



NEWSLETTER

YOUNG IN SPIRIT AND MIND

April, 2026

Location

580 Delmont Avenue
Warminster, PA 18974
p: 215-672-8380
e: info@bwsac.org
www.bwsac.org

Hours

9:00 am–3:00 pm—Monday thru Thursday



Like us on Facebook

The BWSAC is funded in part by the County Commissioners, through the AAA & the PA Department of Aging.



From our Manager...NANCY STEINKE

Well, we made it through the ice and snow of winter to April! Now we are looking forward to warm temperatures and the flowers of Spring.

There are many events happening in the next few months, join us and get involved to make our events successful!

April 9th - Senior Expo; 1-3pm

April 14th - General Membership Meeting; 10am

April 15th – Lunch and Learn

April 20th – Volunteer Appreciation Day

April 28th Nutrition Class; 10am

May 1st – “Not Just” Designer Bag Bingo; 6pm

May 12th – Election for Trustee

May 16th – Flea Market; 9 am to 1pm

June 13th – Arts and Barks 11am-3pm

We will no longer be open on Fridays starting in April, see President’s letter on page 3.

Please remember to thank our Volunteers for all they do, without them we would not have as many activities, events and functions.

Gift Certificates Available -

Not sure what gift to get for a loved one’s Birthday, Mother’s Day or Father’s Day, etc. - Gift Certificates are available for Travel club trips and general use at the Center for Bingo, Bango, lunch, activity fees and membership dues.

Come and join in the fun at Ben Wilson Senior Center, where friends are made.



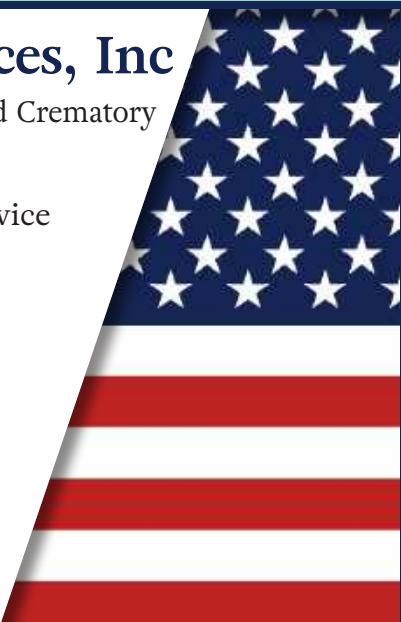
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Benjamin Wilson Senior Center

06-5319

OUR CENTER

FROM OUR BOARD PRESIDENT, Louise Dorsett

VOLUNTEER SPOTLIGHT

Mary Threlfall

Mary started coming to Ben Wilson in 2015 after the loss of the husband. She started our very popular and always growing game of Mah Jongg. She first approached a local library however their room rental fee was unacceptable. She came to Ben Wilson and asked to start the group here. Since then, the group comes multiple times a week and we're up to about 40 players. Monday morning, Mary teaches Mah Jongg to anyone that would like to learn.

Mary has been playing years. She was a legal children, 3 great grandchildren.



Mah Jongg for 60 secretary, she has 4 grandchildren and 3

Mah Jongg is a very an added brain interesting game and booster. Many of the people that have come to learn have also joined the center and have become some of Mary's closest friends.

Board Members

PRESIDENT: Louise Dorsett
VICE PRESIDENT: Jim Furlong
TREASURER: John Rafa
SECRETARY: Susan Curtis
TRUSTEE: Carol Davis
TRUSTEE: Conrad Muth
TRUSTEE: Ed Glover
TRUSTEE: Hazel Wood

BWSAC Staff

MANAGER: Nancy Steinke
manager@bwsac.org
NUTRITION and COMMUNITY SERVICE
COORDINATOR: Amanda Gershanick
amanda@bwsac.org
ASSISTANT MANAGER: Jackie Tamaro
Hall Rental Coordinator
info@bwsac.org
RECEPTION DESK: Karen Dorsett
Kellie Hartman

Volunteer Activity Leaders

Chess: Tom McGee
Computer Classes: Adele Weremeychik
DIY: Karen Dorsett
Mah Jongg: Mary Threlfall
Orientation: Diane Shiminske
Travel Club: Carol Davis

Important Phone Numbers

AARP 717-238-2277
Bucks County Area Agency on Aging
267-880-5700
Bucks County Transport 215-794-8360
Elder Abuse 800-243-3767
Legal Aid of Southeastern PA/
Doylestown Office 215-340-1818
Pennsylvania Department of Aging
717-783-1550
Social Security 800-772-1213
Tax/Rent Rebate 888-222-9190
Warminster Township 215-443-5414

From the Desk of the Board President: Louise Dorsett

The 3-month trial period of being open on Fridays is coming to an end and we are continuing to lose money. The schedule that was set up for Fridays has more activities than Monday through Thursday to help raise the funds to offset the expenses to be open. We are already at a deficit Monday through Thursday, but we are able to cover the expenses through fundraiser and hall rentals. Staying open on Fridays would be fiscally irresponsible.

I have done a lot of research to check how many people attend on Fridays and how much money is being brought in and it is not covering the cost of being open. I have talked with our attorney, and he said we as a board have an obligation to make sure, we are not operating at a loss. We did our due diligence by opening for a 3-month trial period. After reviewing the Friday financial information, we did not meet the criteria. Therefore, Friday, March 27th, will be the last Friday we will be open.

EVENT INFORMATION

Tuesday, April 14, 2026

General Membership Meeting



Only Members are allowed to attend
Meeting starts at 10:00 am

Hope to see you there!!

NOTE: Anyone being disrespectful during the meeting will be asked to leave the meeting.

Monthly Craft

Button Bouquet Shaker

Monday, April 27th



\$5.00 members/\$7.00 non-members
Must pre-register & pay at front desk by 4/24



Nutrition and Aging in Place

Join Matt and Caitlyn from Amada Senior Care for a discussion on the crucial role nutrition plays in healthy aging at home. Good nutrition is not just about maintaining a balanced diet; it's essential for enhancing vitality, supporting the immune system, and promoting overall well-being in our senior years. During this informative session, you'll discover practical tips for self-care; explore various nutrition options tailored for seniors, and learn about the financial strategies to make healthcare more accessible.

A Light Brunch is to be provided compliments of Amada Senior Care.

April 28, 2026

10-11

SIGN UP NOW!



LUNCH & LEARN

Wednesday, April 15th



Presented by: Michelle Burgess

Oasis Senior Advisors helps families find senior living options for their loved ones, for free. Compassionate and knowledgeable advisors work alongside you to assess your health and financial situation and determine the communities and care levels that will be the right fit for you or your loved one.

Menu: Turkey Hoagies, chips, cookie and water

JUST PRE-REGISTER AT FRONT DESK
\$1.00 MEMBERS / \$2.00 NON-MEMBERS

DAILY ACTIVITIES

Everyone is Required to pay Activity Fees

Activity Fees

\$1.00 per activity per day per member \$2.00 per activity per day per non-member

Bingo \$5.00 - Bango Pay as you play - Haircut \$10 + \$1 Activity Fee

Computer Class - \$3.00 per member - \$5.00 per non-member

****Line Dancing \$1 member/\$2 non-member at Front Desk - \$5.00 to Dance Teacher****

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|--|--|--|
| 9:00am | 9:00am | 9:00am | 9:30am |
| BILLIARDS MAH JONGG CHESS CLUB | BILLIARDS TRIPLE PLAY | BILLIARDS CHESS CLUB | BILLIARDS |
| HAIRCUTS: 4TH MONDAY KNITTING & CROCHET MTHLY CRAFT 4TH Monday |  |  WOOD CARVING | 9:30am BINGO  |
| 10:00 AEROBICS  | 9:30am BANGO  | 9:30am BINGO  | |
| 11:00 New Member Orientation | | | |
| LUNCH AT 11:45 | LUNCH AT 11:45 | LUNCH AT 11:45 | LUNCH AT 11:45 |
| 12:00pm BILLIARDS PINOCHE | 12:00pm BILLIARDS | 12:00pm BILLIARDS | 12:00pm BILLIARDS |
|  | 12:30pm WOOD CARVING  | 12:30pm CARD GAMES | 12:30pm CARD GAMES |
| 12:30pm CARD GAMES | 12:30pm CARD GAMES | 1:00-2:30pm LINE DANCING  | AEROBICS  |
| BEREAVEMENT GROUP 2nd Monday | 1:00pm MAH JONGG | | TRIPLE PLAY  |
| 1:00pm COMPUTER CLASS  |  | COMPUTER HELP (BY APPT. ONLY)  | |

*Disclaimer: The BWSAC Board reserves the right to change activities and amend fees when necessary

Daily Activities 2013/25/2016

BUS TRIP INFORMATION

BWSAC TRAVEL CLUB 2026 TRIP SCHEDULE






| <u>Month</u> | <u>Day</u> | <u>Date</u> | <u>Destination</u> |
|---|------------|-----------------------------------|--|
| Overnight trip to Lancaster April 18-19...   | | | |
| April | Saturday | 18 th | American Music Theater – Tribute to Abba |
| April | Sunday | 19 th | American Music Theater – Johnny Cash Tribute |
| April | Thursday | 30 th | Act II Playhouse – Goodnight Gracie |
| May | Tuesday | 12 th | Penn's Peak – Beatlemania |
| May | Sunday | 17 th | American Music Theater – Fabian, Frankie Avalon |
| June | 9 Days | 1 st - 9 th | Mackinac Island, Michigan - 9 Day trip |
| June | Tuesday | 23 rd | Penn's Peak – Neil Diamond Tribute |
| July | Thursday | 9 th | Fulton Theater – West Side Story |
| July | Thursday | 16 th | Schaeffers Scenic Boat Cruise, Lunch & Show, Johnny Seaton |
| August | Sunday | 9 th | AMT – Jay and the Americans, Tokens & Classic Four |
| October | Thursday | 1 st | Dutch Apple – Beautiful |
| October | Thursday | 15 th | Bird in Hand – Ryan and Friends |
| November | Friday | 13 th | Christ Kindlmarket in Bethlehem |
| November | Friday | 20 th | American Music Theater – Winter Wonderland |
| December | Tuesday | 1 st | Dutch Apple – Holly Jolly |
| December | Thursday | 31 st | Doolan's – New Years Eve at Noon |

(TRIPS SUBJECT TO CHANGE OR CANCELLATION / For Further Information Contact 215-672-8380)

TRIP DIFFICULTY RATINGS

 *Very Easy to Navigate
*Little Walking Involved

  *Fairly Easy to Navigate
*Some Walking Involved

   *Can be Difficult to Navigate
*Much Walking Involved

BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.

Ben Wilson Senior Activity Center Mission Statement

As the largest senior center in Bucks County, the Ben Wilson Senior Center's mission is to promote the social welfare of persons aged 55 and older by encouraging good fellowship and companionship among members through interactive events, social activities, and community improvements projects.

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Benjamin Wilson Senior Center

06-5319

MENU AND ACTIVITIES

BENJAMIN H. WILSON SENIOR CENTER

215.672.8380

Lunch Menu - 11:45am

| A \$2.00 Donation is Requested | |    | | 1% Milk will be included | |
|---|---------|--|----------|--|---------|
| Monday | Tuesday | Wednesday | Thursday | Monday | Tuesday |
| | | Turkey Hoagie 1/2c Three Bean Salad 1/2c. Potato Salad Club Roll, Lettuce, Tomato, Onion Fresh Orange | 1 | Glazed Ham & Pineapple Sauce 1/2 cup Corn Pudding 1/2 cup Winter Blend Dinner Roll Apple Pie | 2 |
| BBQ Pork Ribette 1/2c Smashed Sweet Potatoes 1/2c Island Blend Veggies WW Roll, Margarine 1/2c Pineapples | 6 | Chicken Cordon Blue 1/2c Rosemary Red Potatoes 1/2c Brussel Sprouts WW Bread, Margarine Fresh Plum | 7 | Tuna Salad Platter 1/2c Cold Couscous Salad 1/2 cup Marinated Cucumber Salad Mini Bagel Fresh Orange | 8 |
| No Lunch Senior Expo 1 to 3 pm | 9 | Lunch & Learn | 15 | Cheeseburger 1/2 cup Potato Wedges 1/2c Broccoli & Carrots WW Hamburger Roll 1/2 cup Pudding | 16 |
| Cheese Omelet & French Toast 1/2c Cinnamon Sweet Carrots 1/2c Raisin, Apple, Pear Compote WW Bread, Margarine 1/2c Mandarin Oranges | 13 | Sweet & Sour Turkey Meatballs 1/2c Brown Rice W Peppers 1/2c Mixed Veggies Pumpnickel Bread, Margarine 1/2 cup Pineapples | 21 | Turkey & Munster Sandwich WW Hamburger Roll, Mustard, L&T 1/2 c Three Bean Salad 1/2 cup Applesauce Sweet Muffin | 22 |
| Breaded Chicken Strips 1/2c Potato Wedges 1/2c Fire Roasted Veggie Mix WW Bread, Margarine Fresh Apple | 20 | Glazed Pineapple Chicken 1/2 cup Green Beans 1/2c Brown Rice W Peppers WW Bread W Margarine Fresh Plum | 28 | Sunday Roasted Chicken 1/2 c Green Beans 1/2c Mashed sweet Potatoes WW Bread, Margarine Fresh Orange | 23 |
| Pasta & Meatballs 1/2 cup Penne W Sauce 1/2c Broccoli, Carrots, Cauliflower WW Bread W Margarine 1/2 cup Peaches | 27 | Chef Salad-Swiss, RB & Turkey Ham 1/2 cup Tomato & Onion Salad 1/2 cup Potato Salad WW Roll, Margarine 1/2 cup Mandarin Oranges | 29 | Cheese Lasagna 1/2 cup Spinach & Carrots 1/2 cup Corn & Zucchini Fresh Orange | 30 |

NEW MEMBER ORIENTATION



Join us for new member orientation, Monday's at 11am.

Great way to learn more about BWSAC and the activities, programs and events taking place.

Reservations required.

Stop by front desk or call 215-672-8380 to reserve a spot.

Free lunch is included on orientation day.



Schedule of Tech Classes on MONDAYS at 1:00 PM

| | |
|----------|--|
| April 6 | THE STORY OF YOU Oral Histories: Recording Your Family's Experiences - presented by Kristine Chase from the "Free Library of Northampton Township" |
| April 13 | Using My Heritage (free from the public library) for Genealogy Presented by Dr. Dolores Fidishun |
| April 20 | Getting the Most From Your Smartphone Camera - Presented by Adele |
| April 27 | Family Search - Presented by Dr. Dolores Fidishun |

PLEASE BE AWARE!!

Wednesday's at 1PM, Adele's Tech Team has tech help sessions, **BY APPOINTMENT**. Write Adele for an appointment at roseadele@yahoo.com, or leave your name and phone number at the front desk.

**Ben Wilson Senior Activity Center
PRESENTS:**



Returning to the Playhouse after its successful run in 2007, Tony Braithwaite assumes the mantle of beloved comedian, George Burns, in a one-man show devoted to Burns' life and work: first as a double act alongside his beloved wife and comedy partner, Gracie Allen, and later as a solo performer whose career was revitalized late in life. Playwright Rupert Holmes has praised Tony's portrayal in a show that is guaranteed to delight Act II audiences.

Thursday, April 30, 2026

Trip Itinerary

| | |
|------------------|-----------------------------------|
| 10:00 am | Check-in |
| 10:30 am (SHARP) | Depart BWSAC |
| 11:00 am | Lunch at Plumsteadville Inn |
| 2:00 pm | Showtime – "Say Goodnight Gracie" |
| 4:15 pm | Depart Act II Playhouse |
| 5:00 pm | Approximate Arrival BWSAC |

PRICE PER PERSON: \$112.00

(*Price includes tip for driver/**Add \$5 PP for non-members)
For further information contact the BWSAC Travel Club
215-672-8380

Disclaimer: We reserve right to make changes to printed times. Confirm departure times before traveling.
BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.
Please Park your car along the tree line of the parking lot while on the trip

**Ben Wilson Senior Activity Center
PRESENTS:**

**Penn's Peak, Jim Thorpe
"Neil Diamond Tribute"
Tuesday, May 12, 2026**



Real Diamond is a professional cover band dedicated to preserving the faithful recreation of a Neil Diamond concert live. The band has performed with Neil's original band as well. Songs will include Cherry Cherry, Love On The Rocks, America and Sweet Caroline just to name a few.

ITINERARY:

| | |
|----------------|----------------------------------|
| 8:45 am | Check in |
| 9:15am (Sharp) | Depart BWSAC |
| 12:00pm | Family Style Lunch |
| 1:00pm | Showtime: "Neil Diamond Tribute" |
| 3:15pm | Depart for BWSAC |
| 5:00pm | Approximate arrival BWSAC |

PRICE PER PERSON: \$108.00

(*Price includes taxes & tip for driver/**Add \$5 PP for non-members)
For further information contact the BWSAC Travel Club at 215-672-8380
Disclaimer: We reserve right to make changes to printed times. Confirm departure times before traveling.
BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.
Please Park along the tree line in the parking lot while on the trip.

**Ben Wilson Senior Activity Center
PRESENTS:**

**Fulton Theater
"West Side Story"
Thursday, July 9, 2026**



Shakespeare's Romeo and Juliet is transported to 1950s New York City as two young, idealistic lovers find themselves caught between warring street gangs, the "American" Jets and the Puerto Rican Sharks. Their struggle to survive in a world of hate, violence and prejudice is one of the most innovative, heart-wrenching and relevant musical dramas of our time.

ITINERARY:

| | |
|----------------|---|
| 8:30 am | Check in |
| 9:00am (Sharp) | Depart BWSAC |
| 11:00am | Family Style Lunch at Hometown Kitchen |
| 12:45pm | Depart from Hometown Kitchen |
| 2:00pm | Fulton Theater: Show: "West Side Story" |
| 4:45pm | Depart Fulton Theater |
| 6:30pm | Approximate Arrival BWSAC |

PRICE PER PERSON: \$140.00

(*Price includes taxes & tip for driver/**Add \$5 PP for non-members)
For further information contact the BWSAC Travel Club at 215-672-8380

Disclaimer: We reserve right to make changes to printed times. Confirm departure times before traveling.
BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.
Please Park along the tree line in the parking lot while on the trip.

**Ben Wilson Senior Center
Presents:**

**Schaefer's Canal House
SEAFOOD LUNCHEON BUFFET, ENTERTAINMENT BY
JOHNNY SEATON AND BOAT CRUISE**



Johnny Seaton is an artist in every sense of the word. He is an accomplished singer, songwriter, actor, musician and a fine-art artist. With jet black hair, a swivel in his hips and a flair for impersonations.

Johnny Seaton & Bad Behavior is a Rockabilly and Classic Rock band. They play hits from Elvis Presley, James Taylor, Air Supply, Barry Manilow, Neil Diamond, etc.

Thursday, July 16, 2026

Itinerary

| | |
|-----------------|--|
| 6:45 am | Check-in |
| 7:15 am (SHARP) | Depart BWSAC |
| 10:00 am | Boat Cruise on the Chesapeake Bay |
| 12:30 am | Seafood Buffet Lunch |
| 1:30 pm | Johnny Seaton Show – "Music of the 60's" |
| 3:45 pm | Depart Schaefer's Canal House |
| 5:45 pm | Approximate Arrival BWSAC |

PRICE PER PERSON: \$179.00

(*Price includes taxes & tip for driver/**Add \$5 PP for non-members)
For further information contact the BWSAC Travel Club
215-672-8380

Disclaimer: We reserve the right to make changes to printed itinerary and times.
BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.
Please Park your car along the tree line of the parking lot while on the trip

FOOD FOR THOUGHT

In addition to Spring, Easter, and Passover, April is also **National Pet Month and National Garden Month.**

1. What common garden pest is especially dangerous for dogs if eaten?
2. Which herb often grown in gardens is safe for most pets and is known to freshen a dog's breath?
3. What popular garden flower is *toxic* to cats, even in small amounts?
4. Which uncommon household pet is known for basking in warm, sunny garden spots because it relies on external heat to regulate its body temperature?
5. What garden tool, if left out, is a common hazard for pets due to sharp edges?
6. Which vegetable garden favorite—tomatoes or carrots—is safer for dogs to eat?
7. What type of pet is most likely to enjoy a backyard dust bath?
8. Which garden insect is known for its “waggle dance” and is essential for pollination?
9. What common garden plant—mint or aloe—is *not* safe for cats and dogs?
10. Which small household pet needs access to chew toys or wooden blocks to keep its teeth from overgrowing?

Answer Key

1. Slugs, snails
2. Parsley
3. Lilies
4. Tortoises
5. Rake
6. Carrots
7. Chickens
8. Honeybees
9. Aloe
10. Guinea pigs

LAUGH OF THE MONTH



DID YOU KNOW...

Some horses can even grow mustaches, especially certain native breeds that evolved to graze in low-light conditions—an adaptation that helps them feel the grass.



GREEN PISTACHIO SMOOTHIE

INGREDIENTS



- 1 cup kale
- ¾ cup orange juice
- ½ banana
- ¼ cup pistachios
- ¼ avocado

DIRECTIONS

Place all ingredients into the container of a blender and process. Enjoy your fresh and healthy smoothie!

This plant-based green smoothie is packed with the flavor and nutrition power of pistachios, kale, and avocados, with natural sweetness from bananas and orange juice.

ADDITIONAL INFORMATION

BEN WILSON SENIOR ACTIVITY CENTER



Main Sponsor **Parx Casino**

Thursday, April 9th, 2026 - 1pm-3pm

FREE ADMISSION...Over 40 Vendors & Agencies!

This is a great way to find out information about products and services offered to seniors in our area. We try to connect you to local businesses like transportation companies, continuing care retirement communities, legal services, insurance reps, in-home care services, independent living facilities, financial service providers, assisted living facilities, Bucks County Area Agency on Aging, and more!

RAFFLE PRIZES & DOOR PRIZES

Free gift to first 150 attendees!

580 Delmont Avenue, Warminster, PA 18974

215-672-8380

Ben Wilson Senior Center

580 Delmont Avenue, Warminster

is having a



Saturday, May 16, 2026

9 am to 1 pm

Tables available:

\$25 each or 2 for \$40

Call Jackie at 215-672-8380

Ben Wilson Senior Activity Center

Invites you to join us for an evening of....

Not Just Designer Bag



Friday, May 1, 2026

Doors open at 6:00pm / Bingo begins at 7:00 pm

580 Delmont Avenue, Warminster, PA

\$35 pp/\$190 for a table of 6 (only sold in packs of 6)

\$40 pp at door (only offered if seats are still available)

Entrance fee includes one package of 12 BINGO sheets (Additional BINGO boards & specials will be sold at the event)

BYOB and BYOF

Not Just Designer Bags....50/50....Raffle Items

For information & tickets contact the Center at 215-672-8380

****Sponsorships Available****

Bereavement Support Group

In a safe and supportive setting our BWSAC Bereavement Support Group will meet the 2nd Monday of each month beginning at 12:30pm

Our Facilitator will help with things like understanding the stages of grief, strategies to help with anxiety, stress and loneliness as well as explaining your feelings of denial, anger, guilt, and depression.

Please see front desk if you have any questions.

2nd Monday of the Month



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Benjamin Wilson Senior Center

06-5319

THE FINAL WORD...

Keep an eye out for information on upcoming 2026 BWSAC Events:

Every Monday - New Member Orientation 11am (Reservations Only)

April 1st - 9th - Passover

Friday, April 3rd - Good Friday

Sunday, April 5th - Easter

Thursday, April 9th – Senior Expo 1:00 to 3:00 pm -No Bingo & No Lunch served

Monday, April 13th – Bereavement Support Group 12:30 pm

Tuesday, April 14th – General Membership Meeting 10:00 am

Wednesday, April 15th – Lunch and Learn

Thursday, April 16th – Blood Pressure Readings 9:30-11am

Monday, April 20th – Volunteer Appreciation Week

Tuesday, April 21st – AARP Smart Driving Course 9:30am to 2:30pm

Monday, April 27th – Haircuts 9-11:30 am

Monday, April 27rd – Monthly Craft – Button Flower Saltshaker 9:30am

Tuesday, April 28th – Nutrition Class – Nutrition and Aging in Place 10 -11 am

Wednesday, April 29th – Brian Munroe Staff at Bingo

A REFINED APPROACH TO LIVING



At Revelle of Bucks County, every detail has been thoughtfully considered, from sophisticated gathering spaces to personalized services and upscale amenities designed for ease and enjoyment. Each day brings new opportunities for discovery, connection, and purpose, often sparked over inspired conversations and shared experiences. Here, life unfolds with grace, comfort, and the assurance that attentive care is always within reach.

Call **267-962-0100** for a private tour.


REVELLE
SENIOR LIVING
of Bucks County

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Benjamin Wilson Senior Center

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