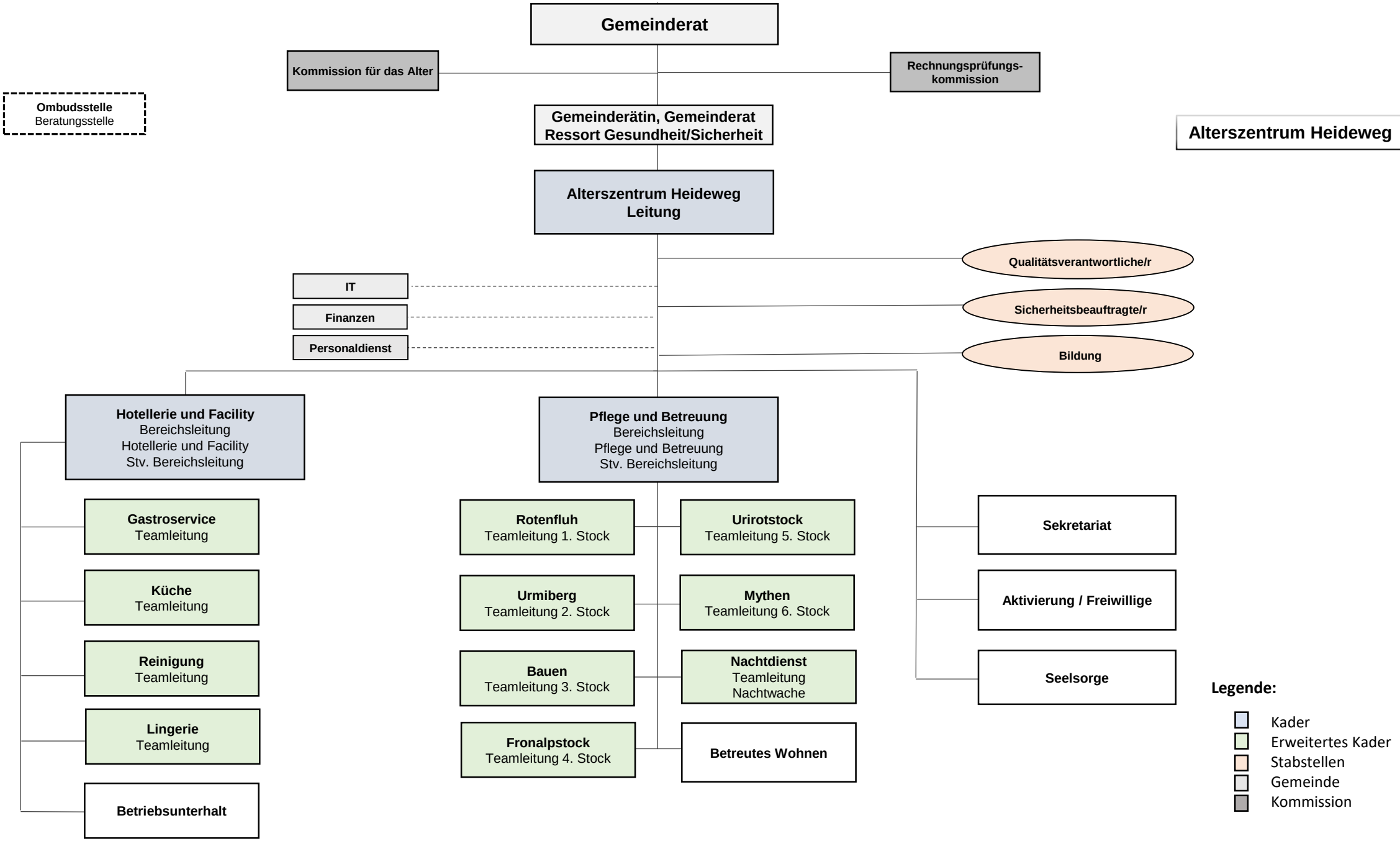Alterszentrum Heideweg