

# The Best of Times

## UPPER MERION SENIOR SERVICE CENTER

### DECEMBER 2025



431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

TELE: 610-265-4715

On the web at [www.umssc.org](http://www.umssc.org)

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As we welcome the coming New Year, I am sure we all look back on 2025, hopefully with fond memories of spending time at the Center with fellow members. I have met and had the opportunity to talk with so many of you through the past year and have genuinely enjoyed those interactions.

Looking at how we can serve our members in the coming year, the Board is interested in member feedback. If we were to offer some early evening hours to meet the needs of members who may have daytime obligations, what activities might be of interest. Please give it some thought and speak with any of our board members with your thoughts and suggestions. Please feel free to email me directly at [sbrzoska@umssc.org](mailto:sbrzoska@umssc.org).

I would like the opportunity to thank the office staff, Shirley, Peggy, and Beth for all they do to support the Center on a day-to-day basis. They support all we do at the Center. I must also thank the amazing members of our Board of Directors who volunteer so much of their time and expertise organizing and leading many of our activities. We are all fortunate to benefit from their dedication to the Senior Center.

Many of us will celebrate Christmas, the Christian religious holiday. Others will reaffirm the ideals of Judaism with the celebration of Hanukkah. May you all have the opportunity, however you celebrate, to enjoy the company of friends and family. Let us all remember how this season is the perfect time to reflect on our blessings and seek out ways to make life better for those around us.


*Sharon Brzoska, President*

### WHAT'S HAPPENING AT THE CENTER

**FRIDAY DECEMBER 12 AT 12:00 PM HOLIDAY PARTY.** Tickets on sale now until December 4. Join us for our Annual Holiday Party. Santa will be there to hand out the door prizes!

**ALL ACTIVITIES ARE CANCELLED ON WEDNESDAY, DECEMBER 10 FOR THE GENERAL MEETING AND ON FRIDAY, DECEMBER 12 FOR THE HOLIDAY PARTY. THE SENIOR CENTER WILL BE CLOSED DECEMBER 24 THROUGH JANUARY 2 FOR THE CHRISTMAS HOLIDAY. SENIOR CENTER WILL RE-OPEN ON JANUARY 5.**

**Please refer to the monthly calendar for all DECEMBER activities. Contact anyone in the office if you have questions. For activities conducted or available on Zoom, please call the office and provide your email address to receive the zoom link.**

|  |  |
|--|--|
| <b>PEDIATRIC DENTISTRY</b><br>Jay Goldsleger, DDS<br>Scott Goldsleger, DDS<br>Natalie De Barros, DMD<br>Marc Virtue, DDS<br>David Kim, DMD<br>Robyn Icker, DMD | <b>GENERAL DENTISTRY</b><br>Larry Schlarb, DMD<br>Skip Hoerz, DMD<br>Ana Soleye, DMD<br>Andrew Rush, DMD<br>Kristine Rushby, DMD |
|   | <b>ORTHODONTICS</b><br>Bryan Ruda, DMD<br>Erin Bauerle, DMD<br><b>ENDODONTICS</b><br>Serena Coletti, DMD                         |
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# DECEMBER

# HAPPY HOLIDAYS

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY |
|---|--|---|--|---|---|----------|
|   | 1  | 2   | 3  | 4   | 5   | 6        |
|   | 9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS(ALSO ZOOM)<br>12-3 ART GROUP<br>12:30 MEXICAN TRAIN<br>1:00 POKER                                       | 9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE                               | 9-3 WALK THE TRACK<br>9:45 MEDITATION<br>12:00 CELLPHONES MADE SIMPLE<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00-3:00 OPEN GAME ROOM             | 9-3 WALK THE TRACK<br>10:15 BINGO<br>11:45 FUN & FITNESS<br>1:00-3:00 OPEN GAME ROOM                          | 9-3 WALK THE TRACK<br>9:15 CHAIR YOGA WITH HELEN C<br>10:30 SING-A-LONG<br>1:00 TRIVIA  |          |
| 7   | 8  | 9   | 10   | 11  | 12  | 13       |
|   | 9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS (ALSO ZOOM)<br><b>12:00 MONDAY MATINEE "A CHRISTMAS STORY"</b><br>12-3 ART GROUP<br>12:30 MEXICAN TRAIN | 9 -3 WALK THE TRACK<br><b>10:00 BOARD MEETING</b><br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE | <b>11:30 GENERAL MEETING</b><br><br><b>ALL ACTIVITIES CANCELLED</b><br><br><b>EXCEPT</b><br><b>1:45 DIABETES PROGRAM</b>                             | 9-3 WALK THE TRACK<br><b>9:45-12 NURSE</b><br>10:15 BINGO<br>11:45 FUN & FITNESS<br>1:00-3:00 OPEN GAME ROOM  | <b>HOLIDAY PARTY</b><br><br><b>ALL ACTIVITIES CANCELLED</b>  |          |
| 14  | 15   | 16  | 17   | 18  | 19  | 20       |
|  | 9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS(ALSO ZOOM)<br>12-3 ART GROUP<br>12:30 MEXICAN TRAIN<br>1:00 POKER<br><b>1:00 BOOK TALK</b>              | 9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE                               | 9-3 WALK THE TRACK<br>9:45 MEDITATION<br>12:00 CELLPHONES MADE SIMPLE<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00-3:00 OPEN GAME ROOM             | 9-3 WALK THE TRACK<br>10:15 BINGO<br>11:45 FUN & FITNESS<br>1:00-3:00 OPEN GAME ROOM<br><b>1:00 QUILTING</b>  | 9-3 WALK THE TRACK<br>9:15 CHAIR YOGA<br>10:30 SING-A-LONG<br>1:00 TRIVIA   |          |
| 21  | 22   | 23  | 24   | 25  | 26  | 27       |
| <b>FIRST DAY OF WINTER</b>  | 9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS(ALSO ZOOM)<br>12-3 ART GROUP<br>12:30 MEXICAN TRAIN   | 9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE                               | <b>UMSSC CLOSED FOR THE HOLIDAYS</b><br><br><b>CHRISTMAS EVE</b> | <br><b>UMSSC CLOSED</b>  | <b>UMSSC CLOSED FOR THE HOLIDAYS</b><br><br><b>KWANZAA</b> |          |
| 28  | 29   | 30  | 31   | 1   | 2   |          |
|   | <b>UMSSC CLOSED FOR THE HOLIDAYS</b>   | <b>UMSSC CLOSED FOR THE HOLIDAYS</b>  | <br><b>NEW YEARS EVE</b>   | <br><b>NEW YEARS DAY</b> | <b>UMSSC CLOSED FOR THE HOLIDAYS</b><br><br><b>WILL REOPEN MONDAY JANUARY 5</b>   |          |

# JANUARY 2026 TENTATIVE AS OF 11/20

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|---|---|--|--|-----------|
| <i>TENTATIVE<br/>AS OF 11/20<br/>SUBJECT TO<br/>CHANGE</i> |  |   |   | <b>HAPPY<br/>NEW YEAR<br/>2026</b><br><br><b>UMSSC CLOSED</b>  | <b>UMSSC CLOSED</b>  |           |
| <b>4</b>   | <b>5</b><br>9-3 WALK THE TRACK<br>11:00 CURRENT<br>EVENTS(ALSO ZOOM)<br>12-3 ART GROUP<br>12:30 MEXICAN TRAIN<br>1:00 POKER                                  | <b>6</b><br>9 -3 WALK THE TRACK<br><b>10:00 BOARD MEETING</b><br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE | <b>7</b><br>9-3 WALK THE TRACK<br>9:45 MEDITATION<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00-3:00 OPEN GAME ROOM                                  | <b>8</b><br>9-3 WALK THE TRACK<br><b>9:45-12 NURSE</b><br>10:15 BINGO<br>11:45 FUN & FITNESS<br>1:00-3:00 OPEN GAME ROOM   | <b>9</b><br>9-3 WALK THE TRACK<br>9:15 CHAIR YOGA<br>10:30 SING-A-LONG<br>1:00 TRIVIA  | <b>10</b> |
| <b>11</b>  | <b>12</b><br>9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS<br>(ALSO ZOOM)<br>12:00 MONDAY MATINEE<br>12-3 ART GROUP<br>12:30 MEXICAN TRAIN                      | <b>13</b><br>9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE                              | <b>14</b><br>9-3 WALK THE TRACK<br>12:00 CELLPHONES MADE SIMPLE<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00-3:00 OPEN GAME ROOM                    | <b>15</b><br>9-3 WALK THE TRACK<br>10:15 BINGO<br>11:45 FUN & FITNESS<br><b>1:00 HEALTHY STEPS IN<br/>MOTION</b><br>1:00-3:00 OPEN GAME ROOM                         | <b>16</b><br>9-3 WALK THE TRACK<br>9:15 CHAIR YOGA<br>10:30 SING-A-LONG<br>1:00 TRIVIA | <b>17</b> |
| <b>18</b>  | <b>19</b><br><b>MLK DAY OF<br/>SERVICE</b><br><br><b>ALL ACTIVITIES<br/>CANCELLED</b><br><br><b>OPEN 9:30-11:30<br/>FOR SERVICE<br/>ACTIVITIES HERE</b>      | <b>20</b><br>9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE                              | <b>21</b><br>9-3 WALK THE TRACK<br>9:45 MEDITATION<br>12:00 CELLPHONES MADE SIMPLE<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00-3:00 OPEN GAME ROOM | <b>22</b><br>9-3 WALK THE TRACK<br>10:15 BINGO<br>11:45 FUN & FITNESS<br><b>1:00 HEALTHY STEPS IN<br/>MOTION</b><br><br>1:00-3:00 OPEN GAME ROOM                     | <b>23</b><br>9-3 WALK THE TRACK<br>9:15 CHAIR YOGA<br>10:30 SING-A-LONG<br>1:00 TRIVIA | <b>24</b> |
| <b>25</b>  | <b>26</b><br>9-3 WALK THE TRACK<br>11:00 CURRENT<br>EVENTS(ALSO ZOOM)<br>12-3 ART GROUP<br>12:30 MEXICAN TRAIN<br><b>1:00 POKER</b><br><b>1:00 BOOK TALK</b> | <b>27</b><br>9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:45 FUN & FITNESS<br>12:45 PINOCHLE<br>12:45 BAND PRACTICE                              | <b>28</b><br>9-3 WALK THE TRACK<br>9:45 MEDITATION<br>12:00 CELLPHONES MADE SIMPLE<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00-3:00 OPEN GAME ROOM | <b>29</b><br>9-3 WALK THE TRACK<br>10:15 BINGO<br>11:45 FUN & FITNESS<br><b>1:00 HEALTHY STEPS IN<br/>MOTION</b><br>1:00-3:00 OPEN GAME ROOM<br><b>1:00 QUILTING</b> | <b>30</b>  | <b>31</b> |



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**AN IMPORTANT REMINDER: TO THOSE PARTICIPATING IN FUN & FITNESS, MEDITATION, AND CHAIR YOGA CLASSES, YOU MUST BE SIGNED IN, PAID AND READY TO PARTICIPATE PRIOR TO START TIME OF CLASS.**

**ADOPT A FAMILY FOR THE HOLIDAY:** The senior center is sponsoring two families in need for the holiday season. Gift requests have been printed out and can be found in baskets on the table set up in the lobby. Members who choose to participate should bring their gift selections to the office by December 10. Gifts will be distributed by the Montgomery County Office of Children and Youth. We hope you will consider helping these families.

**BOARD MEETING: TUESDAY, DECEMBER 9 AT 10:00 AM.**

**CELL PHONES MADE EASY: WEDNESDAYS FROM 12:00-1:00 PM (except DECEMBER 10, 24 AND 31).** Bring your cell phone, tablet, laptop—or any digital device—and get help with your tech questions. Whether you're learning the basics or just need a quick tip, we're here to help you feel more confident and connected!



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**MEDITATION PROGRAM: WEDNESDAYS, DECEMBER 3 AND 17 AT 9:45 AM.**

**MONDAY MATINEE: MONDAY DECEMBER 8 AT 12:00 PM.** This month's movie is "A CHRISTMAS STORY".

**GENERAL MEETING: WEDNESDAY, DECEMBER 10 AT 11:30 AM. DOORS DO NOT OPEN UNTIL 11:00 AM. ALL OTHER ACTIVITIES CANCELLED EXCEPT FOR DIABETES PROGRAM AT 1:45 PM.**

Confirmation of candidates for 2026 will be presented.

Slated for election are: President - Sharon Brzoska, Vice President - Cindy Eastman, Secretary - Helen Currykosky, Treasurer - Tom Harrington, Board Directors: Bob Mack, Ken Luciani and Laurretta Zimmer.

**BLOOD PRESSURE CHECK: THURSDAY, DECEMBER 11 from 9:45 AM to 12:00 PM.** Have your blood pressure checked by MLH Nurse Tracey.

**BOOK TALK: MONDAY DECEMBER 15 AT 1:00 PM.** This month's book is "THE STOLEN QUEEN" by Fiona Davis

**WALKING CLUB:** You can join them by giving your name and contact info to the office and we will pass on to the group leader who will provide you with a date and location of where to meet for the walk.

**WELCOME NEW MEMBERS:** Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Helen Borda, Lynne Boroch, Jodilee Cummins, Stephen Falcone, Joan Hennessy, Mary Ling, Sharon Mahar, Robert Nihen, Patti Santilli, Patrick Sebastian

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#### **BIRTHDAYS IN DECEMBER**

12/1 Michael Contos  
12/2 Tiara McMorris  
12/4 Gail Hough  
12/8 Barbara Scott  
12/14 John Desko  
12/16 Kathy Forney  
12/17 Darlene Spanger  
12/20 Patricia Ward  
12/22 Jyoti Disa  
12/25 Lucy Damiani  
12/27 Zee Raiser  
12/28 Selma Felma  
12/29 Nancy Kiniry

12/1 Robert Crooks  
12/3 Ethel Hutchinson  
12/7 Penny Rudolph  
12/10 George Eckardt  
12/15 Jennifer Downing  
12/16 Clarissa Fullam  
12/18 Raymond Barkmeyer  
12/21 Janice Barthold  
12/23 Nancy Mandato  
12/26 Thomas Finley  
12/27 William Scutta  
12/28 Alireza Hoorfar  
12/31 Eileen McGinley

12/1 Edward Mehalick  
12/3 Larry Persofsky  
12/8 Nathalie Collaut  
12/11 Angie Williamson  
12/15 Tina Garzillo  
12/16 Richard Meckley  
12/18 Linda Beck  
12/21 Donald McCree  
12/24 Patrick David  
12/27 Bridget Hector  
12/27 Janet Ward  
12/28 David Landsman

12/2 Richard McCann  
12/3 Carla Warner  
12/8 LollaMae Jenkins  
12/13 Chris McNamara  
12/15 Sandra Pietrafitta  
12/17 Joseph Liebreich  
12/18 Jeannette Drendall  
12//21 Rochell Rosenberg  
12/24 Shirley Eichelberger  
12/27 Paul Puskar  
12/28 Dan Dunmire  
12/29 Holly Higham

#### **SPECIAL EVENTS - A LOOK AHEAD**

##### **DECEMBER**

- Wednesday, December 10, 2025 (General Meeting)
- Friday, December 12, 2025 Holiday Party

**PROJECT LINUS:** Members knit squares for blankets for cancer patients. Yarn is available in the office. *THANK YOU TO OUR MEMBERS WHO CONTRIBUTE BY VOLUNTEERING TO KNIT THE BLANKET SQUARES A COUPLE OF SAMPLES OF THE HANDIWORK IS HANGING IN THE LOBBY AREA. RECENTLY 42 FINISHED KNITTED BLANKETS DISTRIBUTED TO THOSE IN NEED. We would like to acknowledge the following ladies for their knitting contribution to this project: They are Janet King, Cathy Reilly, Barbara Orman, Jill Kelly, Relina Martis, Tracey Paradis, Janet Ward,*



**Nancy Rae and Iliana Mendez. Special thanks to Joan Banas for heading up this wonderful project! You all do our senior center proud!**

**WORKING SMOKE ALARMS SAVE LIVES!** Any Upper Merion Township resident who needs a smoke alarm can call the ***Smoke Alarm Installation Hotline at 484-636-3945 to request an installation.***

**VETERANS CARE PACKAGE DONATIONS:** In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. *If donating any food or drink or drink mixes, please be sure these items have not expired. **Place items in assigned box in lobby area.***

**UPPER MERION AREA COMMUNITY CUPBOARD:** We are collecting food to be donated to the UM Community Cupboard. If you wish to contribute the labeled box is in the lobby area.

## **UM LIBRARY PROGRAMS FOR DECEMBER 2025**

### **ONGOING PROGRAM AT THE LIBRARY (CHECK OUR ONLINE CALENDAR FOR MORE INFORMATION ABOUT THE PROGRAMS WE OFFER):**

Sangeetha will be at the center to help with your tech questions every Wednesday in December (except December 10, 24 and 31). at 12:00 PM. Please check with Ms. Shirley or Ms. Peggy for sign-up instructions.

**SILENT BOOK CLUB:** 1st Monday of every month from 6:00 PM to 7:30 PM.

**ESL CLASS:** (English as a Second Language Conversation Group) every Tuesday at 12:00 PM.

**CRAFT TUESDAY:** every Tuesday at 6:00 PM (Perfect space to create, connect, and share craft ideas.)

**MEDITATION SERIES: Meditation Workshop** - 2nd Tuesday of every month at 6:00 PM.

**ART, GAMES, AND CHIT CHAT FOR ADULTS WITH**

**DISABILITIES:** 2<sup>nd</sup> & 4<sup>th</sup> Thursdays at 12:30 PM.

**MAHJONG MEETUP MANIA:** Every Thursday at 1:00 PM.

**BOOK DISCUSSION:** 3<sup>rd</sup> Saturday of every month at 10:30 AM.

**KNIT NITE:** 4<sup>th</sup> Monday at 6:00 PM.



### **LIBRARY DECEMBER HIGHLIGHTS**

#### **MINI-GREENHOUSE SEED SOWING IN WINTER:**

Monday, December 1 at 6:30 PM - Winter seed sowing is one of the easiest ways to start most seeds, and in this presentation you will learn how it works, how to create your own mini greenhouse using recycled materials, and even make one to take home. Join Montgomery County Master Gardener Susan Doblmaier as she explains the fundamentals of this simple, effective method. Susan has been a Master Gardener with Penn State Extension for 22 years and

has taught this topic to many fellow gardeners, and starting seeds remains one of her favorite hobbies.

**FAMILY BOARD GAME EVENT:** Monday, December 8 at 6:00 PM

**MEGA FAMILY GAME & FUN FEST:** Monday, December 15 at 6:00 PM - Join Child Guidance Resource Center and the Upper Merion Township Library for a fun-filled evening of family time and games, where you can enjoy quality moments together, meet other families in the community, and take part in exciting activities for all ages, with a chance to win raffle baskets packed with family fun for home.







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**BOOK DISCUSSION: A Tree Grows in Brooklyn by Betty Smith** - Saturday, December 20 at 10:30 AM

**FREE RAFFLE TICKET** with each event attended. Enter to win exciting prizes. To learn more or to register for any of these events, please visit our calendar at [www.umtlibrary.libcal.com](http://www.umtlibrary.libcal.com).

**Call the library at 610-265-4805 or Check [www.umt township.org/library](http://www.umt township.org/library) for latest updates and to access our online access.**

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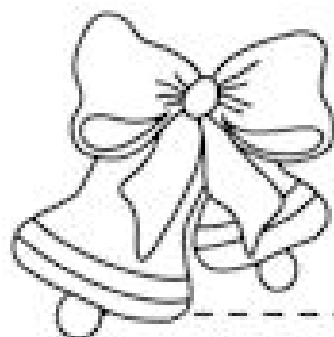
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# CHRISTMAS

## Word Search



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MISTLETOE

NORTH POLE

ORNAMENTS

PRESENTS

REINDEER

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SANTA CLAUS

SLEIGH

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TURKEY

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# CHANUKAH WORD SEARCH

R W T B D O P L B V F W E M A L F F Q Z O I B X  
 F F P E F Y C X W X G F R R V O O A P G S F A Z  
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 R V J P W E N H T B D H O P Q Q H I A M W R N X  
 N O N O C I A T L K B W A V X D G N R J Z E L V  
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 I R O L I V E P C H M T O Y I N A G F U S Z S A  
 M T G G I R N D I D Y W K E C T O B B L Z Y Z E  
 A A X P Q H J M I N V A Y S I M A S S N X L M D  
 H Z A H Z B N A I S A Q N Z Z X M B A G C T G U  
 S J P K F E K T A L G C L E D I E R D T O H B S  
 I Y Y Z S C G P O O S S C H A S H M O N A I M U  
 E O P B C G E B X D E E B A C C A M J Y C S U A  
 B T A J W N Z J N B L I R Y X H I O N S E E R O

|                |              |             |            |
|----------------|--------------|-------------|------------|
| BEIS HAMIKDASH | YERUSHALAYIM | CHASHMONAIM | SUFGANIYOT |
| MISYAVNIM      | ANTIOCHUS    | MACCABEE    | CHANUKAH   |
| SHAMASH        | YEVANIM      | DREIDEL     | MENORAH    |
| CANDLE         | GREEKS       | FLAME       | OLIVE      |
| EIGHT          | LATKE        | OIL         |            |

You can't go back and change the beginning, but you can start where you are and change the ending.



**GRACIAS! THANKS! DANKE! MERCI!**

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