



SENIOR CROSSROADS ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

November/December 2023

2023 Membership Dues Reminder

If you are a member and have already paid your 2023 dues, we thank you and appreciate your support, if you have not renewed your membership please send your dues as soon as possible. If you are not a member please consider joining our organization to support our senior programs.

We need Angels for the NorCal Annual

Christmas Luncheon

On Tuesday, December 5, 2023

If you wish to be an Angel

Please call the office 650-697-7474





Happy Halloween



Happy Thanksgiving



MERRY CHRISTMAS



HIYE DAYS

Tuesday, November 7

10 am ~ 3 pm

Coffee, Tea & Snack

Sponsored by:

Juan Arsenian, Diana Arsenian,

Randy and Mirta Cali

In Loving Memory of

Mrs. Armenouhi Arsenian in Celebration of Her Life

Presentation:

Floral Presentation by

Sona Pehlivanian

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call NorCal office

650-697-7474

THERE WILL BE NO
HYE DAYS
IN DECEMBER 2023



Please note

“Hye Days”

Tuesday, January 9, 2024

We will celebrate Armenian
Christmas and New Year!

Christmas Luncheon
Tuesday, December 5th,
at St. John Armenian Church

Special Thanks To

* Beaumont Farms (**Dennis and Bridget Twomey**) in Petaluma for in-
* viting us to their beautiful farm to have NorCal's annual picnic on
* September 19.

* It was a beautiful day and everyone enjoyed the delicious mezza and
* BBQ luncheon. We had fun dancing, singing and playing bingo.
* Thank you Mihran Kassabian for playing music and entertaining our
* seniors.

* Our appreciation to Mr. Allan Melkesian for sponsoring the picnic.
* Thank you for your generosity and support!

* Thank you for all the volunteers for helping us to have another
* successful picnic.

Please visit the website to see the picnic photos
www.armenianseniorservices.org

Հաս Շնորհակալ Ենք





The Medicare Part B standard monthly premium will increase from \$164.90 in 2023 to \$174.70 in 2024. The annual deductible will also be higher, increasing \$14 from \$226 in 2023 to \$240 in 2024.

The open enrollment period to make any changes to next year's Medicare coverage begins on October 15 and goes through December 7.

If you are satisfied with your plan you don't need to do anything. Part B covers doctor visits, diagnostic tests and other outpatient services. Most Medicare beneficiaries have Part B premiums deducted directly from their monthly **Social Security** payments.

Social Security

There will be a 3.2% cost-of-living adjustment (COLA) increase in Social Security benefits and Supplemental Security Income (SSI) payments starting January 2024.

Հնորիաւոր Տարեդարձ

Aida Chabo ~ November 8

Sylvia Cherezian ~ November 10

Sonia Shabayan ~ November 13

Joyce August ~ November 30



**HAPPY
BIRTHDAY**

Berjoughie Zobian ~ December 6

Aida Malenjake ~ Decamber 8

Carole Chang ~ December 13

Juan Arsenian ~ December 22

Hasmig Ghahramanian ~ December 24

Nurisa Mazlumanian ~ December 25

Yeranouhi Cholakyan ~ December 31

With Heartfelt
Sympathy



✝ ***Condolences***

Our deepest sympathies to Son Koko & wife Jennifer Ohannessian and family, daughter Seta & husband Vatche Kabajouzian and family, son Dikran Ohannessian and family, daughter Maggie & Husband Vicken Kabajouzian and family, sister Mrs. Serpoug Sarkissian & Family, their relatives and friends, on the passing of **Mrs. Chake Ohannessian.**

May God Bless her soul. Աստուած հոգին լուսաւոր է:



When is the best time for a flu shot? Before or during flu season?

The best time for a flu shot is before flu season. According to the CDC, everyone 6 months of age and older should get their annual flu vaccine as soon as it is available. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest.

For more information , please visit CDC site.

<http://www.cdc.gov/flu/protect/keyfacts.htm>

Here are some ways to avoid getting the flu and passing to others:

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with sick people.
- Practice good health habits (get adequate sleep, exercise, eat healthy, and drink plenty of fluids).
- Cover your nose and mouth with a tissue when you cough or sneeze.
- If you have the flu, stay at home for at least 24 hours after your fever has returned to normal without the use of fever-reducing medications.



Bay Area Community Calendar

- ◆ **October 28 & 29 ~ St. John Armenian Church Food Festival**
- ◆ **Tuesday, November 7 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, December 5 ~ NorCal's Annual Christmas Luncheon**

- ◆ **Tuesday, January 9 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, February 6 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, March 5 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, April 4 ~ NorCal Hye Days, RSVP (650) 697-7474**



Please visit NorCal's website

www.armenianseniorservices.org

For all our information, announcements and photos



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