



761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Rocky Hill Human, Youth & Senior Services
Denise Sanderson, Senior Services 860.258.2786
Charlene Mehr, Transportation 860.258.2701
Melissa Hicks, Director 860.258.2799

Birthplace of the Brigantine "Minerva"

APRIL 2019



LUNCH FOR SENIOR CITIZENS

The Rocky Hill Human, Youth & Senior Services offers a five-day a week lunch program for senior citizens. Lunches are served **Monday through Friday at 12:00 noon** in the Community Center. Doors open at 10:00 a.m. Monday through Friday. The cost is **\$3.50** for Center members, **\$4.00** for Out of Town residents who are members, **\$5.00** for residents of Rocky Hill who are not Senior Center Members, and **\$7.00** for out of town seniors who are not members.

Those interested in **registering must call the Senior Center Office at 860.258.2786** to register

3 DAYS IN ADVANCE and before 10:00am
SENIORS NOT CHECKED OFF ON LUNCH LIST CANNOT BE GUARANTEED LUNCH.

SENIOR CENTER GUEST POLICY

Rocky Hill Senior Center members can bring guests to lunch. Cost for guests will be **\$3.50**/per person.

Guests must be **registered 3 DAYS in advance and before 10:00am**

*The guest policy was created for close out-of-town friends or family of senior members.
****Seniors that attend the lunch program who are disabled and need caretakers to accompany them will be allowed to purchase lunch for their caretaker at the Senior Center price of \$3.50.**

SENIOR CENTER MEMBERSHIP

For Seniors of Rocky Hill that wish to become a member of the Senior Center the membership is **FREE**. Out of Town Seniors that wish to become a member of the Senior Center, must pay an annual fee of **\$10.00** to participate in any senior programs.

SENIOR HEALTH INFORMATION:

HEALTH INFORMATION

NOTE: THE NURSE WILL NOT COME GET YOU. SENIORS NEED TO FIND THEIR OWN TRANSPORTATION TO THE SENIOR CENTER.
See Transportation under Human Services Column.

HEALTHCARE SERVICES

Every Monday
9:45am - 11:45am
Blood Pressure, weight & meds review
Sign up that day
FREE
Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

2nd Thursday
APRIL 11, 2019
10:00am - 11:00am
Cleans and Checks any hearing aid
FREE hearing test
Location: Nurses Office
Belton New England

FOOTCARE PROGRAM

2nd Wednesday of the month
APRIL 10, 2019
APPOINTMENTS NECESSARY!
NO DIABETICS!
Cost: \$29.00 check or cash
Location: Nurses Office
Cathy Brennan - RN
Call 860.258.2786 to set-up appointments

For any more information on any of the health programs the Center offers, please contact the Senior Center Office at 860.258.2786



HUMAN SERVICES INFORMATION:

RENTERS' REBATE

Elderly/Disabled Renters
Tax Relief Program

State law provides a reimbursement program for CT renters who are elderly or totally disabled
See page #10 for more info

MUNICIPAL AGENT FOR THE ELDERLY

Need help or have questions regarding prescription coverage, insurance issues, Medicare Savings Program, or Snap, just to name a few
Call Denise at 860-258-2786 to make an appointment

ROCKY HILL MINI BUS SERVICE:

Transportation for the elderly & disabled
Must reside in Rocky Hill
Call Charlene: 860-258-2701
Monday - Friday 8:30am - 10:30am
MUST CALL 24HRS IN ADVANCE
Charlene is now in the Sr Ctr Office

SENIOR SAFE RESOURCES

Protective Services for the Elderly

Provides services to protect persons aged 60 and older from maltreatment & exploitation
Call 1.888.325.4225

Statewide Legal Services

Provides free legal services and advice to socially and economically needy seniors
1.800.453.3320

Consumer Law Project for Elders

Provides free legal services and advice to socially and economically needy seniors.
1.800.296.1467

WEEKLY PROGRAMS

TUESDAY SET BACK CLUB

Every Tuesday

Games start @ 12:30 - 2:30/3:00

Refreshments served

Room 1 - Senior/Community Center

**Apple Rehab: Supplying Goodies on
3rd Tuesday of the month**

MAHJONG GROUP

Every Thursday

1:00pm - 4:00pm

Room 7 - Senior Lounge

FREE

From beginners to experienced!

WII BOWLING

Every Wednesday

1:00 - 3:00pm

Room 2/3

Senior/Community Center

SENIOR WOOD CARVING CLASS

Drop-in Program

Wednesday

1:00pm - 3:00pm

Room 4 - Senior/Community Center

Open to Carvers of all expertise!

**Interested in trying something new
then come to the class any Wednesday
to see if this is for you.**

No experience is required.

\$2.00-payable to instructor

Instructor: Warren Blessing

SENIOR KNITTERS & CROCHET GROUP

Every Tuesday

10:00am - 12:00pm

Room 2/3 - Senior/Community Center

Bring your hooks, needles, craft projects etc.

All expertise welcome!

Looking for yarn donations to help offset
the cost of making various items for the many
organizations we support.



ROCKY HILL SERENADERS:

The RH Serenaders are rehearsing & performing.

They perform @ various nursing, senior centers & assisted living facilities. Do you enjoy singing? Then come down to join the fun.

Schedule is every Tuesday from

September—June 1:00—3:00pm

Choir Director: Joyce O'Sullivan

For more information please call

Denise @ 860.258.2786

LUNCH & DINING INFORMATION

BIRTHDAY BINGO

APRIL 2, 2019

12:45pm—3:00pm

Sponsored by Mapleview Manor

SENIOR CENTER LUNCH FEES:

Resident Members: \$3.50

Non-resident members: \$4.00

Residents Non-Members: \$5.00

Non Residents Non-Members: \$7.00

LUNCH IS SERVED AT 12:00PM

**MUST REGISTER 3 DAYS IN ADVANCE
AND BY 10:00AM**

To reserve your lunch please call the Senior Center Office 860.258.2786.

Meals prepared by Mitchell's Restaurant
Register 3 days in advance and by 10:00am

Mondays Lunch order by Wednesday

Tuesdays Lunch order by Thursday

Wednesday Lunch order by Friday

Thursdays Lunch order by Monday

Fridays Lunch order by Tuesday


APRIL 2019**MENU SUBJECT TO CHANGE****SIGN UP THREE DAYS IN ADVANCE AND BY 10:00AM - CALL 860.258.2786**

MONDAY APRIL 1	MONDAY APRIL 8
Eggs & French Toast Bacon & Sausage Potatoes Pastries Coffee Tea Milk & Dessert	Beef Stroganoff Egg Noodles Garden Salad Garlic Bread Coffee Tea Milk & Dessert
TUESDAY APRIL 2	TUESDAY APRIL 9
Swedish Meatballs Egg Noodles Garden Salad Dinner Rolls Coffee Tea Milk & Dessert	Chicken Scampi Angel Hair Pasta Broccoli Italian Bread Coffee Tea Milk & Dessert
WEDNESDAY APRIL 3	WEDNESDAY APRIL 10
Chicken Au Gratin Rice & Broccoli Dinner Rolls Coffee Tea Milk & Dessert	Stuffed Peppers Caesar Salad Dinner Rolls Coffee, Tea, Milk & Dessert
THURSDAY APRIL 4	THURSDAY APRIL 11
Pot Roast Mashed Potatoes & Gravy Turnips Dinner Rolls Coffee, Tea, Milk & Dessert	Stuffed Pork Roast w/applesauce Roasted Potatoes Corn Dinner Rolls Coffee Tea Milk & Dessert
FRIDAY APRIL 5	FRIDAY APRIL 12
Baked Cod Fish Baked Potato Asparagus Dinner Rolls Coffee, Tea, Milk & Dessert	Seafood Fettucine Alfredo Garlic Bread Coffee Tea Milk & Dessert



MENU SUBJECT TO CHANGE

SIGN UP THREE DAYS IN ADVANCE AND BY 10:00AM - CALL 860-258-2786

<p>MONDAY APRIL 15</p>	<p>MONDAY APRIL 22</p>
<p>Carved Turkey Mashed Potatoes w/gravy Stuffing & Cranberry Sauce Butternut Squash Dinner Rolls Coffee, Tea, Milk & Dessert</p>	<p>Meatloaf & Gravy Mashed Potatoes Peas & Carrots Dinner Rolls Coffee Tea Milk & Dessert</p>
<p>TUESDAY APRIL 16</p>	<p>TUESDAY APRIL 23</p>
<p>Steak Mac & Cheese Garlic Bread Coffee Tea Milk & Dessert</p>	<p>Chicken Pot Pies Caesar Salad Coffee, Tea, Milk & Dessert</p>
<p>WEDNESDAY APRIL 17</p>	<p>WEDNESDAY APRIL 24</p>
<p>Italian sausage, peppers & onions Pasta with Marinara Sauce Garlic Bread Coffee, Tea, Milk & Dessert</p>	<p>BBQ Ribs Baked Beans Potato Salad Corn Bread Coffee, Tea, Milk & Dessert</p>
<p>THURSDAY APRIL 18</p>	<p>THURSDAY APRIL 25</p>
<p>Beef Stew Dinner Rolls Coffee, Tea, Milk & Dessert</p>	<p>Roast Beef w/gravy Roasted Potatoes Green Beans Dinner Rolls Coffee, Tea, Milk & Dessert</p>
<p>FRIDAY APRIL 19</p>	<p>FRIDAY APRIL 26</p>
<p>CENTER CLOSED GOOD FRIDAY</p> 	<p>Pepper Steak Rice Vegetables Garlic Bread Coffee, Tea, Milk & Dessert</p>
<p>MONDAY APRIL 29 Chicken Parmesan Pasta with Marinara Sauce Italian Bread Coffee, Tea, Milk & Dessert</p>	<p>TUESDAY APRIL 30 Philly Cheese Steak Sub French Fries & Pickles Coffee, Tea, Milk & Dessert</p>

SENIOR LOUNGE

Computers, puzzles, magazines, chairs with ottoman, and card tables.

A place where you can relax and meet up with friends!

If you have any questions or want more information please call the Senior Center @ 860-258-2786

SENIOR SERVICES

- ◆ Elderly/Disabled Transportation 860-258-2701
- ◆ Volunteer Opportunities
- ◆ Outreach to Homebound Residents
- ◆ Medical Equipment Loans
- ◆ Energy Assistance
- ◆ Tax Relief for Elderly/Disabled Renters
- ◆ Homemakers for Seniors
- ◆ Food Pantry
- ◆ Municipal Agent for the Elderly 860-258-2786

For more information on our senior services listed above please call Nicole @860-258-2799.

WALK TRACK PROGRAM

Come down to the gym and walk with friends

Walk Track hours are as followed:

Monday—Thursday 7:00am—8:00am
1:00pm—3:00pm

Fridays 7:00am—8:00am
2:00pm—3:30pm

RH SENIOR/COMMUNITY CENTER GYM

18-20 times around gym = 1 mile

SPRING EXERCISE PROGRAMS

SENIOR FITNESS

April 15—June 12 (N/C 5/27)

Mondays & Wednesdays 8:00am - 8:45am

Location: RHSCC Gym

COST: \$42.00/residents

\$47.00/non-residents

Instructor: Cindy Riccio

Drop-in fee: \$5.00 per class

T'AI CHI-QIGONG

April 3—June 5

Wednesdays 9:45am—11:00am

Location: RHSCC Gym

COST: \$32.00/residents

\$37.00/non-residents

Instructor: Martha Jaffee

Drop-in fee: \$5.00 per class

CHAIR YOGA/GENTLE EXERCISE

April 4—June 6

Thursdays 1:00—1:45pm

Location RHSCC Rm #2/3

Cost: \$32.00/residents

\$37.00/non-residents

Drop-in fee: \$5.00 per class

For more info or to register please call

Denise @ 860.258.2786

Registrations begin March 18

**ATTRACTING BIRDS, BUTTERFLIES
& OTHER BENEFICIALS**

Thursday, April 25

11:00am

Naturalist John Root

**Presentation about attracting
pollinators and other beneficial to
your gardens and yard.**

**Perennials for edible landscaping,
attracting birds , etc. will be on sale.**

FREE

MONTHLY CALENDER				
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<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<u>April 1</u> 7:00-8:00 Walk Track 9:45 - 11:45: Nurse 9:45-2:15 AARP Tax Appts 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00-3:00 Walk Track	<u>April 2</u> 7:00-8:00 Walk Track 10:30-12:00 Knitters Group 11:00-3:00: Setback 12:00 -1:00pm Lunch 1:00 -3:00 Birthday Bingo 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track	<u>April 3</u> 7:00 - 8:00: Walk Track 9:45-11:00 T'ai Chi 12:00—3:00 Lunch/Bingo 1:00-3:00pm Wii Bowlers 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>April 4</u> 7:00-8:00: Walk Track 10:30am-3:00pm Stepney Srs 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga 6:00-8:00pm Ben & Jerry's Trip	<u>April 5</u> 7:00-8:00: Walk Track 10:00 -3:00 RH Srs Club 11:00 Oral Health for Srs 12:00-1:00: Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track
<u>April 8</u> 7:00-8:00 Walk Track 9:45 - 11:45: Nurse 9:45-2:15 AARP Tax Appts 10:00-Noon Sr Task Force 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00-3:00 Walk Track	<u>April 9</u> 7:00-8:00 Walk Track 10:00-11:00 Arts & Crafts 10:30-12:00 Knitters Group 11:00-3:00: Setback 12:00 -1:00pm Lunch 1:00-2:00 Book Club 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track	<u>April 10</u> 7:00 - 8:00: Walk Track 8:30-3:30 Foot Care Appts 9:45-11:00 T'ai Chi 12:00—3:00 Lunch/Bingo 1:00-3:00pm Wii Bowlers 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>April 11</u> 7:00-8:00: Walk Track 10:30am-3:00pm Stepney Srs 10:00-11:00 Hearing Clinic 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga	<u>April 12</u> 7:00-8:00: Walk Track 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track
<u>April 15</u> 7:00-8:00 Walk Track 8:00-8:45am Sr Fitness 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<u>April 16</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 12:00 Lunch 12:30—Card Games 12:00-3:00: Setback 1:00-3:00 RH Serenaders 1:00 - 3:00: Walk Track	<u>April 17</u> 7:00-8:00: Walk Track 8:00-8:45 Sr Fitness 9:45-11:00 T'ai Chi 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 5:00pm Get out of Kitchen	<u>April 18</u> 7:00-8:00: Walk Track 10:30am-3:00pm Stepney Srs 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga	<u>April 19</u> CENTER CLOSED GOOD FRIDAY
<u>April 22</u> 7:00-8:00 Walk Track 8:00-8:45: Sr Fitness 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00-3:00 Walk Track 4:45-5:45 Sr Liaison Mtg	<u>April 23</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 12:00 Lunch 12:30—Card Games 12:00-3:00: Setback 1:00-3:00 Memoir Workshop 1:00-3:00 RH Serenaders 1:00 - 3:00: Walk Track	<u>April 24</u> 7:00-8:00: Walk Track 8:00-8:45 Sr Fitness 9:45-11:00 T'ai Chi 12:00 -1:00 Lunch 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<u>April 25</u> 7:00-8:00: Walk Track 10:30am-3:00pm Stepney Srs 11:00 John Root Naturalist 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong 1:00-1:45 Chair Yoga	<u>April 26</u> 7:00-8:00: Walk Track 8:30-5:00 Mohegan Sun 10:30-3:00pm RH Srs Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00 - 3:30: Walk Track
<u>April 29</u> 7:00-8:00 Walk Track 8:00-8:45 Sr Fitness 9:45 - 11:45: Nurse 11:00 Balance/Fall Prevent 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<u>April 30</u> 7:00-8:00: Walk Track 10:30-Noon Knitters 12:00 Lunch 12:30—Card Games 1:00-3:00 Memoir Workshop 12:00-3:00: Setback 1:00-3:00 RH Serenaders 1:00 - 3:00: Walk Track			

STEPNEY SENIORS

Calling all seniors 55+ - come join us for fun, games, food and special activities. Meetings are held every Thursday from 10:30am to 11:30am. Come early for the raffle. Bingo or cards after each meeting. For more information call Elaine 860-632-3103

- April 4** **Board Meeting—10:00am**
Meeting - 10:30am
Raffle
Program: Text Twist
Bingo 12:45 - 3:00pm
- April 11** Meeting - 10:30am
Raffle
Program: LCR
Bingo 12:45 - 3:00pm
- April 16** **Bake Sale 10:00am—Noon**
- April 18** Meeting - 10:30am
Raffle
Program: Easter Party/Easter Hat Contest
Easter Basket Raffle
Bingo 12:45 - 3:00pm
- April 25** Meeting - 10:30am
Raffle
Program: John Root, Naturalist 11:00am
Food Bank
Bingo 12:45 - 3:00pm



Monthly Book Reading Club

April meeting will be held on the 2nd Tuesday of the Month

Tuesday, April 9
1:00pm—2:00pm

A wonderful group of people meet monthly. If you love to read great place to come and meet people in your community. If you have any questions please call Denise @ 860.258.2786

ROCKY HILL SENIORS CLUB

The Rocky Hill Seniors meet on Fridays, 10:30am at The Rocky Hill Community/ Senior Center. A social hour & food follows the meeting. Open to all 55+. Come join us! For more info please call Judy Milles 860-529-9283

- April 5** Board Meeting—10:00am
Meeting - 10:30am
50/50 Raffle
Program: Oral Health for Seniors
Dr. Alexa Kolbig
Bingo - 12:45 - 3:00pm
- April 12** Meeting—10:30am
50/50 Raffle
Program: Frank Kelly—Fire Dept.
Bingo—12:45—3:00pm
- April 19** **No Meeting—Good Friday**
- April 26** Meeting 10:30am
50/50 Raffle
Food Bank
Program: Game Day
Bingo 12:45—3:00pm



ARTS & CRAFT PROJECT

2nd Tuesday of the Month

April 9

10:00am—11:00am

FREE

Limit 10 participants.
To register for this program please call Denise @ 860.258.2786
Sponsored by Autumn Lake

SENIOR TRIPS

GET OUT OF KITCHEN

Wednesday
April 17, 2019
"Mystery Restaurant"
(subject to change)

Must Register in advance by
calling 860.258.2786. Limit of 10
Pick-ups start around
4:00/4:30pm

STEPNEY SENIORS BAKE SALE



April 16
10:00—Noon
Rocky Hill Community
Center Foyer
Get your Homemade
Easter Goodies

Day Tripping
Newport Flower Show
Rosecliff Mansion

(Lunch on own)
Friday, June 21, 2019

Begin by touring the 1st floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore a wonderful Shopper's Marketplace with incredible views.

Cost: \$69.00

Depart 8:30am Elm Ridge Park
Estimated Return 6:30pm

For reservations call Rita 860.563.9803
or Denise 860.258.2786

MOHEGAN SUN CASINO TRIP

Friday, April 26, 2019
8:30am—5:00pm

Departs Elm Ridge Park 8:30am
and returns by 5:00pm

Registration is required

Cost: \$25.00 includes driver's tip,
\$15.00 meal voucher and (2) \$10.00
betting vouchers.

To register please call Denise
860.258.2786. Registration will start
on April 16 until bus is full.
Payment is due when you register.

All-You-Can-Eat BBQ
Gavin's Irish Country Inn
Cornwallville, NY

Wednesday, May 22, 2019

Homemade Scones upon Arrival
BBQ Spare Ribs, BBQ Chicken, Corn on
the Cob, Potato Salad, Tossed Salad
Baked Beans Lemonade, Iced Tea

Apple Crisp ala Mode

Cost: \$90.00 per person

Friendship Tours

Depart: 7:30am Elm Ridge Park

Estimated Return: 6:30pm

For Reservation call Rita Thibodeau
860.563.9803

Departure time subject to change

AARP Driver Safety Class

Wednesday, May 8, 2019

9:00am—1:00pm

Rocky Hill Senior/Community Center

Room #4

Cost: \$15.00 for AARP members

\$20.00 for Non-Members

Limit of 15 participants

MEMOIR WORKSHOP

It's Your Story

The Rocky Hill Senior Center will host a weekly memoir workshop

6 week program

Tuesdays

April 23—May 28

1:00pm—3:00pm

Author/Writer Terence Hawkins

Limit of 10 participants

Attracting Birds, Butterflies, and Other Beneficials

**Learn how to welcome songbirds, hummingbirds, butterflies
and more to your yard, gardens and neighborhood.**

Thursday, April 25, 2019

11:00am

Rocky Hill Senior Center

**Call the senior center to reserve your spot for any of the
programs listed above 860.258.2786**

RENTERS' REBATE FOR ELDERLY/DISABLED RENTERS
TAX RELIEF PROGRAM

State law provides a reimbursement program for CT renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies.

Eligibility requirements are:

- 65 years of age or older or 100% disabled, age 18 or older (by 12/31/18)
- 2018 GROSS income (including all Social Security benefits) must not have exceeded \$43,900 for a married couple or \$36,000 for a single individual

Please call 860.258.2021 to schedule an appointment starting April 15th or after,
you can apply through October 1st.

SENIOR TASK FORCE MEETING

APRIL 8, 2019

2nd Monday of the Month

10:00am—12:00pm

Rocky Hill Town Hall—Room #4

Open to the public

SENIOR LIAISON MEETING

4TH MONDAY OF THE MONTH

APRIL 22, 2019

4:45pm—5:45pm

Rocky Hill Town Hall—Council Chambers

Open to the Public

COMMUNITY/SENIOR CENTER DESIGN TEAM

MEETING DATES

Community/Senior Center Design Team Meeting Wed, March 27 @ 3:00PM

Community/Senior Center Design Team Meeting Friday, April 5 @ 3:00PM

Community/Senior Center Design Team Meeting Friday, April 26 @ 3:00PM

ALL MEETINGS ARE IN THE COUNCIL CHAMBERS

FYI - THE ANNUAL CLEANING OF SENIOR/COMMUNITY CENTER

SHUT DOWN WILL BE AUGUST 26—AUGUST 30

ALL ACTIVITIES ARE CANCELLED
