



Monte Sano Class

KIM'S KORNER

Did you know that the average age of our senior population in America is 73? As we get older, we are definitely getting wiser - wiser about our health for sure. I am encouraged by the large number of our Steadies who are taking charge of their bodies & minds through our fitness classes, health seminars, and socialization.



Other ways we can take care of ourselves is by wearing proper eyeglasses and sunglasses for eye problems. Sunlight speeds up aging of whatever it shines upon, eyes as well as skin. (Lather on that sunscreen)

Just as important, we should all have a good mental outlook on life and the way we plan to live it. Our intelligence, creativity, and other mental functions should provide us with a healthy brain to last us throughout advancing age. Back by popular demand in September, Steady & Sharp: Brain Health Fair. Read all about it in the following pages.



Last but not least, come have fun with us at our outings and trips! In May, we had a terrific time at 1818 Farms in Mooresville. Come venture with us and expand your perspective, exercise during the day and reflect on the stars in the evening. Be more tolerant of others and be kinder to yourself.

~ Kim Davis, SFL Director

FOR YOUR HEALTH



What's New for the Maturing Woman?

Join us at 1:00 p.m. on Wednesday, July 18 as Steady for Life Board Member, Dr. Patricia Miller, OBGYN shares the latest info on

- Hormone Replacement Therapy
- Osteoporosis
- CA125 Ovarian Cancer Tests
- Pap Test and other female exams and lab work that we should stay on top of.

There will be time for Q&A as well.

Place: Steady for Life studio 7900 Bailey Cove Rd. Ste. F



Please RSVP to Kim.
steadyforlife@gmail.com
or 256-213-1976.

STEADIES JUST WANNA HAVE FUN!



JEANNE ROBERTSON is bringing her ROCKING CHAIR TOUR to Huntsville and we have Steady for Life tickets! Join our group by reserving your seat for this talented comedian no later than July 15th.

Concert Date: August 19, 2018

Time: 2:00 p.m.

Venue: Von Braun Center Concert Hall

Cost: \$42 check made payable to Steady for Life

Mail to: 990 Gilstead Circle,
Huntsville 35802 or bring by the
SFL Main Office M-W-F 10:00-12:00

Carpooling Available



A Note From Our SFL Board Of Directors:



Whatever Type you are – SFL has a plan for you! Our current class costs are exceeding our prices, so the SFL Board has recommended new pricing starting in September of 2018. There are some options for you that may deflect the increases, if you choose. The greatest savings will be available to those who choose a plan by July. All classes are still the best bargains in town.

Have some fun – pick your Type to see the changes in how and what you pay!

**Steady as a Rock – Don't like change.
Like to do things in a tried and true manner.**

Classes/week	Current Fee	New Fee – effec. 1 Sept, 2018
Three times	\$25	\$30
Twice	\$20	\$24
Once or add-on	\$10	\$12

Please continue to bring your check to the first class of the month. If you are paying for multiple classes, please note that on the memo line. Your three times per week class costs you only \$1.88 per class.

Careful Steward – Like to carefully choose the best value – looking for low cost AND efficiency.

Sign up for semiannual or annual class tuition payments this July and pay the current rates with a 5% or 12% discount through the end of 2019. This reduces the check writing burden on you and the check handling burden on SFL instructors. Don't feel guilty when you take a vacation – your discount keeps your class price low.

Classes/week	Current Fee	Semi Annual Fee	Annual Fee
Three times	\$25	\$138.60	\$264.00
Twice	\$20	\$110.88	\$211.20
Once or add-on	\$10	\$60.00	\$120.00

Join us for our Steady and Sharp event September 26th!



Each year, Steady for Life dedicates a day to promoting brain awareness and keeping your senses sharp! We're excited to partner with **Brookdale at Jones Farm** this year to bring you a day filled with fun activities and informative talks by some of the Tennessee Valley's leading authorities on mental fitness.

Come out and enjoy snacks, games and cognitive challenges hosted by our instructors! Schedules of event will be available in your classes by September 1st.

Steady and Sharp will be held from 9:00am-1:00pm at our Main studio. Everyone is welcome! Bring your friends and family! Admission is FREE.

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Big Picture Viewer – Just give me the best bottom line, don't bother me with details.

Pay your class tuition annually beginning this July by automated bank draft and keep 2018 rates with a discount for another year. Kim, your instructor, or Carolyn Lord (Board Treasurer) can help you with this. The simple form is at every location. This is the best way to help your instructor and SFL staff to cut down on paperwork.

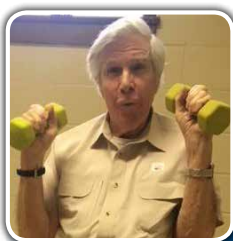
Free Spirit – Looking for flexibility, but don't always remember what day it is.

Forget worrying to bring that check every month and save some money. Let us help you set up an easily changed, automated bank draft before 1 September 2018. You keep the current bargain rates until the end of 2019. If you have to have surgery, physical therapy or want to take a long vacation, just let Kim know at least 7 days before next payment is scheduled and it will go on hold status. Instructors have forms to stop or change payments.

Important NEW Notices!

Fees not received by the 15th of the month will incur a \$10 late fee.
Checks returned for insufficient funds will incur a \$35 fee.

FEATURED Steady for Life Classes:



Our **VALLEY** class wins the award for having the most men. Instructor **Amy Farnsworth** keeps things exciting in this Tuesday & Thursday class that meets at Valley United Methodist Church. They have unanimously advanced to a Balanced Body 3 class because of their consistency and balance improvement!



Many of these **Balanced Body 2** classmates at MAIN have been together almost 5 years! They are a close group who are always welcoming to others. Newcomers feel a part of this class right away!
(Not pictures are our newbies – Mike & Mary Howard)

Marie Burns & Beth Flatt

are the instructors of this very special group.

ANNOUNCING A BRAND NEW BEGINNER'S YOGA CLASS!

Wishing for better balance and a stronger, firmer you? Steady for Life offers one-hour BEGINNER Yoga Classes at our Main studio on Mondays and Wednesdays at 12:30pm. Take your practice to the mat or stay in your chair for the poses! Our instructor, Amy, specializes in modifications for **EVERY BODY!**



COOL TRAVEL DESTINATIONS...THAT **SIZZLE** WITH EXCITEMENT

Our next trip with availability is the **Tri-States Tour**, September 13-17. As we trek through Tennessee, Arkansas & Missouri, jump on board if you want one of the last 7 seats! Final payments are due August 1st and then this tour will be closed. See full flyer at one of the Steady for Life classes or on-line at www.steadyforlife.org.

November 9th, we will have our final day trip for the year. We are calling this **Hidden Gems of North Alabama**. This trip will be a fun day with friends from 9:00 to 5:00. We are taking reservations now with a \$25 deposit.

Plans are in place for an **Opryland Hotel Extravaganza** with lots of extras and options on December 12-13! Look on our website for the Christmas trip we are calling Holidays in Tennessee...it has all the details! We emailed this flyer to our Travel Group and filled a motorcoach in a few days. We have added a 2nd motorcoach, so don't wait too long to make this part of your holiday festivities!

A \$100 deposit check reserves your space with final payment due September 1st.

All trips can be paid for at the Main location on M-W-F from 10:00-12:00 or by mailing to Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802.



JUST ANNOUNCED - We will be taking an unforgettable 11-day tour through the Alps together, featuring **Germany, Austria & Switzerland** departing Huntsville mid-June 2020. Included will be Salzburg, Herrenchiemsee Palace, Innsbruck, Lucerne, Zurich, Black Forest, Neuschwanstein, Munich and the **GRANDEST FINALE** of them all, Oberammergau as we see the **2020 Passion Play**. People from all over the world are already buying their tickets for this amazing play performed every 10 years since 1634, and we had to reserve ours immediately.



*Join us for a preview of this trip with our guide **Larry Fannon**, at the Main SFL location on August 1, 2018 at 2:00. There are 30 places on this tour for Steady for Life travelers. A \$100 deposit holds your reservation until 2020.*



Atlanta, GA



Save the Date:

**SNEAK PEEK AT WHAT STEADIES
WILL BE DOING WHEN
AUTUMN COMES!**



- **October 23rd** - Our Autumn Picnic Tate Farms – Hayride, Pumpkin Picking, Petting Zoo and much more!

- **November 15th** – Luncheon honoring our Veterans - Yesterday's Event Center - Inspirational Music Program by the group, REPLAY



- **December 5th** - 2019 Travel Fair – where we “unveil” all travel plans for 2019



- **December 18th** – SFL Christmas Party - Valley Hill Country Club, entertainment by the Rocket City Chorus



Mystery Dinner - Atlanta, GA



Berry College
Rome, GA



Callaway Gardens, GA