

SENIOR CROSSROADS
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2019



*NorCal Board of Directors
Auxiliary and Staff
Wish you
Merry Christmas
And
Healthy Happy New Year*



Hye Days

Happy Valentine's Day



**Tuesday,
2019**



Microsoft Edge.Ink

February 5,

10 am ~ 3 pm
Coffee, Tea & Snack

Sponsored by:

“Gary Kalian & Family”

Presentation:

Current Events

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call 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

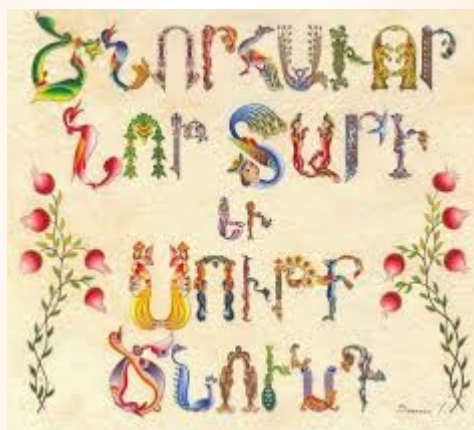


Why do we (Armenians) celebrate Christmas on January 6th

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.



New Year's Resolutions



The new year is a new opportunity to refocus on your goals. From health and wellness to family to-do's, making goals and sticking to them will help support a bright future.

Eat more fruits and vegetables: No matter your age, fruits and vegetables are part of a healthy diet. Choose produce, rich in vitamins and minerals, in a variety of colors to ensure you get plenty of different nutrients. Dark leafy greens, bright citrus and red berries are just a few tasty examples.

Stay physically active: No matter how many years young you are, it's important to stay physically active. Mild to moderate physical activity with minimal impact can do wonders for the body and mind. Walking with a friend is an easy way to get started, but other activities to consider include tai chi or signing up for stretching or water aerobics classes. Why not have fun and try something new in the new year?

Stay mentally active: Your mental health is just as important as your physical health, so make time to give your brain a workout, too. Reading, crossword puzzles and Sudoku are simple activities that can be done virtually anywhere. Join a club to play cards, bridge, or try a new creative skill like painting to learn new things that challenge the brain grow new brain cells. The socialization is wonderful for staying positive and connected.

My Goal For 2019

Is to accomplish the Goals of 2018 which I should have done in 2017 because I promised them in 2016 and planned them in 2015

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 ծերերու 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 ծերերու պարագային դեղեւ ծանրութիւն, որպէսզի մկան զօրացնելով միատեղ պետք չէ մկան վնասել եւ անշարժութեան մատնուիլ: Այս մարզանքը կ'օգնէ որ ծերեր, իրենց առօրեայ գործերը աւելի լաւ ընեն: Հաւասարակշրութեան 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 սկարանայ 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 Kuffedjian ~ January 9
Sose Balian ~ January 10
Knar Charekian ~ January 14
Ani Amooore ~ January 16
Garro Mirigian ~ January 18
Ruben Kazarian ~ January 20
Anahid Kazanjian ~ January 21
Maro Demirjian ~ January 30

Nazik Tadjarian February ~ 4
Bea Boghosian ~ February 6
Arusyak Jangochyan ~ February 8
Elo Aslanian ~ February 9
Tania Petrossian ~ February 16
Nevart Kechichian ~ February 24
George Riley ~ February 28
Seta Yenikomshian ~ February 29



With Heartfelt
Sympathy



Our deepest sympathies to Dr. Varujan and Garine Kelejian and Family
on passing of his beloved Mother, Mother-in-law and Grandmother,

Mrs. Keganus Keledjian.

May God Bless their souls. Աստուած հոգիներն լուսաւոր է:



Bay Area Community Calendar 2019

- Tuesday, January 8 ~ NorCal Hye Days, RSVP (650) 697-7474
- Tuesday, February 5 ~ NorCal Hye Days, RSVP (650) 697-7474
- Tuesday, February 21 ~ NorCal Excursion to Cache Creek RSVP
- Tuesday, March 5 ~ NorCal Hye Days, RSVP (650) 697-7474
- Tuesday, April 2 ~ NorCal Hye Days, RSVP (650) 697-7474
- Sunday, April 21 ~ Easter

Please visit Our Website *

www.armenianseniorservices.org

To View the latest pictures from the Christmas Party

And get our information and announcements

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.

Cupertino/South Bay: Call for transportation