

# STEADY for LIFE

Building Blocks for Healthy, Graceful Aging

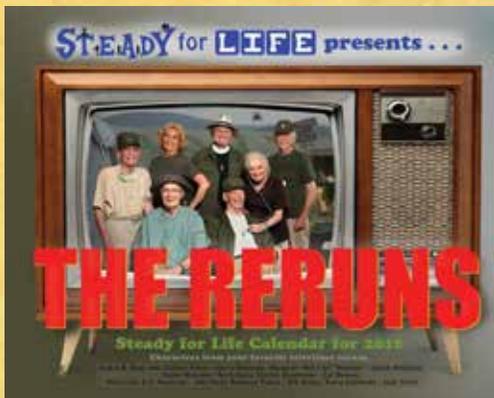
SEPTEMBER - OCTOBER - NOVEMBER

## Kim's Korner

Hooray for autumn! My favorite time of the year. In addition to the many upcoming activities planned for Steady for Life, several of our instructors and I have been busy speaking about our classes & doing class demonstrations for various groups. We enjoy this and are always honored by the many invitations we receive. In August, we enjoyed talking about Steady for Life on Kenny Anderson's PBS television program IMPACT, and his radio show called 2nd Chance. If you didn't catch it, it can be viewed on our website [www.SteadyforLife.org](http://www.SteadyforLife.org).

We hope you will pick out something from our autumn events and be a part of the good times we have together – even outside of classes! It's another great way to make new friendships.

Keep it Steady, Kim Davis, Director



## NEWS & NOTES:

We are thrilled that after 4 months of work, we are ready to unveil our BIG fundraiser for Steady for Life – Our 2016 calendar entitled RERUNS. On September 14th, our calendars go on sale featuring 70 of our Steady for Life folks (and a pig named Moo). We have portrayed some of your favorite sitcoms from “yester-year” and are

sure you will treasure this usable 12-month calendar. They can be purchased from any of our Steady for Life members or by emailing [Kim.SteadyforLife@gmail.com](mailto:Kim.SteadyforLife@gmail.com). Cost: \$25

Again this year, our volunteers have created a masterpiece for the Huntsville Botanical Gardens Scarecrow Trail. Yes, our very own FREDDY AND BETTY STEADY ARE GETTING READY FOR HEALTHY GRACEFUL AGING. We hope you will go to see them “in person” in the Garden during the months of September & October.



## WHAT'S HAPPENING - CRUISIN' CUISINE

Our September Cruisin' Cuisine Event will begin at 10:30 on Tuesday, September 22nd at the brand new **Severe Weather Institute and Radar Lightning Laboratory (SWIRLL)**. This Operation Center where storms are tracked for our area, is at 4801 Bradford Dr. near UAH campus in Huntsville. After our 45-minute tour we will go to **The Melting Pot** at Bridge Street Town Centre for lunch. Please plan to carpool to SWIRLL and The Melting Pot. No charge for Tour / Lunch is Dutch treat.

In October our Crusin' Cuisine will take us to Guntersville on Thursday, October 15 as we enjoy dinner at the wonderful **Rock House Restaurant**, 1201 Gunter Ave. Then it's on to **The Whole Backstage** to see the musical, **Black Tie Broadway**. We will depart from the Steady for Life – Main studio at 3:45 and carpool to Guntersville for our 4:45 dinner reservation. You may purchase your play ticket on your own or with our group: \$16. Dinner is Dutch treat.

## Sept-Oct-Nov Events at-a-glance

Sept 7 – Labor Day – No Classes  
 Sept 14 - SFL Calendar goes on sale  
 Sept 18 – Instructor's in-service and training retreat – No Classes  
 Sept 22 – Crusin' Cuisine - SWIRLL & Melting Pot Restaurant  
 Sept 21-24 – Asheville & Biltmore Trip (closed)  
 Sept 24 – Healthy Brains & Strong Bones  
 Sept 25 – Madison / Monrovia SFL Friendship Lunch & Class  
 Oct 1 – Birmingham Day Trip (closed)  
 Oct 12 – Tea Party at the Ledges  
 Oct 15 – Crusin' Cuisine - Rock House Restaurant & *Black Tie Broadway* Musical  
 Oct 18 – WOODLAWN Movie @ Carmike Theater  
 Nov 10 – The Heart Truth - Ladies Health Seminar  
 Nov 11 – Veteran's Day Lunch & Program  
 Nov 23 - Tear Soup: A Recipe for Healing  
 Nov 30 – Travel Fair

## WELCOME Terri Moring-Moultrie

Another certified, seasoned instructor has been added to our staff at our Main studio. Terrie is our newest REV It Up Balance instructor and brings six years of experience. She is passionate about proper alignment and strengthening our bodies in ways that will support us properly as we become older. She works with people of all ages and abilities to help them improve their functional health and move freely and confidently. We are glad you are part of the Steady family, Terri!



## MADISON & MONROVIA SFL FRIENDSHIP

### Luncheon (& Class)

Our Madison and Monrovia balance classes will come together at noon for a special “Steady Friends Day” on Friday, September 25th at the Madison Church of Christ SFL location. We will meet at noon for a Brown Bag fellowship meal, then at 12:30-1:30 we will have a combined class. This is an opportunity for both groups to meet and visit with each other and also a wonderful time to invite friends who might be interested in our classes.

## HEALTHY BRAINS and STRONG BONES

10 interactive stations!

Every 13 seconds an older adult is seen in an emergency department from a fall. In 2013, over 25,000 older adults died from unintentional fall injuries, 2.5 million were treated in emergency departments for non-fatal falls, and more than 734,000 were hospitalized.

Falls are the leading cause of hip fractures and the health care costs associated with fall-related injuries totaled \$34 billion in 2013. That's why we do what we do at Steady for Life. September 20-26 is Fall Prevention Awareness Week, and we are planning a fair at Steady for Life – Main studio on September 24th. We have invited our friends from Learning Quest to join us for the morning activities. In addition to education about Osteoporosis and Bone Health, we will be sharing with them many of the activities that we did at our Brain Awareness Fair earlier this year. A nurse will be available to interpret your latest Bone Density results if you'd like to bring your test with you. Strength and Balance Assessments will be done as well for anyone interested. Join us anytime between 9:00-12:00. No charge.

### WOMEN'S HEART HEALTH

GFWC du Midi Woman's club and Huntsville Hospital Foundation invites Steady for Life Ladies to:

**Location:** Mayfair Church of Christ Fellowship Hall - 1095 Carl T. Jones Dr., Huntsville

**Date:** Tuesday, Nov. 10, 2015

**Time:** 10:00 am - Free Blood Pressures

**10:30 am** - Cardiac Seminar raising awareness about heart disease and its risk factors among women.

**11:30 am** - Question & Answer time - This seminar will educate and motivate us to take action to prevent heart disease and control its risk factors.



## TEAR SOUP: A RECIPE FOR HEALING

The Holiday Blues are real feelings for those who have lost friends and loved ones and find it hard to be merry, especially during holiday times. Some of our Steadies have experienced great losses this year and we want to help by providing a comforting recipe for healing. We have asked Dr. Gary Bradley to speak to us on Monday, November 23rd at 10:30-11:30 in the Garden Room at Mayfair church, 1095 Carl T. Jones. Brunch will be served at 10:00 for those who would like to join us. Please reserve your space on the registration form. Seminar: No Charge Brunch: \$4

## TEA PARTY AT THE LEDGES

Autumn time just calls out for a HIGH TEA with God's Fall foliage as the backdrop. Join us at the home of Drs. Lon & Rebecca Raby, 11 Ledge View Dr. in Huntsville as we experience High Tea in high fashion, Oct.12 at 2:30pm. Our own Nell Roberts will facilitate an informative conversation about teas as well as share some wonderful recipes as we enjoy delicious delicacies. You are welcome to wear your own hat or pick one of the many hats available at the tea. Reserve your space on the attached RSVP form (also available at your Steady class). Cost: \$5

### WOODLAWN – The Movie

Last week I had the opportunity to preview the true story movie about a school torn by racism and hate in the 70's. Woodlawn High School in Birmingham was that school. Through spiritual love and unity this community came together through their sports team. Actor Jon Voight plays the character of Paul "Bear" Bryant. I highly recommend this movie that will be showing at the Carmike movie theatre on Four Mile Post Road, October 15-18th. I will be buying tickets for a Steady for Life group to attend the matinee together at 1:00 on October 18. If you'd like to attend, reserve your ticket on the reservation form. Tickets are \$7.00. ---Kim

### HONOR WHERE HONOR IS DUE

On Veteran's Day, our country stops to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. We will have a **Roll of Honor** on Veteran's Day, November 11th as we salute Steady for Life men and women who have proudly made 'Liberty and Justice' a way of life for America. You are invited to join us at the SFL – Main studio, 7900 Bailey Cove Rd for lunch at noon and our program to follow. This will allow all who plan to attend the Veteran's Day Parade downtown plenty of time to join our celebration, as well. Cost for meal is: \$7. Veterans: Please list on your reservation form your NAME, BRANCH OF SERVICE & LENGTH OF SERVICE. There will also be an officer from the Madison County Sheriff's office giving us information about the new Yellow-Dot Program.



### TRAVEL MEETING

Calling all our travelers: We've had some fun times together out on the road this year. As we make plans for 2016 Spring, Summer & Fall travel, we would like to have your ideas for day trips and longer excursions. Come to our planning meeting on Monday, November 30th at 11:15 at our Main studio and brainstorm with us.

**Shawn Klush** **Cody Ray Slaughter**

# BLUE CHRISTMAS

An ELVIS Tribute Artists Christmas Concert  
starring  
**Shawn Klush and Cody Ray Slaughter**  
with Special Guests The Sweet Inspirations and More

Back by Popular Demand!

**Saturday, Dec. 5, 2015 • 7:00 PM**  
**Mark C. Smith Concert Hall, VBC, Huntsville, AL**

Tickets: \$43, \$53, \$83 VBC Box Office  
[www.ticketmaster.com](http://www.ticketmaster.com) • 1-800-745-3000