward and Eleonore Aslanian would have been married for 75 years. Although Ed passed away almost 4 years ago on July 10th, this date always has been and continues to be very special for Elo and her family.

Elo Aslanian along with her family would like to celebrate this very special occasion with a luncheon at NorCal. Ed and Elo were married in Tehran Iran in 1944, had five children in Iran before moving to San Francisco in 1969. Working side by side they have created a wonderful family and today also have 10 grandchildren and 12 great grandchildren. Their hard and dedication has extended to many many Armenian charities, groups, organizations, locally, and as far as Armenia and has also benefited the Arts, Opera, Ballet of the San Francisco Bay Area and the Greater Los Angeles Area. And that benevolent tradition continues to this day.



Tuesday, August 6, 2019

10:30 am ~ 3 pm

Coffee, Tea & Snack

Join Us To Celebrate

Lucy Mirigian's

113th Birthday

Sponsored By:

Koujakian and Mirigian Families

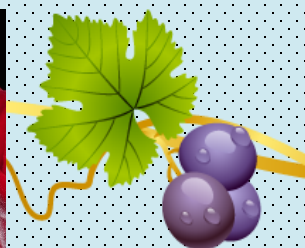
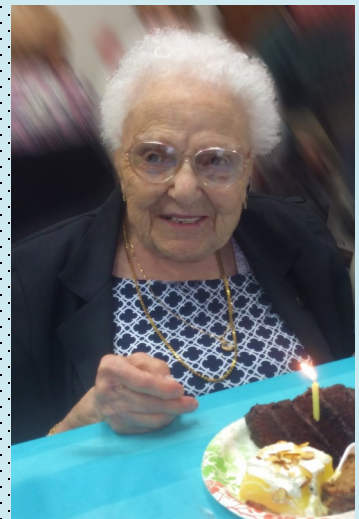
Presentation:

Lucy Grace Yaldezian, CHT

“Tap your troubles away””

Lunch.....Fun & Games

Bingo and more fun





Happy Birthday

Wartkes Hagopian ~ July 1

Annik Mulroy ~ July 8

Marie Mamalian ~ 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

Kitty Keller ~ August 12

Mitzi Jardarian ~ August 14

Siran Daldalian ~ August 15

Lucy Mirigian ~ August 15

Sara Matossian ~ August 17

Dorothy Svihovec ~ August 21

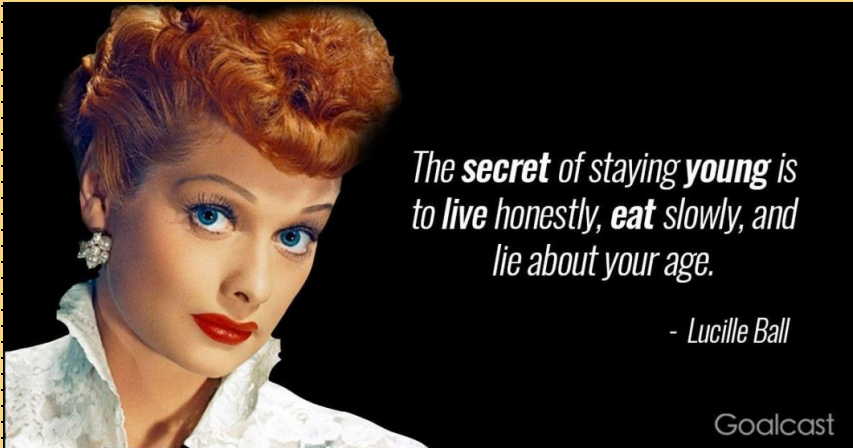
Ardemis Hovanessian ~ August 24

Margaret Avdoian ~ August 31

Anna Azizian ~ August 31



Famous Quotes



The **secret** of staying **young** is to **live** honestly, **eat** slowly, and **lie** about your age.

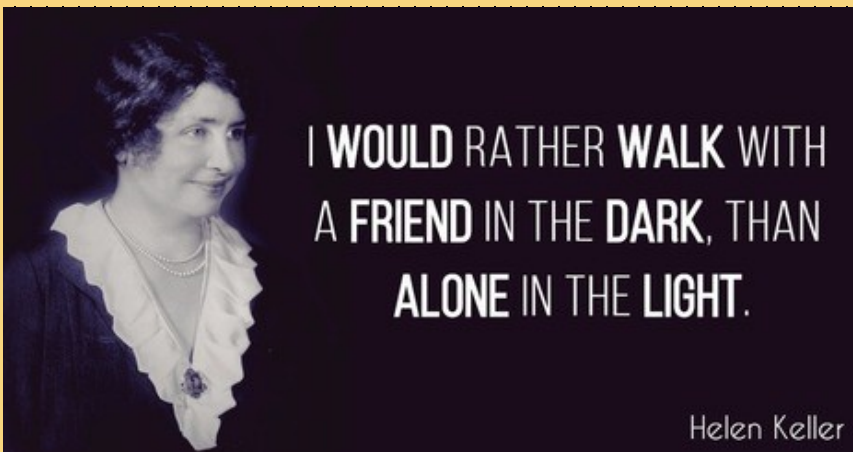
- Lucille Ball

Goalcast



"You don't stop laughing because you grow old .You Grow old because

(Michael Pritchard)



I WOULD RATHER WALK WITH A FRIEND IN THE DARK, THAN ALONE IN THE LIGHT.

Helen Keller



"A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow."

William Shakespeare

Summer Health Tips for Seniors

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
 2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. Plain or flavored water is a good substitute.
 3. **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.





If you have not renewed your 2019 membership or you wish to become a new member please send in your tax deductible donations payable to NorCal Armenian Senior Services

Membership Categories:

- Basic (one person).....\$30
- Dual.....\$55
- Associate\$100 or more
- Organizational.....\$100
- Patron.....\$1,000 or more
- Benefactor \$5,000 or more
- Life.....\$10,000 or more
- Additional Donaion.....\$ _____
- HYE DAYS Donation.....\$ _____

With Heartfelt
Sympathy



† *Condolences* †

Our deepest sympathies to M/M Vahak Petrossian and family (son), M/M Garo and Aida Mirigian (daughter), M/M Zarik Petrossian and family (son), Mrs. Alice Michigian and family (sister), and their extended family, relatives and friends, on the passing of **TANIA PETROSSIAN**.



Our deepest sympathies to Melvin Hovakimian, her son, and to Rita Hovakimian and Robert Weinberg, her daughter and son-in-law, and to their relatives and friends, on the passing of **Arax Sarian**.





Bay Area Community Calendar

- ◆ **Tuesday, July 2 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, July 16 ~ NorCal Hye Excursion to Red Hawk RSVP (650) 697-7474**
- ◆ **Tuesday, August 6 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, September 3 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **September 6 & 7 ~ St. Andrews Armenian Church Food Festival**
- ◆ **September 13, 14 & 15 ~ St. Gregory Armenian Church Food Festival**
- ◆ **Tuesday, October 1 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, November 5 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Saturday, November 9 ~ Calvary Armenian Congregational Church Food Festival**

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



Please visit NorCal's website

www.armenianseniorservices.org