



JUNE 2023

Monthly Newsletter

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Calendar

GFLS provides a welcoming place offering information, programs, and services that enhance the quality of life for older adults and their families.



**The GFLS Centre will be closed
Monday, July 3rd for Canada Day**

President's Message

Welcome to Summer everyone! Spring helped us blow off the dust of the Winter blues while allowing us to start flower and garden planting. I do not have much luck with growing anything even though we have a greenhouse to protect the young plants from the birds, hail and such. Hopefully the Summer months will produce a bountiful growing season.

Keep up the good work around the Centre and continue enjoying the programs being offered. There are a few programs which will be taking a break for the summer months as members get out to experience the beautiful weather and visit with their families now that school is out for a few months. A good majority of the activities at GFLS will continue to run throughout July and August at the request of our community such as 30-Minute Fitness, Stretching and Crib. Make sure to check on your favourites ones by thoroughly reviewing this month's newsletter and calendar. If you have concerns about a specific activity do not hesitate to check with our wonderful GFLS team.

I am wishing everyone a great month of June which will include key events at the Centre. We have the return of our annual GFLS Garage Sale (Sat. Jun 17), a special forum looking for input on the new Dementia-Inclusive Park being built in our neighbourhood (Thurs, Jun 8) and the June Birthday Supper celebrating June and July birthdays (Thurs, Jun 29). Also, I look forward to seeing everyone come out for one of my favourites, the GFLS Community Breakfast, as I will be flipping pancakes (Thurs, Jun 8).

Please take care, stay safe and healthy,

Bill Diprose



June 2023

Where has the time gone... 3 months already?
I am so excited to be on this journey with you!

Even with Summer Holidays on the horizon for many of you ... the Centre will still be open.
Please continue to join us over the summer and look forward to an exciting line up for the fall.

Our Kitchen will be putting out new menu's, we will have new programs and yes, will be welcoming back all your favorites too!

Global Economics have sent prices skyrocketing, but we are holding fast on our pricing over the summer. When fall pricing arrives, if you are in need of assistance with the rising costs of programs or events, please seek me out individually. Our goal is for everyone to enjoy your home away from home!



Norma Jean Doucet

Executive Director

- Chat soon -

UPCOMING EVENTS AT GFLS⁵⁵⁺

GFLS COMMUNITY BREAKFAST - THURSDAY, JUNE 8; 9 - 11 AM / COST: \$10

Join us for the GFLS Community Breakfast which includes scrambled eggs, sausage, breakfast potatoes, pancakes and fruit salad. Don't forget the endless coffee & tea!

DEMENTIA-INCLUSIVE PARK FORUM HOSTED BY DEMENTIA NETWORK CALGARY

THURSDAY, JUNE 8; 6-8 PM / COST: FREE

You're invited to join a forum about the proposed Dementia-Inclusive Park being built in our community. Dementia Network Calgary along with the University of Calgary and the Parks Foundation is seeking for input and feedback from the people living in the area.

COFFEE & CONVERSATION TOPICS FOR SUMMER / COST: FREE

Grab a coffee and listen to a speaker with a different relevant topic. Upcoming topics:

Monday, June 12 - Guest Speaker: Marilyn Dennis, Calgary School Board

Monday, June 26 - Loneliness

Monday, July 10 - Single Travelling

Monday, July 24 - Ghost Stories

Monday, August 14 - What Your Food Cravings Mean

Monday, August 28 - Affirmations

PAINT NIGHT - TUESDAY, JUNE 13; 6 - 8 PM / COST: \$35 (PAID DIRECTLY TO INSTRUCTOR)

June project: Spirit Island (see flyer). Register by Friday, June 9/23

GARAGE SALE - SATURDAY, JUNE 17; 10 AM - 4 PM

GFLS is excited to be once again be hosting this annual fundraising event. We will be accepting donations of tabletop items ONLY. All items must be clean and in good working order. Due to storage issues, pieces can be dropped off at the Centre on Friday, June 16 from 8 AM to Noon. There will be a limited number of tables for rent. Please see the flyer enclosed in the newsletter for more details.

VETERANS ASSOCIATION FOOD BANK will have a local volunteer at the Centre the day of the Garage Sale. They are asking everyone to bring non-perishable food items to support and enrich the lives of veterans and their families. If you are able to help, it would be greatly appreciated.

BIRTHDAY SUPPER - THURSDAY, JUNE 29; DOORS OPEN AT 4:30 PM / COST: \$20

Join GFLS in celebrating our June & July birthday celebrants. Dinner will be a 3-course meal followed by live entertainment. Tickets are available at the GFLS Front Desk.

NOTE: Birthday Suppers will not run in July and August. September Birthday supper (tentatively scheduled for September 28) will honour August & September celebrants.

COMING IN 2023

GFLS STAMPEDE BREAKFAST - THURSDAY, JULY 13; 9 AM - NOON / COST: FREE

Once again we are happy to announce the Rotary Club of Calgary East will be providing the grits for this annual event. There will be pancakes and sausages graciously supplied by the Rotary Club and their volunteers along with coffee/tea from our own GFLS volunteers. There will be entertainment from our Crystal Belles Choir, the GFLS Linedancers and our in-house GFLS band. Make sure to don your favourite western wear while bringing your appetite, singing voice, and dancing shoes.

THIS SHOULD BE ONE FUN HOOTENANNY FOR ALL Y'ALL!

BIG THANKS TO

Rotary



DROP-IN PROGRAMS

PLAN IN ADVANCE!

30 Minute Fitness: \$2 Members/\$5 Non-Members Seated or standing gentle fitness with an emphasis on social interaction, cardio & strength training. Mondays & Thursdays, 9:30-10 AM

NOTE: NO 30 MINUTE FITNESS THURSDAY, JUNE 8 & MONDAY, JULY 3

Art Group: \$2 Members/\$5 Non-Members Join our group of painters & artists as they work on individual & group projects. Wednesdays, 9 AM

Bike Shed: Taking in donations* of used, adult bicycles; giving them any needed repairs / tune-up, and then providing them back to well deserved organizations in our community.

A good cause to keep our community rolling! Tuesdays, 10 AM

(*To donate bike(s), contact information can be provided to the GFLS Centre and then arrangements for drop off will be made. Your cooperation is appreciated.)

Bingo: Tables are first come; first choice. Wednesdays, 10 AM

Doors open at 10 AM, Bonanza pre-call at 12:30 PM followed by Regular Bingo at 1 PM.

Bingo Lunch (\$5) is served from 11:15 AM to Noon, Café re-opens at Intermission.

Cards & Games Night: \$2 Members/\$5 Non-Members Join a group of friendly faces from the community for cards and games. Various beverages available for purchase (\$1 to \$4).

Friday Evenings, 7 PM

NOTE: NO CARDS & GAMES NIGHT FRIDAY, JUNE 16

Coffee & Conversation: Grab a coffee and listen to a speaker with a different relevant topic.

2nd & 4th Monday of each month, 10 AM

Community Coffee: An opportunity to sit, relax, enjoy a hot beverage and socialize with other community members. Fridays, 10 AM

Cozy Corner Crafters: Crafting gives anyone a space to work and enjoy fellowship with friends with similar interests. Tuesdays, 9:30 AM

Crib: \$7 Join our group of cribbers for informal crib games. Fridays, 1 PM

Crystal Belles Choir: \$2 Members/\$5 Non-Members

Our in-house choir group. Meeting on Thursdays, 10 AM

SEEKING NEW MEMBERS

Contact the Choir Director: Sharon Sheeler at 403-272-1404 or nascarnutsheeler@shaw.ca

SEASON ENDS THURSDAY, JULY 13 - RESUMES IN SEPTEMBER

Darts: \$4 Members/\$5 Non-Members

Join the darts group in our games room. Mondays, 1 PM

SEASON ENDS MONDAY, JUNE 19 - RESUMES IN SEPTEMBER

continued . . .

DROP-IN PROGRAMS

PLAN IN ADVANCE!

(continued)

Memory SPACE: For individuals experiencing memory loss, and their caregivers, a safe place to share experiences, learn, laugh, and connect with one another.

2nd & 4th Tuesday of each month, 1 - 3 PM

PLEASE NOTE: This is NOT a respite program. Caregivers are to attend the session to participate in the activities with their individual who is experiencing memory loss.

Men's Coffee: An opportunity to sit, relax, enjoy a hot bevy while socializing with other men from the community. Thursdays, 10 AM

NOTE: MEN'S COFFEE THURSDAY, JUNE 8

Men's Shed: Use our tools to build or fix any projects that you have on the go.

Tuesdays & Thursdays, 10 AM

Musicians' Gathering: \$2 Members/\$5 Non-Members

Bring your instrument and meet with other fellow musicians. Mondays, 1 PM

NOTE: NO MUSICIAN GATHERING MONDAY, JULY 3

Pickle Ball: \$2 Members/\$5 Non-Members Learn to play this racket sport. Tuesdays, 2 PM

APPROPRIATE ACTIVEWEAR AND FOOTWARE ARE REQUIRED.

Stretching Exercise Program: \$2 Members/\$5 Non-Members Come out and learn how proper stretching can possibly improve your health while making you feel better overall.

Join Carol and Norm. Mondays & Thursdays, 10 AM

NOTE: NO STRETCHING EXERCISE PROGRAM THURSDAY, JUNE 8 & MONDAY, JULY 3

Woodshop: Learn to use our tools in our Men's Shed. Make sure to bring your project ideas.

Thursdays, 1 PM

DAY-USE LOCKERS AVAILABLE

While at the Centre should you have items you would like to put in a secure place due to the activity you are attending, GFLS has available a limited number of day-use lockers.

The lockers are located in the coat room beside the main front doors. You will need to supply your own lock and need to inform the Front Desk which locker you are occupying. At the end of your visit at the Centre that same day, make sure the lock, along with the items in the locker, are removed prior to leaving.

If locks and the contents of the locker are left longer than 24-hours the GFLS team may need to remove these items. Should this be the case, every effort will be made to contact you before doing so. Hopefully this service will add to your visit to the Centre.

Do not hesitate to speak with the GFLS team should you need more information.

REGISTERED PROGRAMS

TO REGISTER: (403) 272-4661 or support@gfls.org

DROP-IN FEES FOR REGISTERED PROGRAMS

\$8 for members / \$10 for non-members

Birthday Supper: \$20 Celebrating monthly birthdays with a 3-course meal and live entertainment. Last Thursday of the month. Doors Open at 4:30 PM; Dinner at 5:30 PM

JUNE SUPPER: THURSDAY, JUNE 29; TICKET SALES CLOSE TUESDAY, JUNE 27

NOTE: THERE WILL BE NO SUPPERS IN JULY & AUGUST; WILL RETURN IN SEPTEMBER

Computer Class: \$5 Learn the basics of your electronic device (computer, phone, tablet). Bring your own device or use one of ours.

NOTE: CLASSES WILL NOT BE RUNNING JUNE THRU AUGUST; SCHEDULED TO RETURN IN SEPTEMBER

Line Dancing - Level 1: \$45 for members, \$55 for non-members Start your line dancing off on the right foot with this beginners class. Fridays, 9:30 AM

6-WEEK SESSION STARTED: FRIDAY, JUNE 2 / NEXT SESSION BEGINS: JULY 14

Line Dancing - Level 2: \$45 for members, \$55 for non-members Dust off your dancing shoes while working your brain and body at the same time. Fridays, 10:30 AM

6-WEEK SESSION STARTED: FRIDAY, JUNE 2 / NEXT SESSION BEGINS: JULY 14

Paint Night: \$35 (paid directly to instructor night of event)

All skill levels welcome. All supplies, instructions & stencils are provided.

2nd Tuesday evening a month, 6 to 8 PM. (See flyer for next project)

NEXT PAINT NIGHT: TUESDAY, JUNE 13; MUST REGISTER BY FRIDAY, JUNE 9

PLEASE REGISTER, IN ADVANCE, WITH THE GFLS FRONT DESK.

NOTE: PAINT NIGHT WILL NOT RUN JULY & AUGUST; SCHEDULED TO RETURN TUESDAY, SEPTEMBER 12

Angel Card Reading: Donations directly to Card Reader, \$5 min.

See what's in the cards for you! Receive a psychic angel card reading from Emily.

2nd & 4th Thursdays, NOON to 3 PM, Sessions run every 30 minutes.

PLEASE REGISTER, IN ADVANCE, WITH THE GFLS FRONT DESK.

Tai Chi: \$45 for members, \$55 for non-members Get in tune with your inner chi with this intro to the Tai Chi program. Fridays 9 AM

6-WEEK SESSION STARTED: FRIDAY, JUNE 2 / NEXT SESSION BEGINS: JULY 14

Walk Fit: *SPECIAL SUMMER SESSION - 4 SELECT TUESDAYS*

DATES: JUNE 27, JULY 4, JULY 18 & AUGUST 1 \$30 for members, \$38 for non-members

A beginners class for people interested in stepping patterns to music. Tuesdays 1 PM

FULL 6-WEEK SESSIONS TO RESUME IN SEPTEMBER

Shopping & Services at GFLS

Calgary Seniors' Resource Society: This organization offers services and support for older adults. For more information see their website at www.thewayincalgary.ca or by phone at (403) 266-6200.

Cindy's Hair Salon (403) 457-4632 - BY APPOINTMENT ONLY.
Cindy is regularly onsite at the GFLS Centre on Wednesdays.

Cozy Corner Shoppe: Looking for something special? Shop handmade creations from our artists, crafters and woodworkers. You'll be amazed at the treasures you will find!

Foot Care with Tracey (587) 433-8619 - BY APPOINTMENT ONLY.
Tracey is a licensed practical nurse who does professional foot care. Currently Tracey is scheduled at the GFLS Centre the 2nd Friday of each month.

GFLS Art Gallery: Check out our Art Gallery throughout the facility. Support our GFLS artists. All proceeds go towards our artists and the GFLS Centre.

GFLS Gym: Get active in our gym equipped with various exercise equipment. Register at the GFLS Front Desk prior to working out. FREE for GFLS members.

(Now Available to non members with a \$5 drop-in fee and signed waiver)

GFLS Men's Shed: Taking orders for wood planters and other wood crafts as seen throughout the GFLS Centre.
The Men's Shed welcomes custom, woodcraft orders as well. Feel free to present your idea(s) and they will let you know if they can GET'ER DONE!

My Other Closet: New items are always being added and prices are very reasonable! Make sure to stop in and check it out!

COBS BREAD MARKET MONDAYS DOORS OPEN AT 9 AM UNTIL SUPPLY LASTS



The first hour of the Bread Market (9 - 10 AM) will be dedicated to our GFLS members. After 10 AM Everyone Is Welcome!

Our GFLS members and surrounding communities are grateful to everyone, especially our gracious donor,

University District Cobs Bread,
for making this a successful endeavour.

Volunteer Opportunities

TOGETHER WE CAN DO MORE THAN WE CAN ALONE

Volunteers are an extremely valuable and important part of GFLS. Let's bring our abilities and passions together to affect real change.

There are many ways to join and support our Centre.

Below are some of the areas we are seeking assistance.

Feel free contact Alyshia Brown, our Program/Volunteer Coordinator, and continue to review our message boards to see what other opportunities are available to become a GFLS volunteer.

BINGO VOLUNTEERS FOR GFLS SPONSORED 5 STAR BINGO EVENTS

Every 1st & 3rd Thursday of the month

GFLS requires a group of volunteers for the GFLS sponsored days listed above at 5 Star Bingo Hall (4980 - 25 Street SE) from 10:30 am to approximately 3:30 pm.

While supporting this regular fundraising event for our GFLS community, volunteers receive a free lunch and work with other amazing people.

If you are available, please let us know

BINGO VOLUNTEERS FOR GFLS' WEDNESDAY BINGO

Wednesdays

We are on the lookout for Bonanza Card Sellers, Pull Ticket attendants and other various positions. Are you a possible fit?

All volunteers receive a great deal of thanks as well as a free meal during their volunteer shift.

KITCHEN VOLUNTEERS NEEDED FOR LUNCHES & VARIOUS EVENTS

Tuesdays, Wednesdays & Other Dates, as needed

GFLS is seeking individuals, to assist our Kitchen Coordinator, in providing delicious meals and refreshments to our members and surrounding community at various events held at the Centre.

Volunteers will be asked to help with preparation, serving and clean-up.

While helping GFLS provide such a valuable service to our community, volunteers will be provided with a meal/snacks, when possible.

VOLUNTEERS NEEDED FOR UPCOMING SPECIAL FUNCTIONS & PRIVATE EVENTS

The Centre is always looking for volunteers to help with activities offered outside of GFLS' regularly scheduled events. Currently we are requiring people for the following:

GFLS Annual Garage Sale - Saturday, June 17/23

GFLS Annual Stampede Breakfast - Thursday, July 13/23

Please check with us to see what other opportunities may be available.



There is no "I" in Team, but we sure are glad there is "U" in our Volunteers!

JOINING OUR GFLS COMMUNITY

GFL55+ 2023 MEMBERSHIP AVAILABLE

GFLS 2023 Membership Forms are available at the Centre.
Once you have completed the 2023 forms please see
the GFLS Front Desk to register.

The GFLS annual membership expires December 31st
Membership Fee is \$30

PLEASE NOTE: GFLS Lifetime Members are required to complete and submit the 2023 membership forms. This will allow the GFLS Team to have the most current information for our lifetime members as well as meet our requirements as a Society.

SUPER MEMBERSHIP AVAILABLE

*SUPER Membership is a year-long membership allowing access to 5 Centres throughout Calgary. You will receive FULL membership status at the Centre you purchase the membership, with that Centre becoming your HOME Centre.
You will then have ASSOCIATE member status at the remaining Centres*

The locations involved with this collaboration are:

Greater Forest Lawn 55+ Society (GFLS - YUP, THAT'S US!)

Bow Cliff Seniors

Confederation Park 55+ Activity Centre

****NEW*** Ogden 50+ Activity Centre ***NEW****

Parkdale Nifty 50's

Unison at Kerby Centre for 50+

SUPER Membership Fee: \$50

Subscription Period: 1 calendar year starting January 1st

Gentle Reminder

The GFLS Centre is a Scent Free Zone. Help us keep the air we share healthy and fragrance-free for everyone. Please DO NOT wear perfume, cologne, aftershave and other fragrances when planning to come to the facility.

If possible use unscented personal care products.

Your understanding and cooperation are appreciated.

SUPPORTING OUR GFLS COMMUNITY



LAUNCHED
Mon Apr 10 2023

SALES END
Sat Jun 10 2023

DRAW DATE
Sun Jun 11 2023

DRAW LOCATION
Bow Cliff Seniors
3375 Spruce Drive SW
Calgary Alberta T3C 3A3

License # AGLC-639306

This is the 3rd Golden Giveaways raffle!

It is a joint effort amongst 9 seniors-based activity centre, which GFLS is grateful to be included. As per the previous raffles, a percentage of the winnings, based on ticket sales, is allocated to each centre.

Tickets can be purchased online at

<https://www.rafflebox.ca/raffle/bowcliffseniors>

When purchasing tickets you have the opportunity to indicate which Centre you wish to support. We kindly ask you select Greater Forest Lawn 55+ Society from the "Select A Member" menu on the website.

Thank you for supporting our Centre!

IF YOU NEED MORE INFORMATION, PLEASE CONTACT A GFLS TEAM MEMBER

Come cheer on our 3 GFLS teams!

Bowling Stones II

Our 2nd Annual Lawn Bowling Fundraiser!

Sunday June 11th, 2023 at 1:00 pm

Bow Cliff Seniors: 3375 Spruce Drive SW



A lawn bowling afternoon to celebrate our amazing seniors!

Sign up on a team or join us for a fun afternoon. Contact your activity centre for more details.

Sponsored By:



Everyone Welcome - Free Admission - Food & Beverages for Purchase



3425 - 26 Avenue SE, Calgary, AB T2B 2P2
www.gfls.org

Board of Directors

President: Bill Diprose

First Vice President: Ann Martell

Second Vice President: Shirley Borak

Secretary: Marilyn Sander

Treasurer: Leslye Foesier

Past President: Jim Bergen

Directors: Stu Bellingham, Diane Danielson, Pauline Padbury, Irene Iwaniuk, LaVonne Nielsen, Brenda O'Malley, Alice Smedes

Staff & Contact Information

Office Line: (403) 272-4661

Fax Line: (403) 272-6153

GFLS General Email: support@gfls.org

Executive Director: NormaJean Doucet (norma@gfls.org)

Bookkeeper: Eva Hachey (accounting@gfls.org)

Office Coordinator: Susan Kearney (susanekearney@gfls.org)

Program / Volunteer Coordinator: Alyshia Brown (programs@gfls.org)

Kitchen Coordinator / Environmental Services: Missy Taylor

Hours of Operation

Monday - Friday 8:00 am - 4:00 pm

Friday Cards & Games Night 7:00 pm - 10:00 pm

THANK YOU TO OUR SPONSORS



UPCOMING EVENTS & INFO



GFLS
Community Breakfast

**THURSDAY, JUNE 8
9 - 11 AM
\$10**

Breakfast Includes: Eggs, Sausages, Hashbrowns, Pancakes, Fruit Salad and Endless Tea or Coffee

Breakfast served 9 AM to 11 AM

Greater Forest Lawn 55+ Society (GFLS)
3425 - 26 Avenue SE
403-272-4661 support@gfls.org



**GFLS
PAINT NIGHT**

**TUESDAY, JUNE 13
6-8 PM**

**CLASS FEE
\$35**

Please register at GFLS front desk by Fri, June 9
Beverages available for purchase

GFLS
3425 - 26 Avenue SE, Calgary, AB
403-272-4661 support@gfls.org



**CANADA'S FIRST
DEMENTIA-INCLUSIVE PARK IS COMING
TO CALGARY**

This is a dementia-inclusive event
everyone is welcome!

Join us to
provide feedback
on the park design

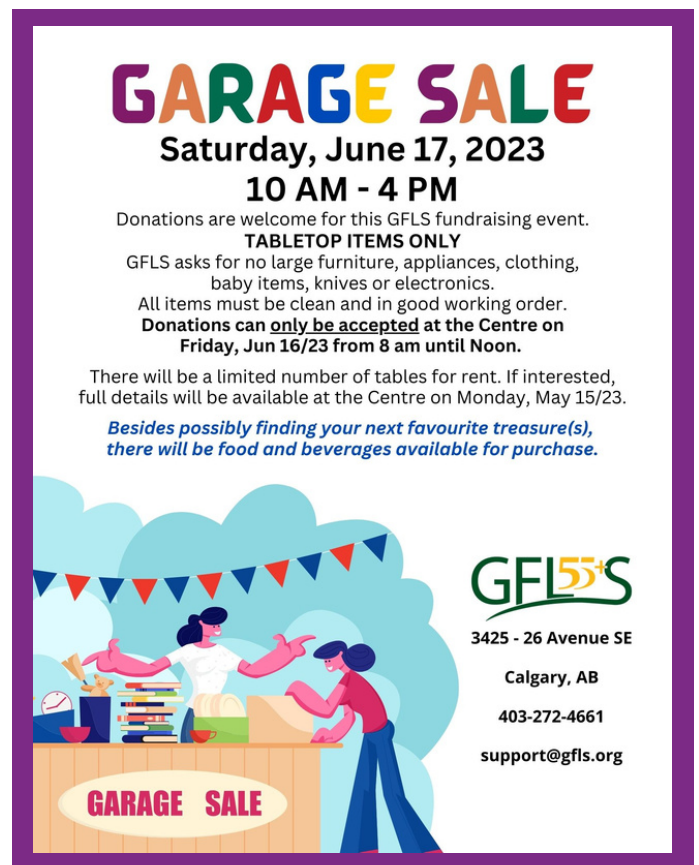
**JUNE 8, 2023 | 6:30PM TO 8:00PM
GREATER FOREST LAWN 55+ CENTRE
3425 26 AVENUE SE**

Dementia Network CALGARY

Parks Foundation
Calgary

UNIVERSITY OF CALGARY

REGISTER NOW >



GARAGE SALE
**Saturday, June 17, 2023
10 AM - 4 PM**

Donations are welcome for this GFLS fundraising event.
TABLETOP ITEMS ONLY
GFLS asks for no large furniture, appliances, clothing, baby items, knives or electronics.
All items must be clean and in good working order.
Donations can only be accepted at the Centre on Friday, Jun 16/23 from 8 am until Noon.


There will be a limited number of tables for rent. If interested, full details will be available at the Centre on Monday, May 15/23.
Besides possibly finding your next favourite treasure(s), there will be food and beverages available for purchase.

GFLS
3425 - 26 Avenue SE
Calgary, AB
403-272-4661
support@gfls.org

GARAGE SALE


UPCOMING EVENTS & INFO

**Y'All are invited to the annual
GFLS STAMPEDE BREAKFAST**



Thursday, July 13, 2023; 9 AM - High Noon
Cost: FREE!

**Crits generously donated by
Rotary Club of Calgary East**

Rotary 

**There'll be live music, line dancing
and a fist full of FUN!**

SEE Y'ALL THERE! YEEHAW!

GFLS

3425 - 26 Avenue SE
Calgary, AB
403-272-4661
support@gfls.org

GFLS RAFFLE AGLC License No. 643154

DRAW DATE: Thurs, July 13/23

PRIZES

1st Prize:
Giant Sedona Men's Bike

2nd Prize:
School House Clock with Pendulum

3rd Prize:
Barbecue Utensil Set with Case

TICKETS
1 for \$2.00 OR 3 for \$5.00

Greater Forest Lawn 55+ Society
3425 - 26 Avenue SE
Calgary, AB T2B 2P2
403-272-4661 support@gfls.org



COBS BREAD

Bread Market Mondays
9 AM until supply lasts

Thank you University District Cobs!

DROP-IN PROGRAM

COFFEE & CONVERSATION

**2nd & 4th MONDAYS
OF THE MONTH AT 10 AM**

UPCOMING TOPICS:

JUNE
June 12 - GUEST SPEAKER:
Marilyn Dennis, Calgary School Board
June 26 - Loneliness

JULY
July 10 - Single Travelling
July 24 - Ghost Stories

AUGUST
August 14 - What Your Food Cravings Mean
August 28 - Affirmations




MEMORY SPACE

**SOCIALIZATION
POSITIVITY
ACTIVITIES
CONNECTION
EMPATHY**

**2ND & 4TH TUESDAYS
1-3 PM**



VETERANS ASSOCIATION FOOD BANK

The Veterans Association Food Bank has a donation box conveniently located in the GFLS coat check/mud room. This organization is dedicated to supporting and enriching the lives of veterans and their families. They are looking for donations of non-perishable food items and winter clothing items such as gloves, hats, and scarves; even socks. Their local volunteers pick-up on a regular basis.

If you are able to help; they are extremely grateful.