

## Your TLC Friend – Liz Aprahamian



Helen Mekjian

Helen has been attending Tuesday luncheons for 27 years..

She is warm hearted, a good conversationalist and provides her table with sound advice.

Her parents, Antranik and Nartouhi Pehlivanian, were both born in Sepastia. They met and married in Cleveland. They had two daughters, Helen and Elizabeth. When Helen was three years old, her family moved to Michigan where her father opened a tailoring shop in Pontiac.

Helen attended the Detroit public schools and graduated from Western High School. Following graduation, she worked for Radio Specialties for three years. She married Jack Mekjian in 1944 and they had four children, Katherine, Alice, Johanna and John. They have nine grandchildren and seven great grandchildren. On January 2, 2014, they will celebrate their 70<sup>th</sup> wedding anniversary!

Helen worked in sales for J.L. Hudson from 1956 until 1986 when she retired. In her sixty years as a member of the Women's Guild of St. John, Helen worked tirelessly in the kitchen.

Now retired also from her volunteer work, Helen keeps busy with baby-sitting. A favorite pastime is

crocheting. She also sews Christmas stockings for children to hang on the mantel and skirts for Christmas trees. Making wreaths is also a specialty and she gives away her creations to relatives and friends.

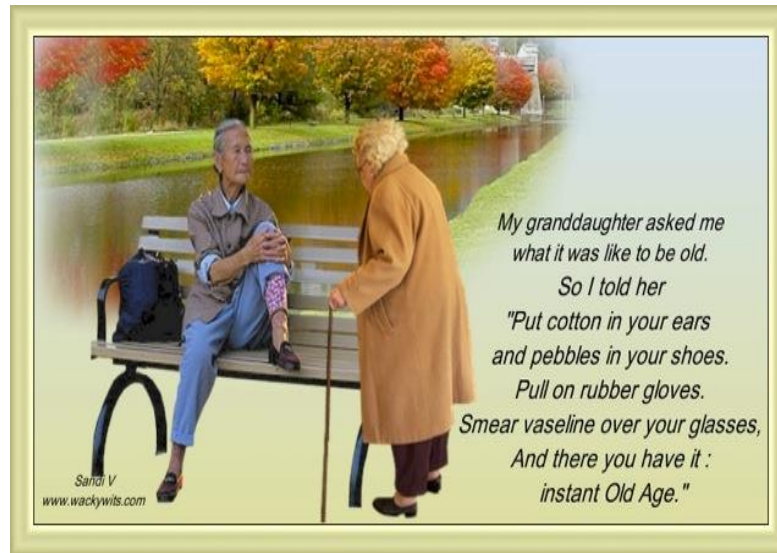
## Friends and Family News – Mary Negosian

### We celebrated birthdays for:

Debbie Combs (42<sup>nd</sup>) Fr. Garabed Kochakian  
Judy Cristiano (71<sup>st</sup>)

### We celebrated anniversaries for:

Dan & Judy Cristiano (38<sup>th</sup>)  
Lee & Claire Laktzian (63<sup>rd</sup>)



### Life after death

"Do you believe in life after death?" the boss asked one of his employees. "Yes, sir," the new employee replied. "Well, then, that makes everything just fine," the boss went on. "After you left early yesterday to go to your grandmother's funeral, she stopped in to see you!



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Mother's Day Celebration  
May 12, 2013

Men's Society of  
St. John Armenian Church

present a special

Lunch in honor of  
Mother's Day  
immediately following Church

St. John Armenian Church  
Fellowship Hall

Reservations Required  
by May 5

Call Judy Cristiano 313. 291.3194  
Email: dcristiano3@gmail.com

Children 5& under FREE  
Ages 6-12 \$10  
Adults \$25

St. John Women's Guild Requests the  
Honour of Your Presence

## *A Royal Luncheon*

Featuring Fashions From the Somerset Collection



Saturday, May 18, 2013 at 12:00 Noon

St. John Armenian Church Cultural Hall  
22001 Northwestern Hwy, Southfield (248) 569-3405

For raffle tickets please contact Joyce Obenhoff

Reservation deadline by May 1, 2013  
Luncheon Tickets \$45.00 Payable to St. John Women's Guild  
Joyce Obenhoff, 27062 Bonnie Drive, Warren, Michigan 48093  
(586) 754-3984 shortafoot@comcast.net

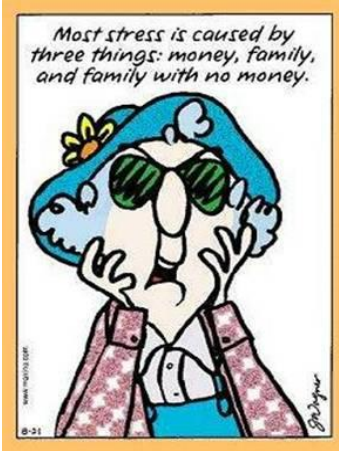


## "Bits of Humor" - Dan Cristiano

"A true friend is someone who thinks you are a good egg even though they know you are slightly cracked."

### Grandma's Age

Little Johnny asked his grandma how old she was. Grandma answered, "39 and holding." Johnny thought for a moment, and then said, "and how old would you be if you let go?"



## Don't Forget ... - Judy Cristiano

.....Wednesday, May 8- **Soar- Detroit Chapter**

"Society for Orphaned Armenian Relief" - Bringing **Mark Geragos -book signing of new book "Mistrial"**

.....Sunday, May 12 – Men's Society

**Mother's Day Celebration Dinner**

....Tuesday, May 14 – Vital Performance

**Fitness presentation**

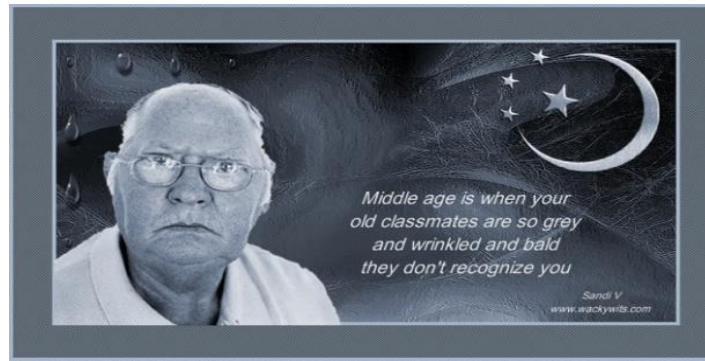
....Saturday, May 18 – Women's Guild

**"A Royal Luncheon"**

.... Sunday, May 19 – Church School Graduation & Tea

....Monday, May 27 – Memorial Day Complex Closed

....Tuesday, May 28 – **Senior lunch (11am) stretching & light chair exercising with John Yavruian**



15775 Middlebelt Rd,  
Livonia Michigan 48154  
Ph. 1-734-522-5780  
Manogianmanor.com

## Julie's Corner - Ms Julie Jenkins

### Drink Water for Weight Control

- Take your body weight in pounds and divide it by two; then drink that number of ounces of filtered water each day.
- Drink two 8-ounce glasses of water thirty minutes before each meal.
- To burn more fat, drink two 8-ounce glasses of water, & then go for a brisk 20-40 minute walk first thing in the morning before eating.

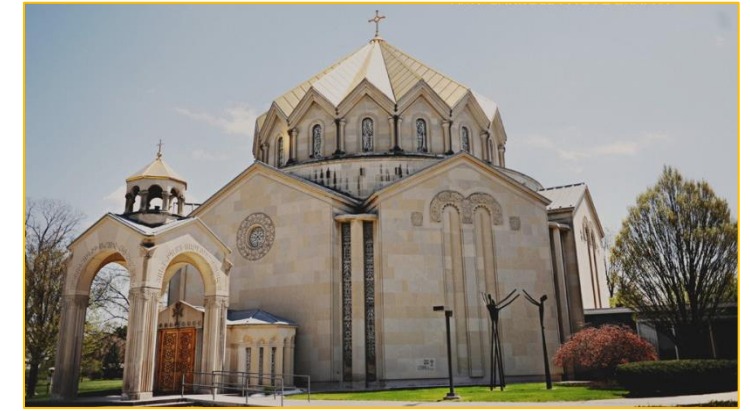
## New Feature This Month

### *Vital Performance Fitness*

Patti Whybrew and Casey Czuj are a mother/daughter team and co-owners of **the first authorized Power Plate® studio in Michigan.**

Power Plate training offers benefits such as, improved blood circulation, increased muscle strength and flexibility.

**Don't miss Casey's presentation on May 14.**



*St. John Armenian Church*

*Tuesday Lunch Club*



*News*

May, 2013

**Join us for lunch on Tuesdays**

We always have a great meal and a good time with old friends. Come as you are and enjoy the camaraderie with old friends & new acquaintances.

**Every Tuesday in the Veterans Building**



*Veteran's Building*