

**November &  
December**

**2023**

**Karns Senior Center**  
*The Navigator*

*Holiday closings: November 10, 23-24; December 25-26*

**Friday, November 3rd from 11:00 am -1:00 pm . . . Medicare Q & A**

Join Andy Williams with The Providence Group for an informal meeting in the hallway. Bring your Medicare questions and get them answered. No need to sign up.

**Friday, November 3rd at 1:00 pm . . . Veterans Day Program**

We invite all Veterans to join us so we can recognize your service to this country. The Karns Singing Seniors will be performing patriotic music, the Karns High School JROTC will present the colors, The Honorable Mayor Glenn Jacobs will be our guest speaker, and light refreshments will be served compliments of Caris Healthcare. If you have not provided a photo, please drop it by or email to Sue.Dolislager@knoxcounty.org or Robyn.Trostle@knoxcounty.org prior to the program. **RSVP**

**Monday, November 6th at 9:00 am-11:00 pm . . . Medicare Q & A**

Join Anna Waldman of United Healthcare for an informal meeting in the hallway. Bring your Medicare questions and get them answered. No need to sign up.

**Monday, November 6th at 2:00 pm . . . Fashion Show w/Kim Olvey**

Kim Olvey with Mae Larue Boutique is passionate about fashion and helping women feel as beautiful on the outside as they are on the inside. Join her as she presents a fashion show for you to see some of the latest fashions with an option to purchase at the end of the show. **RSVP**

**Tuesday, November 7th at 9:00 . . . United Healthcare Medicare Meeting**

United Healthcare will be conducting a meeting from 9:00am-1:00pm to discuss your Medicare Benefits and your Medicare options for 2024. Someone will be available to answer any of your Medicare questions that you may have at that time. **RSVP**

**Wednesday, November 8th at 1:00 pm . . . Senior Real Estate Presentation**

Join Phoebe Wills, Senior Real Estate Specialist to discuss your future plans, options, and how to begin. As you begin to plan for your future and future needs, it helps to have information about aging in place, downsizing, moving in with family or even assisted living options. **RSVP**

**Monday, November 13th at 1:30 pm . . . Shoulder Pain Workshop**

Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of shoulder pain and treatment options. **RSVP**

**Tuesday, November 14th at 10:30 . . . Medicare 101 Workshop**

Are you getting ready to retire from a job or just turning 65 in the next few months? Learn about your options and how to compare plans to make a smooth insurance transition. Join Wendy Blackburn with Integrity Insurance and learn the elements of Medicare, how to apply, timelines, tax consequences and more. Ask your questions, get your answers. No sales, no pressure. **RSVP**

**Tuesday, November 14th at 11:00 . . . Essential Oils Workshop**

Join Richard & Deborah to learn how to use essential oils in your home and replace toxic products. They will also discuss reading product labels and chemicals to avoid. **RSVP**

**Wednesday, November 15th at 12:00 . . . Healthcare/Medicare Q & A**

Join Penny Mayo with Farm Bureau Health plans for a Q & A in the hallway about Healthcare & medicare plans. Bring your questions and get them answered.

Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)

**Karns Senior Center**  
**8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653**

**Wednesday, November 15th at 1:00 pm . . . Krfty Stamper**

Join Cindy in making paper crafts to keep or give as a gift. November's project is a Christmas card, gift card holder, and Thanksgiving treat box . Cost is \$13.00 with materials provided. **RSVP**

**Friday, November 17th at 10:00 am . . . Android Class**

Learn the basics of the Android phone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

**Friday, November 17th at 12:15 pm . . . Cooking/Fitness w/Laurie & Dustin**

You are invited to join Laurie and Dustin for a nutritional and physical fitness class. They are offering this class to anyone who would like to improve the onset of multiple illnesses as we age. We will be exploring new food options. Replacing high glycemic pastas, breads, and sugars with healthier options through cooking demonstrations. Dustin will offer tips and recommendations for improving your physical health. Do you know that breaking up bouts of sitting with brief 3 minutes of mini activities every 30 minutes is very beneficial to your health? Physical participation will be offered through walks outside the center or indoor in the fitness room. This class is designed to offer group support. **RSVP**

**Monday, November 20 & December 18 at 1:30 pm . . . KHS Open Session**

Help keep the history and legacy of Karns High School alive for future generations! Join Laicee Hatfield, Principal of Karns High School and Mr. Ben Collins, Athletic Director at KHS for a time of honoring and remembering Karns High School. We invite you to come in and share your stories, news articles, and photos of the school since it's beginning in 1913. We hope this will continue to be a monthly open session each month. **RSVP**

**Tuesday, November 21st at 10:00 am . . . Apple Camera Class**

During this 2-hour workshop you will learn how to take a front vs. rear facing picture, learn about tools on your mobile device camera, editing your pics, sending and receiving pictures, and popular photo apps. Cost is \$20.00, prepaid by cash or check made to Social Media 4 Seniors. **RSVP**

**Tuesday, November 28th at 11:00 am . . . Axonics Therapy Presentation**

Overactive bladder, fecal incontinence and urinary retention may be caused by abnormal communication between the brain and bladder or bowel. It's time to stop coping with your symptoms. Come and find out if this therapy could be beneficial to you. **RSVP**

**Wednesday, November 29th at 1:00 pm . . . Overview of East TN History**

East TN has a complex and colorful history worthy of a separate state. This class will trace the founding, growth and maturity of East TN, including the disastrous events of the Civil War. After 1865, East TN experienced a series of booms and busts as a major locus for the "New South," raising hopes of swift economic expansion and social progress, only to have these hopes dashed by Depression and hardship during the 1930's and 40's. The class will conclude with an overview of major events in recent decades, with an eye for evaluating where the "almost state" of East TN currently stands in comparison with the rest of the country in its quest for a place in the American sun. **RSVP**

**Thursday, November 30th at 10:00 am . . . Medicare Q & A**

Join Linda Staffen in the hallway for an informal time of Questions & Answers about Medicare.

**Tuesday, November 30th at 10:30 am . . . Reindeer Run**

Join us for our first ever Reindeer Run! This is a one-mile fun walk/run for anyone! We will be collecting (4) non-perishable food items per person as registration to benefit Beaver Ridge UMC food pantry. Top finishers in each category will receive either a turkey, ham or a gift card sponsored by Core Insurance, Life Frequency Hearing Health, Humana, Integrity Insurance, The Providence Group, Reams Drugs. A healthy snack and water provided by Synergy Homecare. T-shirts sponsored by Gordon's Pharmacy and Scoles Chiropractic. Stop by to register and turn in your food items.

Check out our webpage at [www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

**Karns Senior Center**  
**8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653**

**Friday, December 1st at 10:00 am . . . Make a Gingerbread House**

Come and build your very own gingerbread house to take home for a holiday decoration or sweet treat! The instructor will be providing all materials, cost \$10.00. **RSVP**

**Tuesday, December 5th at 11:00 am . . . Holiday Food Hop**

Let's start celebrating the holidays with a variety of foods and desserts! We have Reams Drugs, Comfort Keepers, Nuclear Care Partners, Butler Brothers Excavating, Texas Roadhouse, Go Anywhere Travel, Hearing Health Services, The Pinnacle Assisted Living, Mynatt Funeral Home, Morning Pointe of Powell, Trustwell Living, and Joy Gaertner providing food items. Come hungry and enjoy the variety! **RSVP**

**Monday, December 11th at 1:30 pm . . . Back Pain Workshop**

Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of back pain and treatment options. **RSVP**

**Tuesday, December 12th at 11:30 am . . . Christmas Tea**

Join Wanda Little with Little Rose Tea Parties for a wonderful Christmas Tea. She will be providing food, games and lots of fun! Cost is \$25.00, space is limited. **RSVP**

**Friday, December 15th at 1:00 pm . . . Choir Christmas Program**

The Karns Singing Seniors presents, "A Christmas to Remember." Come and enjoy Songs of the Season that "**you will remember!**" We will also have some Christmas Singalongs that are guaranteed to get you in the Christmas Spirit! Refreshments will be served and are sponsored by Penny Mayo of Farm Bureau Health Plans. **RSVP**

**Tuesday, December 19th at 10:30 am . . . Walking Through the Holidays**

Are you are approaching this holiday season with a sense of dread due to the loss of someone you loved? For some people, anticipating, and perhaps even dreading, the upcoming holiday is worse than the actual day. Fearing that you may react badly, or ruin the day for others, can lead to feelings of grief and anxiety. Discover several ways to approach these special days that will help you find balance of honoring the loss & caring for yourself. **RSVP**

**Wednesday, December 27th at 1:00 pm . . . History Class**

"Great War Heroes of East Tennessee." As the first settled and most populous of the three "Grand Divisions" of Tennessee, East Tennessee has richly upheld its legacy as an integral part of the Volunteer State. From the Revolutionary days of the "Overmountain Men" who helped defeat the Redcoats at Kings Mountain, through Davy Crockett's heroics at the Alamo, early East Tennesseans laid a valiant foundation for later heroes to serve their country. A tradition enhanced by David Farragut, the "Landlocked Admiral," of the Civil War, and Sgt. Alvin York, the humble, pious boy from the Cumberland Plateau, who became one of the most famous heroes of World War I by single-handedly capturing an entire German company of soldiers. This class will not only describe these brave men's thrilling exploits, but will also discuss how their courageous military deeds reflect fundamental characteristics of the people and culture of East Tennessee. **RSVP**

**Friday, December 29th at 1:00 pm . . . New Year's Dance**

Join us for some music and dancing with music provided by DJ John Rutherford. He will be playing a variety of music to include a combination of ballroom, Latin, line dancing, and country music. The Pinnacle & UT Home care Services will be providing light refreshments. Cost is \$4.00. **RSVP**

**Life Frequency  
Hearing Health  
Mondays**

**From 8:00– 9:30 am**

Luke Amos of Life Frequency will be here once a week offering hearing aid cleaning, hearing check-ups or hearing tests. Please call 865-310-5008 to schedule.

**Birding**

**No birding in Nov/Dec**

Birding meets on Wednesdays at 1:00 pm every other month as scheduled.



**Grief Support**

1st and 3rd Thursdays at 12:30 pm  
November 2nd & 16th  
December 7th & 21st

**Hymn Sing**

November 15th  
December 20th (Carols)  
**at 1:00 pm**

Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long.

**Medicare Q & A**

We have several Medicare specialists here during the open season to offer their assistance in the hallway for an informal time of Questions & Answers about Medicare. Please check the calendar. No need to register.

**Senior Walks**

Senior Services schedules a walk each month usually on the third Tuesday of the month. If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

**BINGO**

BINGO is the 2nd and last Thursday of the month at 11:00 am. Bring a new \$5.00 value gift to participate! Bingo w/Niki is November 9th & December 14th, sponsor Trustwell Living. Second BINGO is November 30th sponsored by Amada and December 28th sponsored by Kris Brinkmeyer of Home Instead.

**Book Club**

**November 8th at 2:00 pm**

***A Man Called Ove*** by Fredrik Bachman. A heart condition has forced Ove, a 59-year-old widower, into early retirement. Now lacking purpose and overwhelmed by grief for his late wife, Ove finds himself contemplating suicide.

**December 13th at 1:00 pm**

***A Man Called Otto*** (The Movie). *Otto* is a grump who's given up on life following the loss of his wife. Run time 2 hours & 6 minutes.

**Mystery Book Club**

**November 29th at 2:00 pm**

***Pudd'n head Wilson*** by Mark Twain. Pudd'nhead Wilson is a novel published in 1894. Its central intrigue revolves around two boys—one, born into slavery, with 1/32 black ancestry; the other, white, born to be the master of the house. The two boys, who look similar, are switched at infancy.

**December 27th at 2:00 pm**

***Corpus Christmas*** by Margaret Maron. A festive Christmas party ends in acrimony--and next morning one of the trustees is found in a most unfestive heap at the bottom of the basement steps. Lt. Sigrid Harald had been an unwilling guest to the party and now she must return to investigate why that trustee was so universally hated.

**Need Help with Fitness?**

Call and make an appointment with Dustin, our Fitness Coordinator. He can help with nutrition, fitness introduction, and exercise routines. He will be offering group fitness room orientations once a month. These are scheduled for November 17th & December 1st from 10:00—11:00. Call today 865-951-2653.



**Social Worker Outreach**

**Thursday, November 30th,  
10:00**

**Tuesday, December 5th, 10:30**

Wendy Skiles with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may contact them at (865) 546-6262.

**Music Jam**

**First Wednesdays,  
November 1st &**

**December 6th at 1:00 pm**

Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!

**Veterans Services**

Knox County Veteran Services are here to assist Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. Please call 865-215-5645 to make an appointment. **RSVP**





## KNOX COUNTY SENIOR SERVICES SENIOR WALK

TUESDAY, NOVEMBER 21 @ 10AM

**Join us at New Harvest Park (4775 New Harvest Lane, Knoxville 37918) for the walking group's monthly walk. New Harvest Park features a 1.1-mile scenic walking loop that is both on paved and natural surfaces. The greenway skirts along the wooded hillside and loops back to the parking area. Water and snacks will be provided by Teja Cain with Core Insurance Advisors. Following our walk, join us for some lunch at The Diner at Twister's (5831 Washington Pike, Knoxville 37918). Be sure to RSVP by leaving a message at **865-288-3761** or you can email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)**



Join Susanne, April and Judy for our  
**Senior Christmas Lights Walk**

The Cove at Concord Park  
11808 S. Northshore Drive, 37922

**December 19th, 5:30 p.m.**

RSVP to:  
[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)  
or call 865-288-3761







**KNOX COUNTY SENIOR SERVICES**

**SENIOR WALKING GROUP SOCIAL**



**KARNS SENIOR CENTER**  
8042 Oak Ridge Hwy  
Wednesday,  
January 17<sup>th</sup>, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

**BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.**

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)





Activities on the calendar followed by an "\*" have a fee to participate. Activities listed below in bold please RSVP.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-951-2653</p>	<p>Dustin, our Fitness Coordinator will be having a group Fitness Room Orientation once a month from 10:00 –11:00 am. This month's orientation is on Friday, November 17th and next month's will be December 1st. Call to schedule.</p>	<p><b>1</b> 1:00 Music Jam</p> 	<p><b>2</b> 12:30 Grief Support 2:00 Spanish Class (9)</p>	<p><b>3</b> 11:00-1:30 Medicare Q &amp; A (in the hallway) w/Andy Williams of the Providence Group <b>1:00 Veterans Day Program sponsored by Caris Healthcare</b></p>
<p><b>6</b> 8:00-9:30 Life Frequency Hearing Health Services 9:00-11:00 UHC Medicare Q &amp; A (in hallway) 2:00 Fashion Show w/ Kim Olvey of Mae Larue designs</p>	<p><b>7</b> 9:00-1:00 United Healthcare Medicare Presentation w/Q &amp; A 2:00 ASL IV (8)</p>	<p><b>8</b> 1:00 Senior Real Estate Presentation 2:00 Book Club: <i>A Man Called Ove</i> by Fredrik Bachman</p>	<p><b>9</b> 11:00 BINGO with Niki sponsored by Leigh Ann w/Trustwell Living (bring a \$5 value new/unused gift) 2:00 Spanish Class (10)</p>	<p><b>10</b> <b>Holiday Center Closed</b> </p>
<p><b>13</b> 8:00-9:30 Life Frequency Hearing Health Services 1:30 Shoulder Pain Workshop w/Knox PT 1:30 Rag Quilt Class* Lesson (4)</p>	<p><b>14</b> 10:30 Medicare 101 w/ Wendy Blackburn of Integrity Insurance Associates 11:00 Essential Oils: Learn How to Use Essential Oils in Your Home</p>	<p><b>15</b> 12:00 Healthcare/ Medicare Q &amp; A w/ Penny Mayo of Farm Bureau 1:00 Hymn Sing 1:00 Krfty Stamper* (\$13.00)</p>	<p><b>16</b> 12:30 Grief Support 2:00 Spanish Class (11)</p>	<p><b>17</b> 10:00-3:00 Android Basics Class *(\$35.00) 10:00 Toenail Trimming* 10:00-11:00 Fitness Room Orientations with Dustin 12:15 Cooking Class w/ Laurie 1:15 Fitness w/Dustin</p>
<p><b>20</b> 8:00-9:30 Life Frequency Hearing Health Services 10:00 Toenail Trimming* 1:30 Rag Quilt *(5) 1:30 Karns High School Open Session <b>No Line Dance</b></p>	<p><b>21</b> 10:00-12:00 Camera Class* (\$20.00)  <b>Senior Walk: New Harvest Park</b></p>	<p><b>22</b></p>	<p><b>23</b> <b>Holiday Center Closed</b></p>	<p><b>24</b> <b>Holiday Center Closed</b></p>
<p><b>27</b> 8:00-9:30 Life Frequency Hearing Health Services 1:30 Rag Quilt Class* Lesson (6) <b>No Line Dance</b></p>	<p><b>28</b> 11:00 Axonics Therapy Presentation</p>	<p><b>29</b> 1:00 Overview of East TN History Class w/Dr. Henry Wilson 2:00 Mystery Book Club: <i>Pudd'n head Wilson</i> by Mark Twain</p>	<p><b>30</b> 10:00 Medicare Q&amp;A w/ Linda Staffen 10:00 Social Worker <b>10:30 Reindeer Run</b> 11:00 BINGO w/Amada 2:00 Spanish Class (12)</p>	<p><b>Apple Cider</b> Join us on Thursday, November 30th starting at 10:30 for some delicious Apple Cider sponsored and served by our Senior Service Manager, April Tomlin. Come and enjoy!</p>
<p><b>These events occur every week</b></p>				
<p>7:30 Ping Pong 9:00 Cardio Strength &amp; Stretch* <b>10:00 Art Class*</b> 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew</p>	<p>10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga*</p>	<p>7:30 Ping Pong 9:30 Light Saber Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta <b>1:00 Oil or Acrylic Painting*</b></p>	<p>9:00 Cardio Strength &amp; Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 1:30 Chair Yoga 2:00 Yoga* 2:00 Spanish Class</p>	<p>7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Choir Practice 2:30 Ukulele Practice</p>





# Karns Senior Center

8042 Oak Ridge Hwy., Knoxville, TN 37931-2317  
Ph: (865) 951-2653, Fax: (865) 951-2530



# 2023

Activities on the calendar followed by an "\*" have a fee to participate. Activities listed below in bold please RSVP.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>Find more information about our programs and the other five Knox County Senior Centers at <a href="http://Knoxcounty.org/Seniors">Knoxcounty.org/Seniors</a></p>	<p><b>Workout room open from 7:30 to 4:00 pm</b></p> 	<p>Music Jam is on the first Wednesday of every month! Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!</p>	<p>Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-951-2653</p>	<p><b>1</b> 10:00-12:00 Make a Gingerbread House*(\$10.00)  10:00-11:00 Fitness Room Orientations with Dustin</p>
<p><b>4</b> 8:00-9:30 Life Frequency Hearing Health Services</p> <p><b>No Line Dance</b></p>	<p><b>5</b> 11:00 Holiday Food Hop (several sponsors) <b>MUST RSVP!</b>  10:30 Social Worker Outreach</p>	<p><b>6</b> 1:00 Music Jam</p>	<p><b>7</b> 12:30 Grief Support  2:00 Spanish Class (13)</p>	<p><b>8</b></p>
<p><b>11</b> 8:00-9:30 Life Frequency Hearing Health Services  1:30 Back Pain Workshop w/Knox PT</p> <p><b>No Line Dance</b></p>	<p><b>12</b> 8:30 Beltone  11:30 Christmas Tea w/Little Rose Tea Parties *(\$25.00)</p> <p>Senior Walk</p> 	<p><b>13</b> 1:00 Book Club: <i>A Man Called Otto</i> the movie</p>	<p><b>14</b> 11:00 BINGO with Niki sponsored by Leigh Ann w/Trustwell Living (bring a \$5 value new/unused gift)</p>	<p><b>15</b> 1:00 Choir Christmas Program: "A Christmas to Remember" sponsored by Penny Mayo with Farm Bureau Health Plans</p>
<p><b>18</b> 8:00-9:30 Life Frequency Hearing Health Services  1:30 Karns High School Open Session</p> <p><b>No Line Dance</b></p>	<p><b>19</b> 10:30 Walking Through the Holidays with Joy Gaertner</p> <p>Senior Walk: The Cove</p>	<p><b>20</b> 1:00 Hymn Sing (Christmas Carols)</p> <p>:  <b>No Krfty Stamper today</b></p>	<p><b>21</b> 12:30 Grief Support</p>	<p><b>22</b></p>
<p><b>25</b> <b>Holiday Center Closed</b></p>	<p><b>26</b> <b>Holiday Center Closed</b></p>	<p><b>27</b> 10:00 Toenail Trimming 1:00 Great War Heroes of East TN History Class w/Dr. Henry Wilson 2:00 Mystery Book Club: <i>Corpus Christmas</i> by Margaret Maron</p>	<p><b>28</b> 11:00 BINGO with Diane sponsored by Kris w/Home Instead (Bring a \$5 value new/unused gift to play)</p>	<p><b>29</b> 10:00 Toenail Trimming 1:00 New Year's Dance* (\$4.00) sponsored by Dana Watkins of The Pinnacle Assisted Living &amp; UT Home Care Services <b>No Choir</b></p>
<p><b>These events occur every week</b></p>				
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