December & January Activity Kit

Version 3 (Challenging puzzles)







6 PROVEN^{*} STRATEGIES TO PREVENT DELIRIUM IN OLDER ADULTS

EATING

Ensure nutritious food is available throughout the day, and promote eating with others if possible.

01

STIMULATING THE MIND

Promote daily socializing, reading, listening to music, completing mind challenge games (such as crossword puzzles), and activities or conversations that help remind older adults what

STAYING HYDRATED

Ensure plenty of fluids are taken throughout the day to avoid dehydration.

06

DELIRIUM IS PREVENTABLE!

For all older adults, use these proven strategies to help prevent delirium*.

*If delirium develops, support the older adult by continuing to use these strategies.

MOVING

Promote physical activity - at least 3 times a day.



02

05

SEEING AND HEARING

Ensure hearing aids and glasses are available at all times, if needed.

SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.

03





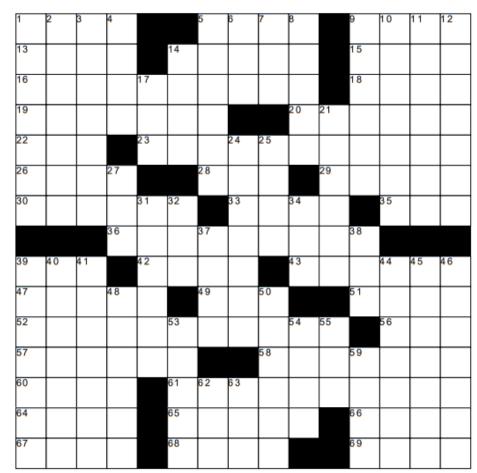
www.rgptoronto.ca

*www.hospitalelderlifeprogram.org

Supported by:



- 1 Long-term appeal
- 5 Rock star Cobain
- 9 Leave off
- 13 Q: How much does it cost to park at stadiums? A: ____
- 14 Postpone, as enrollment
- 15 Captain in "The Mysterious Island"
- 16 "My allergies are really acting up!"
- 18 Sicily's highest peak
- 19 Unusual time to start a vacation
- 20 YouTube content
- 2 2 "It ____" (pompous arrival's declaration)
- 23 "That third strike cost us the game!"
- 26 Like Swarthmore, but not Bryn Mawr
- 28 Food industry lobby, for short
- 29 Frost bit?
- 30 Not leave to chance
- 33 Run for fun, perhaps
- 35 Spanish 101 verb
- 36"I keep losing things in the dryer!"
- 39 Mitch's husband on "Modern Family"
- 42 Architect ___ Ming Pei
- 43 Calligraphy details
- 47 Hoard
- 49 Head across the pond?
- 51 Ella Fitzgerald forte
- 52 "My iPhone never works!"
- 56 Wearer of a "Y" sweatshirt
- 57 Wackadoodle
- 58 Stand by the pool, maybe
- 60 Fit for the task
- 61 "This bug spray is useless!"
- 64 Marquis de
- 65 Like many a campfire story
- 66 Water pitcher
- 67 Pressure, informally
- 68 It may be on the house 69 One who's got your
 - back



Puzzle (c) The New York Times, distributed by The New York Times Syndicate

25 Prizefight ending

- 27 Lemon or turkey
- 31 Upped the ante
- 34 Microsoft Surfaces, e.g.
- 37 The Big Easy
- 38 Typical college
- interviewees: Abbr.
- 39 Business that offers body waxing
- 40 Creatures named for their changing shape
- 41 Roald Dahl heroine
- 44 Nickname for the subzero 1967 N.F.L. Championship Game
- 45 Balls in a pocket
- 46 Recipe that might call for ginger and soy sauce
- 48 Word with fair or fight
- 50 Chooses to receive marketing emails, say
- 53 Prize declined by Sartre
- 54 Diet-friendly

- Powered by PZZL.com
- 55 Just scrape (by)
- 59 Bit of creativity
- 62 Scented souvenir
- 63 Is after you?

- was published posthumously 3 Special treats
- 4 Put (away)
- 5 Puzzle whose name comes from the Japanese for "cleverness squared"

Arts recipient whose

novel "Juneteenth"

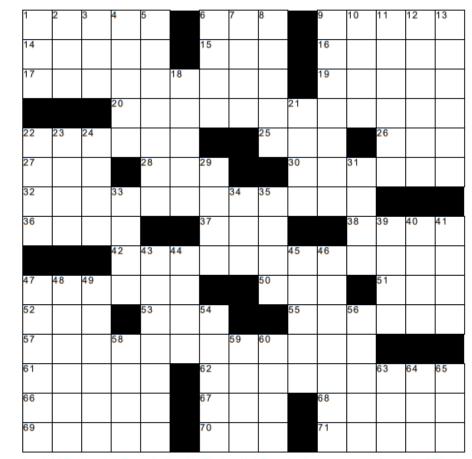
- 6 World traveler?
- 7 Hi-

Down

- 8 Fountain near the Spanish Steps
- 9 Wired
- 10 Shooting stars 11 "What's the point in me even trying"
- 12 Glass elevator?
- 14 Easter egg decorator
- 17 Absolutely, informally
- 21 Call upon
- 24 Place to purchase pencils and paint

- 1 Maze runners
- 2 National Medal of
 - 32 Old-fashioned
 - preposition

- 1 Chin dimple
- 6 Lawn care supply
- 9 Awakens
- 14 Low-carb "stone age" diet
- 15 Night before
- 16 Vodka
- 17 They're often used with people, but rarely with pets
- 19 Psychoanalyst Fromm
- 20 First and only female prime minister of India
- 22 Poker variety
- 25 With 8-Down, street with no outlet
- 26 "____ Enfants Terribles" (Cocteau novel)
- 27 That, in Spanish
- 28 Something you might say at a doctor's office
- 30 Stationary
- 32 "Red Cube" sculptor with an eponymous museum in New York
- 36 Colosseo locale
- 37 Word after launch or lily
- 38 Item on a list
- 42 First M.L.B. player to enter the Meikyukai (a Japanese baseball hall of fame)
- 47 Justice who died in 2016
- 50 Chilly air
- 51 Period, essentially
- 52 Krazy
- 53 New Deal agey.
- 55 Merch stand staple
- 57 Fashion designer and judge on "Project Runway All Stars"
- 61 Tree with papery bark
- 62 Island nation once home to the dodo
- 66 Join forces
- 67 Like-it-or-loathe-it bread piece
- 68 N.J. town next to
- Palisades Park
- 69 Exodus leader
- 70 See 65-Down
- 71 See 65-Down



Puzzle (c) The New York Times, distributed by The New York Times Syndicate

D o w n

- 1 Two-striper in the Army: Abbr.
- 2 Golden State team, on scoreboards
- 3 Chicago trains 4 Stinky
- 5 Cover for the bed of a pickup truck
- 6 Highway hauler
- 7 "Your turn," on a
- walkie-talkie
- 8 See 25-Across
- 9 Sneakiness
- 10 Extremely undecided
- 11 Not going anywhere
- 12 Embarrassment of ____
- 13 Crystalline rock
- 18 TV's Don Draper, e.g.
- 2 1 Dip for chips, informally
- 22 Prince, for one
- 23 ___ buco
- 24 Gardener's soil
- 29 Tribe that considers the Grand Canyon its creation place

- 31 "Puttin' on the ____" 33 Knight's armor
- 34 Needle-nosed fish
- 35 Thick soup noodle
- 39 Its logo is four
- interlocking circles 40 Popular toffee bar
- 41 Eartha who played Catwoman
- 43 Sure things
- 44 Damage
- 45 Instrument invented in medieval India
- 46 Go into a higher gear
- 47 One who loves to shred some gnar pow
- 48 Betting setting
- **49** Classic consoles
- 54 Songwriter Mann
- 56 "Take two and ____ right" (old baseball adage)
- 58 Opéra division
- 59 Off-the-wall
- 60 Like cutting and pushing
- 63 Réunion, for one

- Powered by PZZL.com
- 64 One-eighty
- 65 With 70- and
 - 71-Across, agree ...
 - and a phonetic hint to this puzzle's theme

GCOLDWCOAT SRM S V V 7 G V F F L Κ Ρ А R P JRGYJ Т EWYV Т Ζ G Т С D L Т L L Κ V Ζ KCF R S Ρ Е Н Ν NΗ U J Ε Т н D Α L J A U R Ζ S Е ΝΑΜ Ζ Е Gυ Υ С Т Н S G S 0 J Ε D D 0 Q ΜV С ΜZ F J S RZQKZGH С Т Ε F U В 0 V CNPEMWK В Vυ RRF G E L U Μ F J U Υ Ν Y Ρ JYACGS Y 0 С VF J Η L R Ν Х Е V R Ν Ρ J Κ S G R R В Ρ 0 C F Ε Ε OYDOU ACR Е Ρ В L Κ L Х VWU S В R L S RTYE Ε С Ρ Х Ε U Т Ρ Н Н Х S S 0 S 0 Ν В S Ρ Ε Q G G Q R L Α L L 0 Y Т Ε W F U S Х Ν ZR L R UΕ Н ΚΚ F L Q С Н Ν Y G Н F UΕ Ε FV S Ρ ΚE FQ Т U Β R Α D L Т R Ν K L S S С O C R LGPNO Ε 7 Μ Υ GΟ F RW 0 F S S I ΑE F GO Q Т В U Е J O F Q Υ С ΖF G K н L L J US В Ε N V 7 Т V F Ε U В Т Q R E Ρ ΗK D Ν Q QZ LΕ КΤ G K J G P S G G R Ε Ν Х Ζ L L Т QS V FWUVEFSFSPBSWWP R Т D VF XV AH F ANXWVV LNBEHRKTGZOXOCOVZQO

Word List								
BOBSLEDS	FROST	MUFFLER						
CHILLY	FROZEN	PENGUIN						
COATS	HAT	SLIDE						
COLD	HOCKEY	SLIPPERY						
FLEECE	ICICLES	SOUP						

RSPRESENTSCADFR Μ С С U В Ο Q Ν V S W H S UHNZVOVOEHAOOGD Κ S Т 0 N S VAC Т NWBULLNAVYDOF S L Α Ο U 0 V R P DGE JSOZQYSWLKM X C Μ J ΝU Ρ Y AZK н Κ L CEWGAVPL XCEEHP U Т U D Α HOPDRHZEHAPOB PFW RKS Ο 0 J т Т Ο F W S NYUWVML THZRXOWYA Ρ L Ζ Μ Т Т POC TWVRWRT G JΗ S Q V F Κ Н D Т Ρ 0 R Х ΑW Е FDODOH DSPRYE Η Т U R C 0 F B J Β MVYSDMNG JTUKKP L Ν ΗB U D Α Х L Т JZE ΗM J Т S Т L DMF XNDVK ΟΚ Ν Υ Т С Β С L Х Т RCCH Т J N A Ε NKC Х S F Т С J Х L QHERG Т ΖS NRXFWL ΖM Ε Т ΝΥ V S R J W DGMEGOMQ Т RGRE Е Т Ν V Κ G S L L Y YMKFE ХВ JRJE Ε YRRE DQN L Μ Х Μ Т Т NGOAHDVECZMWLDY JU YD Т U R С С ORJAZDBRDKQ IKSIXDJHOZ LWG D G G I Z B X Q Z O N E W F G Y M P C C D C O Q O N

	Word List	
CARD	GREETINGS	SLEIGH
CHRISTMAS	HOPE	TINSEL
CIDER	MERRY	TOYS
DECEMBER	NORTHPOLE	VACATION
FESTIVE	PRESENTS	WORKSHOP

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

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

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

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

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

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

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

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

TFNGLUOSFQKIJTTPBL OMU C R F BNRNEEXEMQNXHJ ΧΚΟΙ O E Ε Х D V PGUEAJ JDQNZHKGBUWMA KSV Т Q B N W H Q R K G D Y T G M Z E L K M C B Y ΚM V Μ QODFTUANQ X Y P I S J V W M A O O B S V R A F A D T S E D F O X V A Z R R B V RWY S P F B ZNFL IAUAUPEEDNSZ HMAD UOC W O S C R C S O P R L Q X U V Y I LWD KS W O L Ζ UPENLMSXT WBC ΜΟ SOV Т L Ε Y OG Q ΗGL G Q D L V L X U B U G N A D W Z U U н YF O C D I A O L A O Z F F L N O L SV D X C N L D L QE LQDDAAIQLEGFGNSDMQHRW K Μ UXRBXACGTT SEVBQL ΤВ F G R E D D C R W X S B R M K G A S J C Т Ν JL U Ο F С В A P Ζ Т ΕK C A J O Y M C W A R M T H W C Ν Y R н Ρ X J D V Y N M W F I Y W H U T V C ROC ΖE L R ZDVNJLSNZTYILTCHWGGADM XKK T S L E I G H B E L L S Z U I K E Z U Q K R Z E U

Word List							
BOBSLEDS	GLOVES	SLEIGHBELLS					
CARNIVALS	HOLIDAY	SNOWBALL					
COLD	ICY	SNOWMOBILE					
EARMUFFS	JACKET	SOUP					
FRIGID	MIGRATION	WARMTH					

ZQSVEDHMHKNOITARGI ΜΤΒ FFS S DZH URXHQYXELDFAYIHSF С NN F BVDGBWOVXYRFHW KLE SVP NOK TIGLENVI QPPQWNQP DWA LVGDJM IDZQWHGMGLBMXBXR PKNCAH JQ Т GOSJOLHYEXO Ε IRBV LPKL R GO Κ UR XODN LFTAECOYAGKBNNKGG L U HKOHZMV OLRHXN F B S CYVRSY Т FVAYVE UEPLBXWLPCHB J UΕ TEQ J D V O A D M Y S AWV IUEYEYUNBASRS TJRRXNLL D P G Z X O W A W X MAR UUB F SAXXWSMEQCCLC YVWLCHS G Т NH н FPFRJBOF F J С SAOC ΙΤΜΝ U Т Μ В JS J N W H A C H T U Q N Y C H A V Ρ R E U Y Т SHQECVF YOWL IREPLACE Ε Т ΖV G XZX Y D F M R W A Q V L M V Z D R X N D S ТНО TAJPOSATEELSEXZEE CV BM V X A W I C Y U G D G T H N B P R F Q O T D I ΧJ

Word List							
CHILLY	HEATER	SCARVES					
COATS	HOCKEY	SLEET					
FIREPLACE	ICY	SNOWBOARDING					
FOG	IGLOO	SNOWMOBILE					
GLOVES	MIGRATION	SWEATER					

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

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

Solve each Magic Square Puzzle! The sum of every row, column and diagonal must be the same!

11				3
25			16	
18			5	
2	15	19		21
		1		20

	3	9	11	
6			18	4
23		1		
5	7			16
			2	

1		22		13
24				7
				16
		20		4
17	14		6	25

24	5		8	
	7		25	
		3	17	
	19	10		23
6				20

	13	10		
	1	17		
18		14	6	2
		3	20	24
			12	

		3		
8			20	
	5		13	
11	23	19		
	7	15	21	18

Solve each Magic Square Puzzle! The sum of every row, column and diagonal must be the same!

13		12
2		7
	4	
	15	1

		9	
15			
2		13	
	14	4	5

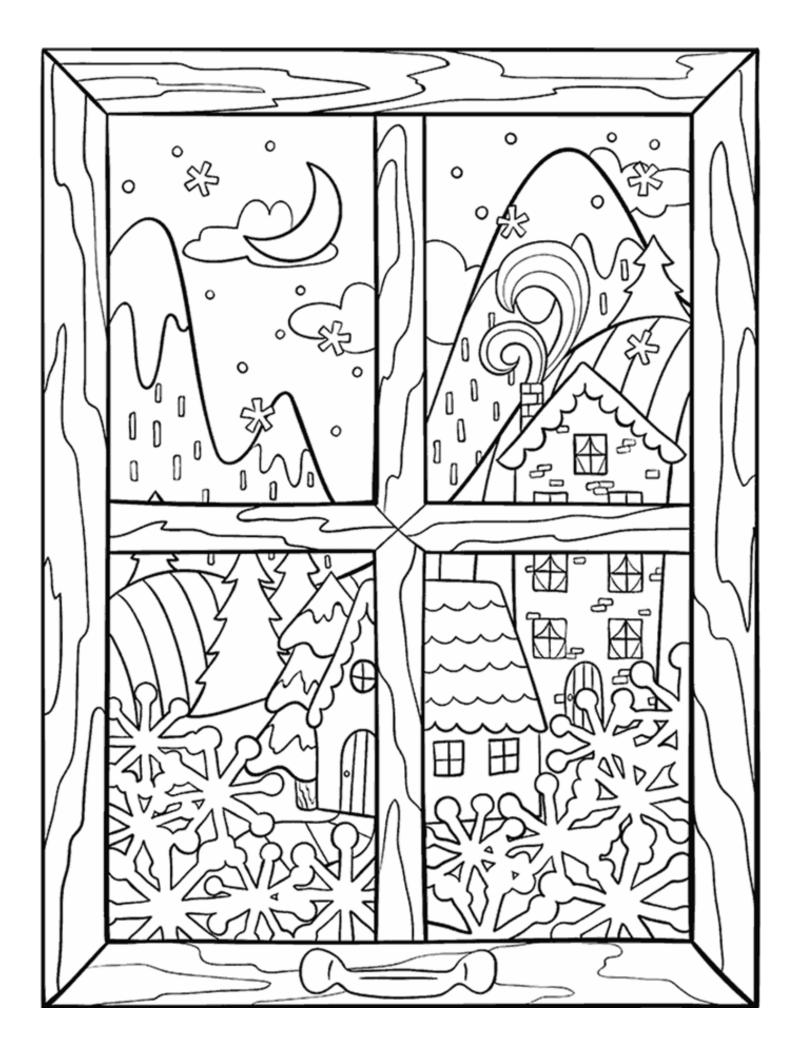
10	7	
13	4	
	9	12
	14	

3	14		2
	9		
10		6	
	4		

	1		
15		9	6
3		5	
2			

			12
4		14	
10	3		13
		11	









- 1 Long-term appeal
- 5 Rock star Cobain
- 9 Leave off
- 13 Q: How much does it cost to park at stadiums? A:
- 14 Postpone, as enrollment
- 15 Captain in "The Mysterious Island"
- 16 "My allergies are really acting up!"
- 18 Sicily's highest peak
- 19 Unusual time to start a vacation
- 20 YouTube content
- 2 2 "It ____" (pompous arrival's declaration)
- 23 "That third strike cost us the game!"
- 26 Like Swarthmore, but not Bryn Mawr
- 28 Food industry lobby, for short
- 29 Frost bit?
- 30 Not leave to chance
- 33 Run for fun, perhaps
- 35 Spanish 101 verb
- 36 "I keep losing things in the dryer!"
- 39 Mitch's husband on "Modern Family"
- 42 Architect Ming Pei
- 43 Calligraphy details
- 47 Hoard
- 49 Head across the pond?
- 51 Ella Fitzgerald forte
- 52 "My iPhone never works!"
- 56 Wearer of a "Y" sweatshirt
- 57 Wackadoodle
- 58 Stand by the pool, maybe
- 60 Fit for the task
- 61 "This bug spray is useless!"
- 64 Marquis de
- 65 Like many a campfire story
- 66 Water pitcher
- 67 Pressure, informally
- 68 It may be on the house
- 69 One who's got your back

L	Е	G	s			к	U	R	Т		0	м	I	т
Α	L	0	Т		D	Е	F	Е	R		Ν	Е	М	0
в	L	0	0	D	Y	Ν	0	s	Е		Е	т	Ν	А
м	Ι	D	w	Е	Е	к			v	Ι	D	Е	0	s
I	s	Ι		F	R	Е	А	к	I	N	G	0	U	т
С	0	Е	D			Ν	R	А		v	Е	R	s	Е
Е	N	s	U	R	Е		т	Y	Р	0		s	Е	R
			D	А	R	Ν	s	0	с	к	S			
с	Α	М		Ι	Е	0	н		s	Е	R	I	F	s
Α	М	Α	s	s		L	0	0			S	с	Α	т
R	0	т	т	Е	Ν	А	Р	Р	L	Е		Е	L	I
w	Е	Ι	R	D	0			т	Ι	к	Ι	в	А	R
Α	в	L	Е		в	L	Α	s	т	Е	D	0	F	F
s	Α	D	Е		Е	Е	R	Ι	Е		Е	w	Е	R
н	Е	Α	Т		L	Ι	Е	N			А	L	L	Y
uzzle (c) The	New Yo	rk Time	s, distrit	outed by	The No	ew York	Times	Syndica	te		Powere	d by PZ	ZL.com

York Times, distributed by The New York Times Syndi

Down

- 1 Maze runners
- 2 National Medal of
- Arts recipient whose novel "Juneteenth"
- was published posthumously
- **3** Special treats
- 4 Put (away)
- 5 Puzzle whose name comes from the Japanese for
- "cleverness squared"
- 6 World traveler?
- 7 Hi-
- 8 Fountain near the Spanish Steps 9 Wired
- 10 Shooting stars
- 11 "What's the point in me even trying"
- 12 Glass elevator?
- 14 Easter egg decorator
- 17 Absolutely, informally
- 21 Call upon
- 24 Place to purchase pencils and paint

- 25 Prizefight ending 27 Lemon or turkey

- preposition
- 34 Microsoft Surfaces, e.g.
- 38 Typical college
- interviewees: Abbr.
- their changing shape
- 44 Nickname for the subzero 1967 N.F.L.
- 45 Balls in a pocket
- 46 Recipe that might call for ginger and soy sauce
- 48 Word with fair or fight
- 50 Chooses to receive marketing emails, say
- 53 Prize declined by Sartre
- 54 Diet-friendly

Powered by PZZL.com

- 55 Just scrape (by)

- 59 Bit of creativity
- 62 Scented souvenir
- 63 Is after you?
- 31 Upped the ante 32 Old-fashioned
- 37 The Big Easy
- 39 Business that offers body waxing
- 40 Creatures named for
- 41 Roald Dahl heroine
- Championship Game

- 1 Chin dimple
- 6 Lawn care supply
- 9 Awakens
- 14 Low-carb "stone age" diet
- 15 Night before
- 16 Vodka
- 17 They're often used with people, but rarely with pets
- 19 Psychoanalyst Fromm 20 First and only female
- prime minister of India
- 22 Poker variety
- 25 With 8-Down, street with no outlet
- 26" Enfants Terribles" (Cocteau novel)
- 27 That, in Spanish
- 28 Something you might say at a doctor's office
- 30 Stationary
- 32 "Red Cube" sculptor with an eponymous museum in New York
- 36 Colosseo locale
- 37 Word after launch or lily
- 38 Item on a list
- 42 First M.L.B. player to enter the Meikyukai (a Japanese baseball hall of fame)
- 47 Justice who died in 2016
- 50 Chilly air
- 51 Period, essentially
- 52 Krazy
- 53 New Deal agey.
- 55 Merch stand staple
- 57 Fashion designer and judge on "Project Runway All Stars"
- 61 Tree with papery bark
- 62 Island nation once home to the dodo
- 66 Join forces
- 67 Like-it-or-loathe-it bread piece
- 68 N.J. town next to **Palisades** Park
- 69 Exodus leader
- 70 See 65-Down
- 71 See 65-Down

С Е F т S 0 D S Т R S L Е Е 0 V Е Ν С Ρ А L т 0 I S S Т Ν А Μ Е Е R L С н R I Ν D L А G А Ν D н L Е С 0 D Μ U Е s н L L L Е S Е S 0 A А н А Т R т S Μ U Ν 0 G U С Н L А L Ρ R 0 Μ А А D т A S κ L С н L R 0 S U Ζ U κ I S С L т L Ν L Ρ D 0 А Α Т Ν Т S н κ А R А R Т L S С Ζ А М R А н L А L L R С н Μ U R Т S В L А L U L Е U Ν L Т Е Ν D F т L Е Е S т 0 S Е Е Y Е 0 Е Υ Е М

Puzzle (c) The New York Times, distributed by The New York Times Syndicate

Powered by PZZL.com

- Down
 - 1 Two-striper in the Army: Abbr.
 - 2 Golden State team, on scoreboards
 - 3 Chicago trains
 - 4 Stinky
 - 5 Cover for the bed of a pickup truck
 - 6 Highway hauler
 - 7 "Your turn," on a
 - walkie-talkie
 - 8 See 25-Across
 - 9 Sneakiness
 - 10 Extremely undecided
 - 11 Not going anywhere
 - 12 Embarrassment of ____
 - 13 Crystalline rock
 - 18 TV's Don Draper, e.g.
- 21 Dip for chips, informally
- 22 Prince, for one
- 23 ____ buco
- 24 Gardener's soil
- 29 Tribe that considers
- the Grand Canyon its creation place

- 31 "Puttin' on the "
- 33 Knight's armor
- 34 Needle-nosed fish
- 35 Thick soup noodle 39 Its logo is four
- interlocking circles
- 40 Popular toffee bar
- 41 Eartha who played Catwoman
- 43 Sure things
- in medieval India
- 46 Go into a higher gear
- 47 One who loves to shred some gnar pow
- **48** Betting setting
- **49** Classic consoles
- 54 Songwriter Mann
- 56 "Take two and
 - right" (old baseball adage)
- 58 Opéra division
- 59 Off-the-wall
- 60 Like cutting and pushing
- 63 Réunion, for one

- 64 One-eighty
- 65 With 70- and
 - 71-Across, agree ... and a phonetic hint to this puzzle's theme

- 44 Damage
- 45 Instrument invented

			Т	Е	Е	L	S								Т	
					Κ					S				S		
				S							Κ		0			
			Ι			L	Е	V	0	Н	S	А				
		R										F				
	В		С					S					Т			
				0					F					Ν		
					А			S		F					G	
						Т			L		U					
							S			Т		Μ				
Ι											Ρ					
	С								S			Ρ	Α			
		Τ							L					Е		
			С						Е				R			
				L					1				С	Υ		R
	Н				Е				G					0	Е	
		0				S			Н					Н	L	
			L						В	R			Т			D
				Ι					Е							
					D			Т	L			Е				
						Α	Ν		L		W					
						Т	Y		S							
					W				С	0	Ζ	Y				

							Ρ	R	Е	S	Е	Ν	Т	S										
												Е												
V	Α	С	Α	Т	Т	0	Ν					L												
												0												
												Ρ			С		Е				Т			
		W	0	R	Κ	S	Н	0	Ρ			Н			Н		Ρ			0				
												Т			R		0		Y					
												R			T		Н	S		D				
		Т					Е					0			S						R			
		Ι					V			D		Ν			Т							Α		
		Ν					Т			Е					Μ								С	
		S					Т			С	Н				Α									
		Е					S			Е		G			S									
		L					Е			Μ			Т	R	G	R	Е	Е	Т	Т	Ν	G	S	
							F			В				Е	Е	Y	R	R	Е	Μ				
										Е					L	D								
										R						S	Т							
																		С						

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

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

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

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

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

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

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

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

	•					•	•	•	.	.					•	•								•			
•		•					•	•					S		•	•	Е	L	Ι	В		M	O W		S		
			С				E			Е	Н		L	÷					Н					•			Μ
								•					Е					0								I	
							•	•	•																		
			0					N										D	L								
							•	•										Ι	G								
S			Т																								
							•											L	L								
Т												Ν							V								
Е			Т									0						0									
Е										0		Ι															
L											F	Т							U								
S												Α						F									
												R															
												G															
												Ι															
			0			В	P	•				Μ						L	Α			N					
																		S	D								
							•	Μ						:							÷						
							•	•													÷	•	•				
							•	•		0																	
							•	•			Ν											•	•	•			
							•	•				S		:			:					•	•	•	•		

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

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

11	17	10	24	3
25	4	13	16	7
18	6	22	5	14
2	15	19	8	21
9	23	1	12	20

1	10	22	19	13
24	18	11	5	7
15	2	9	23	16
8	21	20	12	4
17	14	3	6	25

24	5	16	8	12
18	7	14	25	1
15	21	3	17	9
2	19	10	11	23
6	13	22	4	20

17	3	9	11	25
6	15	22	18	4
23	19	1	10	12
5	7	13	24	16
14	21	20	2	8

22	13	10	4	16
9	1	17	23	15
18	25	14	6	2
11	7	3	20	24
5	19	21	12	8

25	16	3	9	12
8	14	22	20	1
17	5	6	13	24
11	23	19	2	10
4	7	15	21	18

13	3	6	12
2	16	9	7
11	5	4	14
8	10	15	1

10	7	11	6
13	4	16	1
8	9	5	12
3	14	2	15

3	14	15	2
8	9	12	5
10	7	6	11
13	4	1	16

6	7	9	12
15	10	8	1
2	3	13	16
11	14	4	5

14	1	12	7
15	4	9	6
3	16	5	10
2	13	8	11

15	6	1	12
4	9	14	7
10	3	8	13
5	16	11	2