

# *The Best of Times*

## JANUARY 2026

## UPPER MERION SENIOR SERVICE CENTER



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)

 <https://www.facebook.com/umssc.org/>

*Wishing our members and their loved ones a healthy and Happy New Year.*

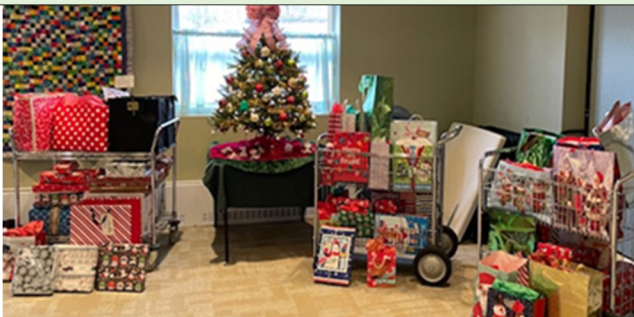
As we welcome the New Year, we all make those new year's resolutions. I hope one will be to spend more time at the Senior Center, making new friends and enjoying our many activities. Think about getting involved and volunteering. It can be extremely rewarding.

Our Board of Directors has been working to bring more activities, presentations, and events to the Center. We encourage our members to provide feedback and ideas for new services we might provide.



Members enjoying our Holiday Party

Christmas gifts donated for "adopted" families. Thank you!



Please reach out to any Board member or use the suggestion box in the kitchen area. Feel free to reach out to me at [sbrzoska@umssc.org](mailto:sbrzoska@umssc.org). I am always happy to hear from members.

If you have already renewed your membership, thank you. Encourage friends or family members to get out of the house and join with you to take advantage of our many opportunities for socializing, exercise or our many educational presentations. We always offer tours.

Hope to see you around the Center in 2026 and beyond.

*Sharon Brzoska, President*

### WHAT'S HAPPENING AT THE CENTER

**THE SENIOR CENTER IS CLOSED WEDNESDAY, DEC. 24 THROUGH FRIDAY, JAN. 2 FOR THE HOLIDAY and WILL RE-OPEN ON MONDAY, JANUARY 5.**

***Please refer to the monthly calendar for all JANUARY 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.***

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# JANUARY 2026 NEW YEAR, NEW BEGININGS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>HAPPY NEW YEAR 2026</b>  <b>UMSSC CLOSED</b>	<b>UMSSC CLOSED FOR THE HOLIDAYS</b>	
<b>4</b>	<b>5</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER	<b>6</b> 9 -3 WALK THE TRACK <b>10:00 BOARD MEETING</b> 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>7</b> 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	<b>8</b> 9-3 WALK THE TRACK <b>9:45-12 NURSE</b> 10:15 BINGO 11:45 FUN & FITNESS <b>12:45 COOKIES &amp; COCOA</b> 1:00-3:00 OPEN GAME ROOM	<b>9</b> 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	<b>10</b>
<b>11</b>	<b>12</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12:00 MONDAY MATINEE "BOYNTON BEACH CLUB" 12-3 ART GROUP 12:30 MEXICAN TRAIN <b>KIBBITZ ROOM "GIVE BACK" ALL DAY MUST MENTION SENIOR CENTER (8 am-8:30 pm)</b>	<b>13</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>14</b> 9-3 WALK THE TRACK <b>10-11 CPR/AED DEMONSTRATION</b> 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	<b>15</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS <b>1:00 HEALTHY STEPS IN MOTION</b> 1:00-3:00 OPEN GAME ROOM	<b>16</b> 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG <b>12:30-1:30 CPR/AED DEMONSTRATION</b> 1:00 TRIVIA	<b>17</b>
<b>18</b>	<b>19</b> <b>MLK DAY OF SERVICE</b>  <b>OPEN 9:30-11:30 FOR SERVICE ACTIVITIES HERE</b>  <b>ALL ACTIVITIES CANCELLED</b>	<b>20</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>21</b> 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	<b>22</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS <b>1:00 HEALTHY STEPS IN MOTION</b> <b>1:00 QUILTING</b> 1:00-3:00 OPEN GAME ROOM	<b>23</b> 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	<b>24</b>
<b>25</b>	<b>26</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN <b>1:00 POKER</b> <b>1:00 BOOK TALK</b>	<b>27</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>28</b> 9-3 WALK THE TRACK 9:45 MEDITATION <b>10-11 CPR/AED DEMONSTRATION</b> 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	<b>29</b> 9-3 WALK THE TRACK <b>10:00 OSCAR HAMMERSTEIN MUSEUM CAR POOL TRIP</b> 10:15 BINGO 11:45 FUN & FITNESS <b>1:00 HEALTHY STEPS IN MOTION</b> 1:00-3:00 OPEN GAME ROOM	<b>30</b> 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	<b>31</b>

# FEBRUARY TENTATIVE AS OF 1/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TENTATIVE AS OF 1/20 SUBJECT TO CHANGE</b>	<b>2</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN <b>1:00 POKER</b>	<b>3</b> 9 -3 WALK THE TRACK <b>10:00 BOARD MEETING</b> 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE <b>SALVATORE'S TRATTORIA GIVE BACK PROGRAM ALL DAY –MUST MENTION SENIOR CENTER</b>	<b>4</b> 9-3 WALK THE TRACK <b>9:45 MEDITATION</b> 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	<b>5</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS <b>1:00 HEALTHY STEPS IN MOTION</b> 1:00-3:00 OPEN GAME ROOM	<b>6</b> 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	
<b>8</b>	<b>9</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) <b>12:00 MONDAY MATINEE</b> 12-3 ART GROUP 12:30 MEXICAN TRAIN	<b>10</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>11</b> 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	<b>12</b> 9-3 WALK THE TRACK <b>9:45-12 NURSE</b> 10:15 BINGO 11:45 FUN & FITNESS <b>1:00 HEALTHY STEPS IN MOTION</b> 1:00-3:00 OPEN GAME ROOM	<b>13</b> <b>VALENTINE HOAGIE SOCIAL 12:00 -2:00</b>  <b>DOORS OPEN AT 11:30</b>  <b>ALL ACTIVITIES CANCELLED</b>	<b>14</b> 
<b>15</b>	<b>16</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN <b>1:00 POKER</b> <b>1:00 BOOK TALK</b>  <b>PRESIDENTS DAY</b>	<b>17</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE  <b>RAMADAN BEGINS</b>	<b>18</b> 9-3 WALK THE TRACK <b>9:45 MEDITATION</b> 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM  <b>ASH WEDNESDAY</b>	<b>19</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS <b>1:00 HEALTHY STEPS IN MOTION</b> 1:00-3:00 OPEN GAME ROOM	<b>20</b> 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	<b>21</b>
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**IMPORTANT REMINDERS: 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.**

**IMPORTANT SENIOR CENTER LIBRARY PROCEDURES:** Please remember that all books borrowed from the Senior Center are to be signed out when you take them and signed in when returned. Recently books have been returned to the Senior Center by an employee of the Upper Merion Township Library. **IF YOU BORROW BOOKS FROM THE SENIOR CENTER, THEY MUST BE RETURNED TO THE SENIOR CENTER NOT THE UM TOWNSHIP LIBRARY. THANK YOU.**



#### UPCOMING EXCURSIONS (TENTATIVE)

**JANUARY 29:** Oscar Hammerstein Museum in Doylestown carpool

**MARCH 6:** Mt Hope Mystery Theatre and lunch Bus

**APRIL 16:** Phila City Hall tour and tower. Lunch at McGillin's Ale House

**MAY:** Bus trip New York Ellis Island and Statue of Liberty

**JUNE 12:** American Revolutionary War Museum tour

#### COMING IN JANUARY



**WALKING GROUP:** EVERY MONDAY STARTING JANUARY 5 at 2:00 PM. Walkers will meet at the King of Prussia Mall at the inside entrance next to the Cheesecake Factory. 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. *Come join us!*

**BOARD MEETING:** TUESDAY, JANUARY 6 AT 10:00 AM.

**CELL PHONES MADE EASY:** WEDNESDAYS FROM 12:00-1:00 PM. 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, JANUARY 7 and JANUARY 21 AT 9:45 AM.

**BLOOD PRESSURE CHECK:** THURSDAY, JANUARY 8 from 9:45 AM to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

**COOKIES & COCOA** - THURSDAY, JANUARY 8 AT 12:45 PM. Join us for some cold-weather refreshments in the great room. Enjoy delicious cookies and a nice hot cocoa.

**MONDAY MATINEE:** MONDAY JANUARY 12 AT 12:00 PM.

This month's movie is "Boynton Beach Club" starring Joseph Bologna, Diane Carroll, Brenda Vaccaro, Michael Nouri, and Sally Kellerman. Residents of an adult community in Florida turn to one another for support and companionship after the deaths of their spouses.

**THE KIBITZ ROOM GIVE BACK DAY:** MONDAY, JANUARY 12 FROM 8:00 AM TO 8:30 PM. Eat at this restaurant, mention the Senior Center and we will receive a donation of a portion of your food bill.

**CPR/AED DEMONSTRATION:** We are offering our staff and members demonstration classes on CPR/AED. The classes will be lead by Heather Melck from the UM Community Center. Three dates have been chosen and the

class size is limited to 10 for each date. Please sign up for the date you would like to attend. The dates offered are: Wednesday, January 14 from 10:00 to 11:00 AM, Friday, January 16 from 12:30 to 1:30 PM and Wednesday, January 28 from 10:00 to 11:00 AM. *Note attendees will not be "certified" in CPR/AED.*

**HEALTHY STEPS IN MOTION: (CLASS IS FULL)** BEGINS THURSDAY, JANUARY 15 AT 1:00 PM and every Thursday at 1:00 PM following until March 5. Eight-week course presented by MONTCO Dept. of Aging. Learn to reduce the risk of falling, new exercises, build strength and improve your balance.



Italian Restaurant and Bar

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Live Music

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Thursday-Sunday

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Corporate Meetings  
Private Parties  
Trivia Nights

Happy Hour  
Class Reunions  
Funeral Luncheons

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**VOLUNTEER FOR MLK DAY OF SERVICE:** MONDAY, JANUARY 19 FROM 9:30 AM - 11:30 AM. (ALL OTHER ACTIVITIES ARE CANCELLED.) We are in need of members to volunteer to spruce up the Senior Center. Just a couple of hours are spent doing some extra cleaning around the center and sanitizing of the exercise equipment. Hope you will consider helping out.

**BOOK TALK:** MONDAY JANUARY 26 AT 1:00 PM. This month's book is "A HOUSE WITHOUT WINDOWS" by Nadia Hashimi.

**OSCAR HAMMERSTEIN MUSEUM:** THURSDAY, JANUARY 29 AT 10:00 AM. Car Pool excursion to Doylestown to tour "Highland Farm" home of composer Oscar Hammerstein. Cost: Members \$15.00 Non-Members \$17.00.



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**WELCOME NEW MEMBERS:** Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: James Cooper, Dolores Javic, Beverly Major, Andrew & Mary Beth Pedlow, Beverly Sherbondy and Donna Storti.

### SPECIAL EVENTS:

#### **JANUARY**

Tuesday, January 6, 2026 (Board)

Thursday, January 8, 2026 12:45 Cookies & Cocoa

Monday, January 12, 2026 Give Back at The Kibitz Room (8:00 AM-8:30 PM)

Monday, January 19, 2026 MLK day of Service (9:30-11:30) - CLOSED


Thursday, January 29, 2026 Oscar Hammerstein Museum, Doylestown, Carpool

#### **FEBRUARY**

Tuesday, February 3, 2026 (Board)

Tuesday, February 3, 2026 Give Back at Salvatore's (10:00 AM - 9:00 PM)

Friday, February 13, 2026 Valentine Hoagie Social

<b>PEDIATRIC DENTISTRY</b> Jay Goldsteiger, DDS Scott Goldsteiger, DDS Natalie De Barros, DMD Marc Virtue, DDS David Kim, DMD Robyn Joker, DMD	<b>GENERAL DENTISTRY</b> Larry Schlarb, DMD Skip Hoerz, DMD Ana Soleye, DMD Andrew Rush, DMD Kristine Rushby, DMD
	
<b>ORTHODONTICS</b> Bryan Ruda, DMD Erin Bauerle, DMD	
<b>ENDODONTICS</b> Serena Collett, DMD	
610/337-2325 Fax 610/337-3863 www.uppermeriondental.com	



**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.*

**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.

### BIRTHDAYS IN JANUARY

1/1 Eleana Panarello  
1/2 Neila Jordon  
1/3 Dorothy Carter  
1/3 Sharon Powell  
1/4 Javed Iqbal  
1/4 Eva Maria Wynn  
1/5 Ann D'Ginto  
1/7 Sharon Smolney  
1/8 Rikki Cooperman  
1/8 Lemy Scaramella  
1/9 Chris Aldworth  
1/9 Anthony Pizza  
1/10 Maria Capaldi  
1/10 Judy Ososkie

1/11 Millie Becker  
1/13 Sharon Brzoska  
1/13 Claire Carson  
1/13 Dorothy Gordon  
1/14 Patricia Lees  
1/15 Cathy Johnson  
1/15 Margaret Perosfky  
1/18 Jean Scintilla  
1/20 Bernadette Wesler  
1/21 Teresa D'Antonio  
1/21 Evelyn Pompei  
1/21 Lauretta Zimmer  
1/22 Marie Kraus

1/22 Effie Samios  
1/23 Merrily Spottiswoods  
1/24 Phyllis Petrolina  
1/27 Jane Caruso  
1/27 Dave Forney  
1/28 Joanne Barkmeyer  
1/29 Samuel Robinson  
1/30 Ronald Burke  
1/30 Sandra Heitner  
1/30 William Murphy  
1/31 Marion Wilkinson

## UM LIBRARY PROGRAMS FOR JANUARY 2026

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

Sangeetha will be at the Senior Center to help with your tech questions every Wednesday in January at 12:00 PM. Please check with Ms. Shirley or Ms. Peggy for sign-up instructions.



**TIM BRIGGS** PA  
STATE REPRESENTATIVE 149<sup>th</sup>

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**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:** *Remarkably Bright Creatures* by Shelby Van Pelt 3<sup>rd</sup> Saturday of every month (January 17) at 10:30 AM.

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

### LIBRARY JANUARY HIGHLIGHTS

**INK & INSPIRATION - A LOCAL AUTHOR SHOWCASE:** SATURDAY, JANUARY 10 AT 1:00 PM. Discover the remarkable talent in our community as local authors present their work, share personal insights, and discuss their creative journeys. Enjoy live readings, thoughtful conversations, and the opportunity to meet the storytellers behind your favorite books. Whether you're a passionate reader, a budding writer, or simply curious about local voices, this event offers a meaningful way to connect with and support our neighborhood's literary community. Local authors interested in please contact Ms. Sangeetha at [ssrini@mclinc.org](mailto:ssrini@mclinc.org)

**VISION & VIBES: A CREATIVE VISION BOARD WORKSHOP:** MONDAY, JANUARY 19 AT 6:00 PM. Start the year with creativity and purpose by crafting your own vision board. Guided by local

muralist and yoga teacher Brittany Grala, participants will engage in a reflective, hands-on process to set meaningful intentions for the year. All supplies are included. Adult registration is required.

**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.umtship.org/library](http://www.umtship.org/library) for latest updates and to access our online access.**




**Bonnie Monastra**  
President

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# Winter Word Search



WINTER  
SNOW  
BLIZZARD  
COLD  
HOT COCOA  
DECEMBER  
CHRISTMAS  
COAT  
GLOVES  
BOOTS  
EARMUFFS  
ICE  
SKI  
SLED  
SNOWBOARD

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



# Winter Word Search

SNOWBOARDING  
 SLEIGHBELLS  
 JACK FROST  
 BELOW ZERO  
 SNOWMOBILE  
 SNOWFLAKE  
 FREEZING  
 BLIZZARD  
 SNOWBALL  
 FLURRIES  
 MITTENS  
 SCRAPER  
 FISHING  
 SLIDING  
 SKATING  
 SNOWMAN  
 TUBING  
 BAKING  
 HOCKEY  
 SKIING  
 ICICLE  
 DRIFTS  
 GLOVES  
 JACKET  
 PLOW  
 SCARF  
 BOOTS  
 SALT  
 COLD  
 SNOW



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

*It always seems impossible until it's done.* Nelson Mandella



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