



STEADY for LIFE

Q3 2017
Newsletter

www.SteadyForLife.org

256 - 213 - 1976

Kim's Korner



Hello All!

Our classes are growing and so is our staff. We welcomed recently Chris Irrgang, a new instructor in Monrovia. She is a valuable addition to Steady for Life.

Check out all the upcoming happenings within the newsletter and visit SteadyForLife.org to see all the wonderful pictures made at our terrific LET US ENTERTAIN YOU brunch and high tea.

You continue to motivate me to grow older gracefully and to be well, **on purpose**. Keep up the good work, Steadies!

— Kim Davis, Director



Bill Glover
Our English Butler

More About Your iThings

Thank you to everyone who attended Part 1. By popular demand, we will hold two additional sessions of our iPhone and iPad Workshop. For those who missed the first session, we will go through the basic concepts again. We will then get into the fun part to make our lives easier: mail and text messages, calendar, apps, music, and basic Facebook. It is recommended that you already have an iTunes account and have a phone no older than 4 years. If you are interested in a non-Apple device workshop, please contact Kim Davis.



On Tuesday, July 11th we will meet at 2p.m. at our Steady site at Mt. Zion Baptist Church (228 Mt. Zion Rd.) On Thursday, July 13th we will meet at Valley United Methodist Church (1410 Drake Ave.) Please register on the attached form so that we will have plenty of seating and hand-outs.

You may also wish to check out free and simple lessons on www.techboomers.com.

Steadies in the Spotlight

From July 14–22, our own **John Miller** will be starring in Theatre Huntsville's production of Neil Simon's **The Sunshine Boys** at the VBC Playhouse. We have made group reservations at 2:00 on July 22. You may register for a seat with us on the attached registration form. The cost will be \$16 and there will be a limited number of tickets to purchase. Claim yours by July 5th.

Two of our Steady for Lifers placed 1st and 3rd in the top age bracket at the Double Helix 5K dash on April 4th. This is another state record for **Roz Fellwock**, with a time of 59:03 at age 89. **Jean McCrady** also completed with a time of 42:50 at age 83. We are so proud of you, Roz and Jean!



What's New in Medicine?

Dr. Charles Lee of Regenesys Stem Cell Center will be speaking about stem cell therapy that addresses pain and stiffness from osteoarthritis, rheumatoid arthritis, COPS, chronic migraines, and general vascular issues on Wednesday, July 12 at 1:00 at our Main studio (7900 Bailey Cove Rd suite F). RSVP on the attached registration form or by emailing Kim.SteadyForLife@gmail.com so that we will have enough seating and handouts.



Biergarten Under the Rocket

We are excited to be the non-profit selected for the U.S. Space & Rocket Center's 5th Annual German Biergarten Stein and Dine on Thursday, July 27 from 4:30 to 7:00. Come out to the Davidson Center and join our staff for dinner anytime during the event. Invite your friends! A portion of your dinner cost will benefit Steady for Life. This will be a good time to introduce your friends who are not yet with us to our programs and have them meet us personally. You may find the menu on our website under News & Events.



Our Ark Encounter Travelers
Williamstown, KY

Reservation Form

Check all events that you want to RSVP for:

- ☐ iPhone & iPad Workshop at Mt. Zion (Free)
Tues. July 11 at 2:00 pm
- ☐ iPhone & iPad Workshop at Valley (Free)
Thurs. July 13 at 2:00 pm
- ☐ What's New in Medicine? (Free)
Wed. July 12 at 1:00 pm
- ☐ Neil Simon's *The Sunshine Boys* (\$16.00)
Sat. July 22 at 2:00 pm
- ☐ Lunch at the Garden (Dutch treat)
Fri. September 22 at 11:00 am
- ☐ *Motown the Musical* (\$54.00)
Sun. October 15 at 1:00 pm

Name: _____

E-Mail: _____

Phone #: _____

Total cost: _____

Steady Travels



“A Trip of a Lifetime”

Even if you didn't get to go to Ireland with us from May 17–28, you can come see the pictures and hear the stories from our Steady for Life travelers at this presentation, hosted by Amy & Kyle Farnsworth, on June 30th at 11:00 at All Saints Lutheran Church. (12100 Baily Cove Rd., Huntsville AL)

Chattanooga and Mystery Trips

Come Roll, Float, and Explore in Chattanooga, Tennessee from September 12–13, or be surprised on our annual Mystery Trip from October 17–19. **Final reservations and payments are due on August 15**, so visit our website to find out more!

Trains and Parks of Colorado

Next July, all aboard for a tour of Colorado with guide Mark Warther as we explore beautiful parks and historic trains and railways of this Rocky Mountain state. Fifty spaces are reserved for this nine day adventure. Reserve a space now. Visit our website to learn more and obtain a registration form.



Our ladies with Neptune at Virginia Beach



Lunch at the Garden

Have you seen the beautiful new Huntsville Botanical Garden building? Join your friends on September 22 at 11:00 at the TABLE, the Garden's new restaurant that serves fresh local food. Take a tour, visit the Gift Shop, and walk through the Garden and see the annual Scarecrow Trail exhibits. Please RSVP on the reservation form so we know how many to expect for lunch. Garden admission costs \$10.



Motown the Musical

Steady for Life has reserved seating at **Broadway Theatre League's *Motown the Musical*** on October 15 at 1:00. This New York hit shows how legendary artists like Diana Ross, Smokey Robinson, Stevie Wonder, Marvin Gaye, The Temptations, Michael Jackson, and so many more created the soundtrack that transformed America. This explosive Broadway musical is a true story of Motown's incredible history. We will take reservations through July 31st. Please use the reservation form at the top of this newsletter. Tickets are \$54 per seat.



Every eleven seconds, an older adult in the US is treated in the ER for a fall. Every 19 minutes an older adult dies from a fall.

Source: National Council on Aging

See what we are doing about it at www.SteadyForLife.org



Sailing on the “Spirit of Norfolk”