

August



2022

ENUMCLAW SENIOR CENTER NEWSLETTER

Where Strangers Become Friends

Isle of Dreams



LOCATION

1350 Cole St.

Enumclaw, WA 98022

360.825.4741

www.cityofenumclaw.net

HOURS OF OPERATION

Monday-Thursday

8:00am-4:00pm

Friday

7:00am-12:00pm

What's Happening

- 8/1 Blood Pressure Checks
- 8/2 Aging Mastery Program starts
- 8/4 Patty & the Travelin' 4
- 8/4 Root Beer Float Day
- 8/8 *Bonney Lake Shopping*
- 8/10 Peggie & The Brock-A-Roos
- 8/11 Hiking Club-O'Grady Trail
- 8/12 *Chinook Pass & Whistlin' Jack's*
- 8/15 *Emerald Queen Casino Trip*
- 8/16 Notary Service-by appointment
- 8/18 Rotary Picnic
- 8/22 *Bonney Lake Shopping*
- 8/23 Mexican Train Dominoes
- 8/24 Peggie & The Brock-A-Roos
- 8/25 Birthday Party w/Johnny Crash
- 8/25 Hiking Club-Flat Rock
- 8/28 *Lake Union Supper Cruise*
- Coming in September:**
- 9/2 Washington State Fair Trip
- 9/8 50's Rock-N-Doo Wop
- 9/23 Seattle Symphony

IN PERSON DINING

Come in and join us for lunch Monday-Friday.

Lunch is prepared by Catholic Community Services and is served

Monday-Thursday @11:45am and Friday breakfast @10:30am.

WE NEED KITCHEN VOLUNTEERS!!!

Inquire at the center.

Join us for our Birthday Party & Entertainment!

Thursday, August 25th at 10:30am

A big thank you to Humana for the birthday treats!

Everyone is welcome! Come celebrate your birthday with us. Enjoy some dessert and spin the wheel for a gift.



Senior Center Staff

Manager

Melissa Holt

mholt@ci.enumclaw.wa.us

Recreation Coordinator

Rochelle Rogers

rrogers@ci.enumclaw.wa.us

Office Assistant

Shaun Wilmot

swilmot@ci.enumclaw.wa.us

Transportation

Sonja Fryberger

Catholic Community Services Cook

Sue Duhamel

King County Consultants

Emme Calderon

Janine Carpenter

Trina Huebler

Diane Michaud

Brenda Sexton

Senior Advisory Board

Chairman

Darlene DeGroot

Vice Chairman/Treasurer

Cynthia Sable

Secretary

Brenda Sexton

Members

Donna Raymond

Yolanda Nelson

ACTIVITIES

Bingo: Mondays @1pm **BINGO CALLER NEEDED!!** Please talk to Rochelle
Bring your quarters and have some fun!

Thank you to More Pennies from Heaven for blackout prizes!

Billiards: Fridays @10am (or stop in anytime, the table's open)

Calling all Pool Sharks! Come and play on our table it's over 100 years old.

Book Club: Tuesday, August 23rd @2pm "Girls Burn Brighter" by Shobha Rao

For more info contact Cynthia Sable (925)305-8784 or cynthia.sable@yahoo.com

Bridge: Wednesdays @10am

Cribbage: Tuesdays @10am

Knitting Group: Thursdays @1pm

All are welcome! Bring a project to work on and enjoy some company.

Lending Library: Come in and borrow a book from our selection.

Mahjong: Mondays @10am

Mexican Train Dominoes: Tuesday, August 23rd @1pm

Pinochle: Thursdays @12:45pm

Puzzle Table: Available every day! Exercise your brain and work a puzzle.

**GROW YOUR
BUSINESS**

**BY PLACING
AN AD HERE!**

CONTACT US!

Contact Anita Aguilar
to place an ad today!
aaguilar@lpicommunities.com
or (800) 950-9952 x2677



**LIMITED
AVAILABILITY**



Cascade Place

Assisted Living | Memory Care



*Exceeding Expectations for Loving,
Thoughtful Care*

Cascade Place is thrilled to announce the opening of our **NEW Memory Care Neighborhood!** We have expanded our services to include specialized care for those suffering from dementia and other forms of memory loss.

Call TODAY to schedule a tour!

(360) 802-0177

Or visit us online: www.CaringPlaces.com

2000 MOUNTAIN
VIEW DRIVE

ENUMCLAW, WA
98022

SUPPORT OUR ADVERTISERS!



CLASSES/PRESENTATIONS

Aging Mastery Program-11 week series FREE! SIGN UP!
starts Tuesday, August 2nd @1pm

Card Making Class: Wednesday, August 10th @1pm COST \$10 SIGN UP!

Make three pretty greeting cards with Roxann. All supplies included.

Family History Help: Tuesdays with Anna by appointment FREE! SIGN UP!

Trace your family tree and find out more about your ancestry.

Memory Class: Wednesdays @2pm FREE!

Come stimulate your brain and boost your memory!

OUTDOOR ACTIVITIES

Hiking Club: Meet at the Senior Center COST \$3 SIGN UP!

Thursday, August 11th @9am-O'Grady Trail

Thursday, August 25th @9am-Flat Rock-Kanaskat-Palmer State Park

Walking Club: Fridays @10am FREE! MEET AT THE CENTER SIGN UP!

Pickleball Club: Thursdays @10am FREE! MEET AT GARRETT PARK



Award-Winning Memory Care

At Expressions at Enumclaw, we understand the emotional and physical toll of caring for someone living with dementia. We offer our award-winning Expressions Memory Care program, which uses innovative care techniques and life enrichment programming to turn daily activities into memorable and meaningful events.

Call us at (360) 825-4565 to schedule a tour.



Prestige Senior Living, L.L.C.

Expressions at Enumclaw

2454 Cole St. · Enumclaw, WA 98022

www.PrestigeCare.com



VILLAGE CONCEPTS
OF ENUMCLAW
HIGH POINT VILLAGE

Creating a Village That Feels Like Family

Call today: (360) 825-7780 • www.villageconcepts.com
Independent Living • Assisted Living • Memory Care

BECKER
Hearing Center

Dr. Nancy
BECKER

Signs of Hearing Loss: Occasionally thinking others are mumbling or speaking too softly • Having trouble hearing over the phone • Constant roaring, ringing, or hissing in your ears • Needing others to repeat themselves regularly

(360) 825-4027 or Email: swilkie@ent-allergywa.com

www.drnancybecker.com/hearing/

Enumclaw Office

1427 Jefferson Ave. Ste. 101 • Enumclaw, WA

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

City of Enumclaw Senior Center, Enumclaw, WA

B 4C 05-1056

MUSIC & DANCING

Senior Larks Glee Club

Every Monday @10:00am

Join us for a fun filled hour of singing. No experience needed.

Patty and the Travelin' 4

Thursday, August 4th @10:30am

Rotary Picnic: Thursday, August 18th @11:00am

Get out your dancing shoes and listen to hand clapping, toe tapping music!

Johnny Crash "THE HUMAN JUKEBOX, THE ROCKIN' RELIC AND HIS PUMPIN' PIANO!"

Birthday Party: Thursday, August 25th @10:30am

Peggie & The Brock-A-Roos ARE BACK!!!!!!!!!!

Wednesday, August 10th and 24th @10:30am

This country music is sure to get you in the dancing mood!

MEAL PROGRAMS

DAILY LUNCH PROGRAM DONATION BASED

Catholic Community Services provides nutritious meals prepared in house Monday-Friday. Lunch is available for dine in @11:45am Monday-Thursday and 10:30am on Friday. The suggested donation is \$4.50 for seniors 60 and up. There is a charge of \$6.50 for those 59 and younger. **(360)825-4741**

SHELTER IN PLACE FROZEN MEALS FREE

We provide nutritious frozen meals to seniors in the community. Seniors will receive 10 frozen meals every other Tuesday. Call to sign up. **(360)825-4741**

MEALS ON WHEELS DONATION BASED

Sound Generation offers a variety of low fat, low sodium, vegetarian and meat dishes. If you are an older adult 60+ and homebound, you are eligible for these meals. Frozen meal suggested donation is \$6.00 per meal. Call **(360)825-4741** or go to www.soundgenerations.org to apply.

COMMUNITY DINNER FREE

Come to the Enumclaw Nazarene Church on Fridays @5:30pm. All are welcome!
2501 Warner Ave.

FULL BELLIES FREE

Provided by Rainier Foothills Wellness Foundation at Calvary Presbyterian Church every Thursday @5pm. Everyone is welcome!
1725 Porter St.

TRIPS

Bonney Lake Shopping \$3

Fred Meyer, Target, Walmart, or WinCo
Monday, August 8th & 22nd @9:30am

Go shopping and leave the driving to us.

NO CREDIT CARDS ACCEPTED at WinCo

Chinook Pass & Lunch at Whistlin' Jack \$7 (lunch on your own)

Friday, August 12th @10:00am

Emerald Queen Casino-Tacoma \$5

***Must bring photo ID**

Monday, August 15th @9:30am

Bus leaves the casino @2:30pm

Lake Union Supper Cruise \$100

Sunday, August 28th @3pm

SIGN UP BY 8/10/22

Washington State Fair \$5

Friday, September 2nd @9:45am

Bring a food donation and get in **FREE**

Provided by the Enumclaw Senior Center

Enumclaw Senior Center

Van Service Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Senior Center	Senior Center	Senior Center	Senior Center
Grocery Outlet	QFC	Grocery Outlet	QFC
Safeway	Dollar Tree	Safeway	Dollar Tree
2nd & 4th Monday Shop-Bonney Lake	Walgreens		Walgreens

CHECK THE CALENDAR FOR AVAILABLE DATES

9AM-2PM



Do you need a ride to the Senior Center, the store, the bank, or the post office? Our van runs Monday-Thursday.

\$1 VAN FEE PAID TO DRIVER ON DAY OF SERVICE

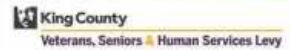
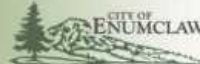
Call the Senior Center to schedule

360-825-4741

Rural Rides with Diane

Do you live out of town and need a ride to the center?

Call to schedule Monday, Tuesday, and Wednesday.



Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

STAND OUT

with a **PREMIUM DIGITAL AD** on **MYCOMMUNITYONLINE.COM**



CONTACT US AT 800-950-9952



- * **WILLS**
- * **PERSONAL INJURY**

DALE J. HOLLAND

ATTORNEY AT LAW

(360) 825-3757

www.dalejholland.com

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- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

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For ad info. call 1-800-950-9952 • www.lpicommunities.com

City of Enumclaw Senior Center, Enumclaw, WA

C 4C 05-1056

SERVICES:

Resource Navigator

Monday and Wednesday-HERE AT THE CENTER

Janine is here to help! Do you have questions about resources, need help with advanced planning and placement options, VA assistance eligibility, etc.? Janine's background includes licensed nurse, chemical dependency counselor, and hospice social worker. She has specialized training in dementia, mental health, and palliative care.

Call and make an appointment. 253-350-0545

Athena's Notary

Tuesday, August 16th by appointment from 12-3pm Cost: \$5 per signature

Call to make an appointment. 360-825-4741

Blood Pressure Check

Monday, August 1st @11:00am

Just show up! Make sure your heart is in the right place by having your blood pressure checked. **Cost: Free**

Foot Care

By Appointment Only

Give the Senior Center a call to schedule your appointment 360-825-4741.

Bring your own towel. **Payment is cash or check made out to the provider.**

Cost: Karen's Foot Care \$35 Senior Footcare Inc. \$40 (foot care with a nurse)

Haircuts by Char

By Appointment Only Monday, August 1st

Call the Senior Center to schedule your appointment. 360-825-4741 **Cost: \$5**

Healthy Smiles Dental-cancelled for the summer *Back in September*

Individual Counseling

By Appointment Only

One-on-one counseling sessions are provided by PEARLS: Program to Encourage Active and Rewarding Lives. Call the PEARLS counselor at 206-276-3614 to schedule **Cost: Free**

Medicare's Diabetic Shoe Program

By Appointment Only

Call to schedule your shoe fitting: Collins Freitas at 360-338-1814.

Resource Lending Library

We have a wide variety of resource and educational books available for checkout in the wellness room.

SHIBA

Medicare Questions?

Limited in person monthly appointments are available. Call the Senior Center to schedule 360-825-4741. **Cost: Free**

Monday	Tuesday	Wednesday	Thursday	Friday
VAN SERVICE 1 8:00 Morning Coffee 8:30 Yoga 9:00 Haircuts w/Char 10:00 Tai Chi 10:00 Mahjong 10:00 Resource Navigator 10:00 Senior Larks 11:00 BP Checks 11:00 SAIL 11:45 Lunch 1:00 Bingo	VAN SERVICE 2 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 Cribbage 11:45 Lunch 1:00 Line Dancing 1:00 Aging Mastery	VAN SERVICE 3 8:00 Morning Coffee 8:30 Yoga 10:00 Resource Navigator 10:00 Bridge 11:00 SAIL 11:45 Lunch 2:00 Memory Class	VAN SERVICE 4 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 Pickleball 10:30 Patty & the Travelin' 4 Root Beer Float Day 11:45 Lunch 12:45 Pinochle 1:00 Line Dancing 1:00 Knitting Group	5 8:00 Morning Coffee 10:00 Billiards 10:00 Walking Club 10:30 SHIBA-Medicare Counseling by Appointment 10:30 Breakfast
8 8:00 Morning Coffee 8:30 Yoga 9:30 Bonney Lake Shop 10:00 Tai Chi 10:00 Mahjong 10:00 Resource Navigator 10:00 Senior Larks 11:00 SAIL 11:45 Lunch 1:00 Bingo	VAN SERVICE 9 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 Cribbage 11:45 Lunch 1:00 Line Dancing 1:00 Aging Mastery FROZEN MEALS	VAN SERVICE 10 8:00 Morning Coffee 8:30 Yoga 9:00 Karen's Foot Care 10:00 Resource Navigator 10:00 Bridge 10:30 Peggie & The Brock-A-Roos 11:00 SAIL 11:45 Lunch 1:00 Card Making Class 2:00 Memory Class	VAN SERVICE 11 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 9:00 Hiking Club 10:00 Pickleball 11:45 Lunch 12:45 Pinochle 1:00 Line Dancing 1:00 Knitting Group	12 8:00 Morning Coffee 10:00 Billiards 10:00 Walking Club 10:30 Breakfast 10:00 Chinook Pass & Whistlin' Jack Trip
15 8:00 Morning Coffee 8:30 Yoga 9:30 Emerald Queen 10:00 Tai Chi 10:00 Mahjong 10:00 Resource Navigator 10:00 Senior Larks 11:00 SAIL 11:45 Lunch 12:00 Caregiver Support 1:00 Bingo	VAN SERVICE 16 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 Cribbage 11:45 Lunch 12:00 Athena's Notary 1:00 Line Dancing 1:00 Aging Mastery	VAN SERVICE 17 8:00 Morning Coffee 8:30 Yoga 10:00 Resource Navigator 10:00 Bridge 11:00 SAIL 11:45 Lunch 2:00 Memory Class	18 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 Pickleball 11:00 Rotary Picnic Patty & the Travelin' 4 11:45 Lunch 12:45 Pinochle 1:00 Line Dancing 1:00 Knitting Group	19 8:00 Morning Coffee 10:00 Billiards 10:00 Walking Club 10:30 Breakfast
22 8:00 Morning Coffee 8:30 Yoga 9:30 Bonney Lake Shop 10:00 Tai Chi 10:00 Mahjong 10:00 Resource Navigator 10:00 Senior Larks 11:00 SAIL 11:45 Lunch 1:00 Bingo	VAN SERVICE 23 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 Cribbage 11:45 Lunch 1:00 Line Dancing 1:00 Mexican Train Dominoes 1:00 Aging Mastery 2:00 Book Club FROZEN MEALS	VAN SERVICE 24 8:00 Morning Coffee 8:30 Yoga 9:00 Karen's Foot Care 10:00 Resource Navigator 10:00 Bridge 10:30 Peggie & The Brock-A-Roos 11:00 SAIL 11:45 Lunch 2:00 Memory Class	VAN SERVICE 25 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 9:00 Hiking Club 10:00 Pickleball 10:30 Birthday Party Johnny Crash 11:45 Lunch 12:45 Pinochle 1:00 Line Dancing 1:00 Knitting Group	26 8:00 Morning Coffee 10:00 Billiards 10:00 Walking Club 10:30 Breakfast *Sunday, August 28 th Lake Union Sunday Supper Cruise
VAN SERVICE 29 8:00 Morning Coffee 8:30 Yoga 10:00 Tai Chi 10:00 Mahjong 10:00 Resource Navigator 10:00 Senior Larks 11:00 SAIL 11:45 Lunch 1:00 Bingo	VAN SERVICE 30 8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 Cribbage 11:45 Lunch 1:00 Line Dancing 1:00 Aging Mastery	VAN SERVICE 31 8:00 Morning Coffee 8:30 Yoga 10:00 Resource Navigator 10:00 Bridge 11:00 SAIL 11:45 Lunch 2:00 Memory Class	 <p><i>August 2022</i> Activities Calendar</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Salad Sandwich Spinach Salad Mixed Berries w/ Whip Cream	2 Beef Chili Colorado Broccoli & Cauliflower Orange	3 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	4 Beef Tostado Refried Beans Mandarin Oranges Lemon Pudding	5 Pancakes Sausage Links Scrambled Eggs Melon
8 Fish & Chips Coleslaw Yogurt w/Strawberry Rhubarb Compote	9 Baked Cod Roasted Vegetables Oatmeal Raisin Cookie	10 Vegetarian Stuffed Pepper Salsa Lemon Bar	11 Philly Cheesesteak Sandwich Brussel Sprouts Grapes	12 Belgian Waffles w/Strawberries Scrambled Eggs
15 Beef Macaroni Broccoli Wheat Roll Applesauce	16 Chicken Cheese Taco Cauliflower Salsa Guacamole Caramelized Bananas	17 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli w/Parmesan Applesauce	18 ROTARY SENIOR PICNIC 11am at the BIG TENT 1622 Cole Street Hot Dog Potato Salad Watermelon and more!	19 Fruit Crepes Sausage Links Scrambled Eggs Melon
22 Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	23 Pork w/Apples Cucumber, Tomato, & Feta Salad Rice Pudding	24 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream	25 Birthday Party BBQ Pork Open Face Sandwich Green Beans Carrot & Raisin Salad Lemon Bar	26 French Toast Sausage Links Hash Browns Orange Juice
29 Beef Stir Fry Fried Rice w/Egg, Peas, & Carrots Fortune Cookie Ice Cream	30 Chicken, Potato, & Pea Salad Wheat Roll Grapes Orange Sherbet	31 Meatloaf Potatoes & Gravy Carrots Oranges	August 2022 Menu	

Catholic Community Services Suggested Donation \$4.50 Menu Subject to Change

Enumclaw Senior Activity Center Fitness Class Schedule

MONDAY

8:30am
Chair Yoga

10:00am
Tai Chi

11:00am
Stay Active and
Independent for Life (SAIL)
balance/strength class

TUESDAY

8:00am
Stretch and Strength

9:00am
Pilates

1:00pm
Line Dancing



WEDNESDAY

8:30am
Chair Yoga

11:00am
SAIL
balance/strength class

THURSDAY

8:00am
Stretch and Strength

9:00am
Pilates

10:00am
Pickleball
Dwight Garrett Park

1:00pm
Line Dancing

FRIDAY

No Classes

10:00am
Walking Club
Meet at Senior Center



Class schedule subject to change. To check dates and times call 360-825-4741 or visit cityofenumclaw.net under Senior Center

Meet at the Evergreen Club: 1214 Stevenson Ave. \$4 PER CLASS

SENIOR HOUSING SPECIALISTS



THE HOUSING SPECIALISTS

Our senior living referral services are
no cost to you!

Certified Senior Advisors Tami, Laura, and Deborah will provide you with options and give you the support you need to make the right choice when choosing a senior living community.

We work with your physicians and the local community to provide you with the best resources based upon individual needs!

Referrals to: Assisted Living, Memory Care, Adult Family Homes and Home Care.

Financial Resources: VA Aid & Attendance, Medicaid Spend Down, Life Insurance, Long-Term Care Plans, and Reverse Mortgages.

SENIORHOUSINGSPECIALISTS.COM

Our specialty is working with Seniors who may be downsizing or needing to sell their home when moving into a Retirement Community. It takes a special understanding and set of resources when working with older adults as moving is not the same process when we get older.

Our experienced Real Estate Brokers are dedicated to helping you through the process and can provide you with local resources such as downsizing services, moving companies, housecleaning, contractors, and estate sales.

Discounts off commissions for
all senior clients!

THEHOUSINGSPECIALISTS.COM

CALL US TODAY AT 360-829-7737 OR CHECK OUT OUR NEW WEBSITES!



Enumclaw Senior Center and
Rotary Club invite all area
seniors 55+ to attend our annual

Senior Picnic

Thursday, August 18th

11:00AM-1:30PM

Live music by Patty & the Travelin' 4

BIG TENT DOWNTOWN

1622 Cole Street

Lunch served at 11:00AM NO FEE!
1:00 Bingo & Prizes

Van service is available.

RVSP BY 8/11 360-825-4741

Card Making Class with Roxann

Wednesday, August 10th @1pm



**Come and make three beautiful cards.
All supplies are included.**

Cost: \$10

Call or come in to sign up.
Enumclaw Senior Center (360)825-4741

50's Rock-N-Boo Wop

Music Memories with Terry Bartleme

Thursday, September 8th @10:30am



Come dance to the music of the good old days.



SUNDAY SUPPER CRUISE

Sunday, August 28th

Leave the center at 3:00pm

Depart from Seattle approx. 7:30pm

Enjoy a delightful evening on the water, complete with a delicious
dinner and incredible views of Seattle's lakes and city skylines.

Your Cruise Includes

- Two-hour cruise on Lake Union and Lake Washington
- Your own private table
- Delicious buffet of Northwest family supper favorites
- Specialty cocktails, wine, beer, and non-alcoholic beverages available for purchase

Captain's narration of sights

SIGN UP AND PAY FEE BY 8/10/22

Join the adventure!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!



Participating in this program, you will:

- 1** Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- 2** Get REAL incentives and rewards for taking small steps that can improve your well-being.
- 3** Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Enumclaw Senior Activity Center

Aging Mastery Core Curriculum!

An 11-week series offered **FREE** at the Senior Center

Tuesdays at 1 p.m. beginning August 2, 2022

RESERVE YOUR SEAT TODAY!

RSVP to: **Enumclaw Senior Center by July 29**

360-825-4741 or rrogers@ci.enumclaw.wa.us

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national council on aging

www.ncoa.org/AMP

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