



# *Monarch Newsletter*

*June 2022*



## **KERRISDALE SENIORS CENTRE**

5851 West Boulevard

Phone 604-257-8109

### **Hours of Operation**

Mon – Fri 9am – 10pm

Saturday – 9am – 7pm

Sunday – 9am – 5pm

### **Office Hours**

Monday to Friday – 9am – 8pm

Saturday – 9am – 4pm

Sunday Closed

## June Social

*June 16  
Brock House Jazz Band*



## *Father's Day Special Lunch*



- \* Baby Back Ribs with Stuffed Potatoes*
- \* Fresh Vegetables & Baked Bean*

*Dessert - Baked Apple Pie with Ice cream*

**Coffee / Tea**

**Thursday June 16 12:00pm \$9.00 meal**

*Takeout Only available at 12:45pm  
Pre-registration required. Please see the front desk.*

## Book Sales

Dates: June 9 and 23



Regular Book Sales will resume on a bi-weekly schedule  
Come check out the collection to find some gems!



## Results of Election for Seniors Council held on May 16 & 17, 2022

### ***Congratulations and good wishes to.....***

Elected for two-year term:

Edie Bonvillain  
Rosemary Cryer  
Richard Dopson  
Fred Jay  
Evelyn Vardalas

Elected for one-year term:

Jill Kemp  
Peni Martel  
Wendy Trant  
Annette Whitehead

Number of eligible voters: 1,977

Number of Ballots cast: 59 (3%)

Date and time of first Council Meeting to be advised



### **The Road of Life**

This is not primarily the place where we have to be

It is the place where we are

This is not our prison but our home.

It is the road we must walk and the walking of it is called Life

Because we will walk it only once,

then how important is it that we should walk it with some purpose that we can call  
our own

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## Bus Trips

### Kerrisdale Mini Bus Trips

*Transportation only.* Please note a waiver form must be signed. Refer to Summer Brochure for future trips.

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### **THE BUSY BEES BOUTIQUE**

Need Jewelry donations for the Boutique!

Do you have Jewelry you no longer wear or need?

The Boutique would love to hear from you

Please contact Bernie at 604 263 3330 or leave your name at the seniors' desk.

**The Boutique is looking for Extra - Part Time – Help on Thursdays.**

If interested to become a Volunteer come and meet us on Thursday or contact Bernie for more information

### **Monarch Submissions**

Deadline for submissions to the July issue of the

**Monarch is June 15 th**

If you have anything to submit, please hand it in at the Kerrisdale Seniors' desk.

### **Make All Recreation Safe (M.A.R.S.)**

Our code of conduct

Be responsible and respectful

Play fair and share

Say "NO" to abuse

Be positive and encouraging

Expect the best

### **Help Us Help You!**

Please Update or Fill in a **SENIORS CENTRE REGISTRATION FORM.**

The medical and emergency information you provide is important for us in the event of an unforeseen situation.



## June Menu

Daily, Mon-Sat, 11:30am-12:45pm

**\$10 annual registration fee for Lunch Program due Sept 1 2021**

The Menu could be subject to Change

**KITCHEN WILL BE CLOSED JULY 1-10 DUE TO FLOOR  
REFINISHING**

Wed	1	Roast Pork with Potatoes & Vegetables
Thurs	2	Chicken Lasagna with Salad & Garlic Toast
Fri	3	Salmon Pie with Potatoes & Vegetables
Sat	4	Hot Lunch
Mon	6	Butter Chicken with Rice and Vegetables
Tues	7	Seasoned Chicken Breast with Potatoes
Wed	8	Liver & Onions with Bacon, Potatoes & Vegetables
Thurs	9	Baked Pork Chops with Potatoes & Vegetables
Fri	10	Cod Fillets with Potatoes & Vegetables
Sat	11	Hot Lunch
Mon	13	Stuffed Chicken with Potatoes & Vegetables
Tues	14	Country Style Beef Sausages with Potatoes & Vegetables
Wed	15	Peach Glazed Chicken with Rice & Vegetables
Thurs	16	<b>Special Lunch - Father's Day</b>
Fri	17	Chicken Alfredo with Garlic Bread and Salad
Sat	18	Hot Lunch
Mon	20	Chicken Pot Pie with Potatoes and Vegetables
Tues	21	Baked Chicken Legs with Potatoes and Vegetables
Wed	22	Veal Cutlets with Potatoes & Vegetables
Thurs	23	Fish & Chips with Coleslaw and Tartar Sauce
Fri	24	Braised Pork Tenderloin with Potatoes & Vegetables
Sat	25	Hot Lunch
Mon	27	Hot Lunch
Tues	28	Hot Lunch
Wed	29	Hot Lunch
Thurs	30	Hot Lunch
<b>JULY 1 Come join in the Canada Day Celebrations! All ages!</b>		
<b>Hot Dog &amp; Lemonade \$2 and lots of activities</b>		

# ANGEL'S MIND MATTERS

**June 2022**



**Meets MONDAYS From 2:15 to 3:30pm  
to share opinions on various topics.**

## **JOKES, QUOTES, MIND TEASERS**

- 6th** The truth about Protein Drinks  
Health and Science  
A Cure for Diabetes?
- 13th** Mosaic of Moralities  
Fall Prevention Strategies  
Cold War with China is Inevitable
- 20th** Six Strata Units on a Single Lot  
World Leader in Food Security  
Doubling the Size of Shipping Terminal
- 27th** Funding your Retirement  
Protect yourself from Pneumonia  
Trudeau's "Operation Photo-op"

Members are encouraged to submit their own topics for discussion.

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## **CANADA DAY CELEBRATION!**



**FRIDAY, JULY 1 - ALL AGES**  
**Time: 11:45 am to 3:00 pm**  
**Hot dogs & Lemonade \$2**  
**Raffles: 3 tickets for \$1**  
**Live Entertainment**  
**Bouncy Castle**  
**Face Painting**  
**Activities for the whole family!**

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June Movies – Saturday & Sunday, 2:00pm

**June 4/5    The Courier    (2020)    Run time: 111 min.**

The true story of a British businessman unwittingly recruited into one of the greatest international conflicts in history. Forming an unlikely partnership with a Soviet officer hoping to prevent a nuclear confrontation, the two men work together to provide the crucial intelligence used to defuse the Cuban Missile Crisis.

**June 11/12    Cruella    (2021)    Run time: 134 min**

Estella is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London. However, when Estella befriends fashion legend Baroness von Hellman, she embraces her wicked side to become the raucous and revenge-bent Cruella.

**June 18/19    Mrs Lowry & Son    (2019)    Run time: 93 min**

A portrait of the artist LS Lowry and the relationship with his mother, who tries to dissuade him from pursuing his passion.

**June 25/26    My Salinger Year    (2020)    Run time: 101 min**

While working for literary agent Phyllis Westberg, aspiring writer Joanna Rakoff receives personal advice from reclusive author J.D. Salinger.

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**MOVIE ATTENDANT:**

“ That’s the sixth movie ticket you’ve bought!”

**CUSTOMER:**

“I know --- there’s a girl in there that keeps tearing them up!”





## *Kerrisdale Seniors Singers*

**In January 2022**, the  
*Original Kerrisdale Seniors Singers* started  
their new season of song and entertainment.

Rehearsals are held on Thursday mornings, 9:30-12:00 noon at  
the Kerrisdale Seniors Centre.

Join us, tenors, sopranos, altos... all are welcome with some choir experience  
For information, please phone Music Director Marilyn, at **604-876-8666**

## **Volunteer Pianist Needed**

### **The Original Kerrisdale Seniors Singers**

Do you play the piano? **Your assistance would be greatly appreciated!**  
We look forward to welcoming you. Please speak to or leave a message with  
Music Director Marilyn at 604-876-8666.



## **Seniors Lunch Program**

### **Update:**

**Proof of vaccination NOT required**

**Masks/face covering not required but are welcome**

**Please be considerate and respectful of others in their decisions**

Monday to Saturday • 11:30am-1:00pm • \$7.50/meal



We offer a nutritious hot lunch six days a week to adults/seniors over the age 55 who are  
registered in the Lunch Program.

A full meal includes a main entrée with a dessert and beverage. Lunch Program registration costs  
\$10 for the year. Takeout available (beverage not included).

Pre-registration not required.

The Lunch Program is open to residents over age 55. Lunch Program participants may purchase a  
single lunch or 10 meal punch card. Lunch Program participants may be asked to show their  
Lunch Program registration card. A guest of a program participant may purchase a single lunch  
provided the guest is over age 55.

For patrons dining frequently, a 10 meal punch card is also available. At \$70 it provides a savings  
of \$5. Available for purchase at the Seniors front desk.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	June 2022		Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	Table Tennis “Busy Bees Boutique”	Bingo 1:00-3:00pm  Enthusiastic Walkers	Movie: The Courier
5		7	8	9	10	11
Movie: The Courier	Angel’s Mind Matters  Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Peter Talks  Texas Holdem Poker	Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	Book Sales   Table Tennis “Busy Bees Boutique”	Bingo 1:00-3:00pm  Enthusiastic Walkers	Movie: Cruella
12	13	14	15	16	17	18
Movie: Cruella  The Opera Zone	Angel’s Mind Matters Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Texas Holdem Poker	Mah Jong 9:00am-12:00pm  Scrabble 1:00 to 3:00pm  Bridge 12:30pm-3:00pm	Social: Brock House Jazz Band Special Lunch - Father’s Day Table Tennis “Busy Bees Boutique”	Bingo 1:00-3:00pm  Enthusiastic Walkers	Movie: Mrs Lowry & Son
19	20	21	22	23	24	25
Movie: Mrs Lowry & Son	Angel’s Mind Matters  Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Texas Holdem Poker	Mah Jong 9:00am-12:00pm  Scrabble 1:00 to 3:00pm  Bridge 12:30pm-3:00pm	Book Sales   Table Tennis “Busy Bees Boutique”	Bingo 1:00-3:00pm  Enthusiastic Walkers	Movie: My Salinger Year
26	27	28	29	30		
Movie: My Salinger Year	Angel’s Mind Matters  Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Texas Holdem Poker	Mah Jong 9:00am-12:00pm  Scrabble 1:00 to 3:00pm  Bridge 12:30pm-3:00pm	Table Tennis “Busy Bees Boutique”	July 1 CANADA DAY CELEBRATIONS Come join in the fun! All ages, Hot Dogs etc!	Reminder – Kitchen will be closed July 1 to 10. Lunches will resume on July 11 th

## Workshops

## Blood Pressure Monitoring

On Hold

## Technology For Seniors

Are you having troubles with your electronic devices, or simply want to learn more of the functionality behind your phone and tablet? Sign up for a free session and have our very own Kerrisdale Youth Leaders show you tips and tricks on how to make connecting with family and friends online easier than ever! When registering, if you have your own device, please specify which one you'll be bringing in.

Tu	Jun 7	4:00-5:00pm	Free,	registration required
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**See summer brochure for more technology workshops**

## SPAtacular

Treat cellulite and lymphatic drainage! In this hands-on class, make gratifying spa treatments at home. In this hands-on class, make a Himalayan body scrub, dead sea mineral mud body wrap, firming coffee lotion, and toning body oil. Recipes for creams, foot scrubs and nail salves.

All supplies included in course fee.

Wed	6:30pm-9:00pm	Jun 8	\$53/1 sess	396761
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***SPECIAL EVENT!***

## Kerrisdale-Musqueam Story Circle

Save the date! You're invited to the June 26 launch of the Kerrisdale-Musqueam Story Circle, 1-4 p.m., in our Seniors Centre multipurpose room.

Enjoy an afternoon of art, conversation and friendship while learning about this unique initiative highlighting Kerrisdale and the Musqueam Nation's collective history.

**Sunday      June 26      Pre-registration required:**

<https://kerrisdalecc.com/event/in-centre-the-kerrisdale-musqueam-story-circle/>

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## PROGRAMS

Pick up our seasonal brochure at the front desk or visit [www.kerrisdalecc.com](http://www.kerrisdalecc.com) for a full list of programs

*Make-up classes may be offered if time permits/Pro-rated refunds completed at the end of the season for any programs temporarily suspended.*

*Registration on-going – Pro-rated pricing at the time of registration*

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### SENIORS GROUP FITNESS

Rates	Seniors	Adult
Drop-In	\$4.00	\$5.00
Fit Card 10 Classes	\$36.25	\$45.25

#### Tuesday/Friday/Saturday • Gentle Fit & Mild Mod Low Impact

A complete workout featuring options for performing all exercises on chairs.

Our goal is to promote unaided mobility through gentle cardiovascular exercise.

Tu 10:30am-11:30am on-going Instructor: Audrey Darling

Fri 9:30am-10:30am on-going Instructor: Sarah Groberman

Sa 10:00am-11:00am on-going Instructor: Audrey Darling

#### Wednesday Gentle Fit

Fitness for fun! Strengthen and build, then relax those muscles while you enjoy a workout especially designed for seniors in mind.

Wed 9:00am-10:00am on-going Instructor: Berdjis Bahrami

#### Wednesday Gentle Fit (Advanced)

Join in for an hour of fun and exercise. This is a go at your own pace workout. Suitable for the more active and mobile senior.

Wed 10:30am-11:30am on-going Instructor: Dee Cresdee

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### SOCIAL RECREATION PROGRAMS

*A Social Recreation Card is required to participate in the following activities.*

*This annual card can be purchased at the front desk for \$10*

*(valid September 2021-August 2022)*

*Social Recreation Programs continued on Page 14*

## Social recreation Programs continued from page 13

**Table Tennis**

Have fun and exercise with friends. Tables are located in the seniors' centre and in the youth games room. Youth room table tennis is reserved for youth after 3 pm daily and all day on weekends. Additional times may be available throughout the week. Please call or visit the seniors centre on day of play for room availability.

**Thu 2:30pm-4:30pm**

**Angel's Mind Matters**

A stimulating and interesting discussion group meets MONDAYS from 2:00-3:30pm to share opinions on various topics. Conversation is informative and is conducted with acceptance for others' ideas. Discussions are shared by all in the group and differences of opinions are respected. Questionable points and passionate topics are handled diplomatically. Topics cover every realm from current new items, health, social and life issues. Activate your brain and enjoy various exercises to keep your mind active and alert. Social Recreation card required.

On-going, no registration required.

**Mon 2:00pm-3:30pm**

**Bridge**

No partners required. Please drop-in and play with a fun and friendly group. Always looking for new players. For people who have played bridge before. \$0.25/session

**M/W 12:30pm-3:00pm**

**Chess**

Join us for a friendly game of Chess! On-going drop-in program.

**Mon 1:30pm-3:30pm**

**Cribbage**

On-going drop-in program.

**Wed 9:00am-12:00pm**

**Mah Jong**

Come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. No registration required. Held in seniors' lounge.

**Wed 9:00am-12:00pm**

Programs continued on page 14

Social programs continued from page 13

### **Scrabble**

Join us for a friendly game of Scrabble! On-going drop-in program.

**Wed 1:00pm-3:00pm**

### **Texas Holdem Poker**

You have seen it on TV and on the computer, now is the chance to play it at the Kerrisdale Seniors Centre. This program is for players of all levels and ages looking for fun and excitement.

**Tu 5:30pm-9:00pm**

### **VIDEO MOVIES**

Come and enjoy a movie shown on a large screen TV.

Movie titles will be posted monthly in the Monarch newsletter.

**Sa Su 2:00pm-4:30pm**

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## **SUMMER REGISTRATION**

### **In-person & Online: Saturday June 11 th at 9:00am**

Timesavers will be given out at 8:00am at the Seniors' Centre desk.

All registration will take place at the Seniors' Centre Desk.

You may register yourself and one other person. Ensure you have all necessary information such as name, address, phone number and birthday for that person

### **By phone: Monday, June 13 th at 9:00am**

Seniors (65+years) may enroll in most of the adult programs and receive a 25% off the adult fees. This does not include the programs in the seniors' section as they are already reduced.

### **Refund Policy**

A \$5 processing fee will be charged for all program refunds and transfers.

48 hours notice is required and there will be no refunds granted after the scheduled second class.

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**Concert for All Ages**  
**The Opera Zone –**

*Beloved famous Arias and Songs by Gerard Satamian  
and other Talented Artists*

*Sunday          June 12 th          2:00 pm – 4:00 pm*

**Note:**

**\$10 Annual Opera Zone Card and pre-registration to event day is required**

**NOTICE TO ALL MEMBERS**

As a courtesy to Instructors and class members of classes which are in session ahead of the class you are registered for, please do not interrupt or enter that classroom until all members, including the Instructor, have vacated the room.

Further, to avoid any possible injury to self or others, please respect and allow Staff to set up chairs etc for programs or workshops before you enter.

**Herbs and Spices Word Scramble**

All of the scrambled words below are common herbs and spices.

Can you put the letters in the right order to spell the different words correctly?

COCIIERL
RWCAAAY
VAYORS
YLPASRE
RGINEG
DELANEVR
RSFNAOF
CREVHLI
SBLAI
MEHYT
FNELEN
NARCITOL
LPELIACS
UGMETN
RCURY
NYECANE

## Seniors Programs at a Glance, April to June 2022

Please note: programs marked with \* require a fee to join.

**Take time to check all the additional programs and relevant time changes**

### Monday

Open Times Billiards	9:00am-1:00pm
*Brock House/ Kerrisdale Bell Ringers	9:15am-12:00noon
*Tai Chi 24 Form Part 2	9:30am-10:30am
*Tai Chi 48 Form Part 2	10:35am-11:35am
*Tai Chi 24 Form for Beginners	11:40am-12:40pm
Chronic Pain Self-Management	9:30am-12:00noon
*Bridge: Intermediate	10:30am-12:30pm
*Osteo Level 1	9:00am-10:00am
*Yoga for the Older Adult	10:30am-11:45am
*Line Dancing- Beginners	12:15pm-1:30pm
Ladies Bridge	12:30pm-3:00pm
Busy Bees Crafts	1:00pm-3:00pm
Chess	1:30pm-3:30pm
Angels Mind Matters	2:00pm-3:30pm
Open Times Billiards	3:00pm-4:30pm

### Tuesday

Open Times Billiards	9:00am-4:30pm
*Move to Music	8:50am-9:50am
*Move to Music	10:00am-11:00am
*Range of Motion (pool)	9:00am-9:45am
*Chair Yoga	10:30am-11:30am
*Line Dance – Improver	12:00pm-1:00pm
Brock House/Kerrisdale Choir	12:45pm-2:45pm
Fun Crafts	1:00pm-3:00pm
*Modified Fitness	1:30pm-2:30pm
*Belly Dance for Seniors	1:30pm-2:45pm
*Scottish Country Dance	1:30pm-3:30pm
*Great Books Discussion Group	2:00pm-3:30pm
*Mixed Media	3:00pm-6:00pm
Open Times Billiards	3:00pm-9:00pm
Texas Holdem Poker	5:30pm-9:30pm

Wednesday programs on Page 18



**Wednesday**

*Gentle Fit	9:00am-10:00am
Open Times Billiards	9:00am-1:00pm
Cribbage	9:00am-12:00pm
Mah Jong	9:00am-12:00pm
Blood Pressure Monitoring	9:15am-10:30am
*Yoga with Karen	10:00am-11:15am
*Chorisma Vocal Jazz Choir	11:00am-1:00pm
Adventures in Watercolour	12:00pm-3:00pm
Ladies Bridge	12:30pm-3:00pm
Bridge Practice Drop-in	12:30pm-2:45pm
Cancer Thriving and Surviving	12:30pm-3:30pm
Scrabble	1:00pm-3:00pm
*Osteofit for Life	1:20pm-2:20pm
*Chair Zumba for Parkinson's and ALS	1:30pm-2:15pm
Brock House/Kerrisdale Bell Ringers - Beginners	1:30pm-4:00pm
Brock House/Kerrisdale Bell Ringers - Ensemble	2:30pm-4:30pm
*Joint Works	2:30pm-3:30pm
*Therapeutic Weight Training	3:45pm-4:45pm
Open Times Billiards	3:00pm-4:30pm

**Thursday**

*Aquafit (pool)	9:00am-9:45am
Open Times Billiards	9:00am-4:30pm
*Range of Motion (pool)	9:00am-9:45am
*Tai Chi & Health Qigong	9:00am-10:00am
*Osteofit Level 1	9:00am-10:00am
Kerrisdale Senior Singers Choir	9:30am-12:00pm
Craft Boutique	10:00am-3:00pm
*Tai Chi 32 Movement Straight Sword	10:15am-11:15am
Table Tennis	2:30pm-5:30pm
*Tap Happy Beginners	3:15pm-4:15pm
*Tap Happy Advanced Beginners	4:30pm-5:30pm
*Line Dancing Beginners	6:30pm-7:30pm
*Line Dancing Improver	7:30pm-9:00pm

**Friday programs on Page 19.....**

**The Busy Bees Monday group** invites **Volunteer Knitters**,  
able to read patterns, to join us for two hours of fun, friendship and creativity  
For more information regarding activities and supplies come to the meeting on Mondays  
from: 1:00 pm to 3 pm and enquire at the Seniors' Desk

**Friday**

*Move to Music	9:00am-10:00am
*Aquafit (pool)	9:00am-10:00am
Open Times Billiards	9:00am-4:30pm
*Friday Gentle Fit	9:30am-10:30am
Enthusiastic Walkers	9:30am-1:00pm
*Yoga with Karen	10:00am-11:15am
*Eldering: Transformative Phase of Life	1:00pm-2:30pm
*Bingo	1:00pm-3:30pm
*Foot Care	1:00pm-5:30pm
*Osteofit for Life	1:20pm-2:20pm
*Aquafit (pool)	1:30pm-2:30pm
*Joint Works	2:30pm-3:30pm
*Therapeutic Weight Training	3:45pm-4:45pm

**Saturday**

Open Time Billiards	9:00am-4:00pm
*Saturday Gentle Fit	10:00am-11:00am
*You Can Ukulele: Levels 1,2 &3. 3 sessions	10:00am- 1:45pm
Mah Jong	12:15pm-3:45pm
Video Movie of the Week	2:00pm-4:30pm

**Sunday**

Open Time Billiards	9:00am-4:45pm
Video Movie of the Week	2:00pm-4:30pm

**Please Note: Annual registration fees due Sept 1 2021 to Aug 31 2022**

Programs requiring a \$10 **annual** registration fee include the following:

- 1:** Lunch Program \$10.                      **2:** Opera Zone \$10.  
**3:** Social Recreation \$10. Note: The Social Recreation Program includes a broad range of “free” activities including, but not limited to, mah jong, chess, Texas holdem poker, bridge, cribbage, ukulele sing along, bingo, drop-in Mandarin, table tennis, scrabble, week end movies, billiards and snooker.

**Solution to Word Scramble on Page 16.**

1: Licorice	2: Caraway	3: Savory	4: Parsley
5: Ginger	6: Lavender	7: Saffron	8: Chervil
9: Basil	10: Thyme	11: Fennel	12: Cilantro
13: Allspice	14: Nutmeg	15: Curry	16: Cayenne

## Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column and each of the nine boxes contain one of each of the numbers 1 through 9.

9. Puzzle difficulty: **Easy** and **Medium**.

1				7	5		3	4
						9		
	5	3	6	9				8
3		4		2	7			
	7	8			3	2		
9			8	5				
	9	7	4			5	8	1
	2	5		6		4	9	
				8		7	2	

6		9					3	8
	7						1	2
				7				
					5	1	9	
5	8	3		1			6	4
	1	2	6					
		4	9				7	1
2	9			3	7			5
						4		

## May Solutions

1	8	3	6	2	4	7	9	5
4	9	7	5	8	3	1	6	2
2	5	6	9	7	1	8	3	4
5	6	8	2	1	7	9	4	3
7	1	4	3	5	9	2	8	6
9	3	2	8	4	6	5	7	1
8	7	1	4	6	5	3	2	9
6	2	9	1	3	8	4	5	7
3	4	5	7	9	2	6	1	8

9	6	5	7	4	8	2	3	1
7	3	2	5	1	6	8	9	4
8	4	1	9	2	3	5	6	7
2	8	6	1	7	5	3	4	9
4	5	7	3	9	2	1	8	6
1	9	3	8	6	4	7	5	2
5	7	9	4	8	1	6	2	3
3	2	4	6	5	7	9	1	8
6	1	8	2	3	9	4	7	5