



### Kim's Korner - "Happy Spring!"

As the earth awakens to new things, Steady for Life has new things coming our way, as well! We have begun "Pop-Up" Excursions that are exclusively for Steady for Life members. Some ask, "what does it mean to be a SFL member?" Well, it's YOU who are receiving this newsletter....who faithfully support our classes month after month with your attendance and tuition. You are the ones we count on when balancing our budget at the end of each month, the ones we know will show up when we plan special things for you outside of classes. It's our Board of Directors, who I will spotlight below, who volunteer their time. It's those self-appointed class leaders who help get out equipment, greet visitors, help newcomers feel welcome, take-up tuition, or whatever else your instructor needs help with. Take a look at what we have planned for YOU on the next page.

Speaking of new, I'd like to introduce you to two of our new instructors ~ Julie Carden who is teaching Balance classes at our two Steady for Life locations downtown; and Kimberly Brown who is bringing PILATES class to Steady for Life for the very first time (as well as teaching Balance classes for us).

The first group exercise I ever did was a Pilates class and I enjoyed it so much. It is a nice complement to our Gentle Yoga, yet somewhat different. Don't miss the article Kimberly has written about it on the next page. I can't wait to join you in this new class!

Be well.....ON PURPOSE,

Kim Davis, Executive Director, Steady for Life



Welcome to New Staff members - Julie Carden (Top) and Kimberly Brown.



SFL Board Members: (Seated Left to Right:) Freddia Scott, Dr. Jan Lyle, Kim Davis, Laura Rau, Georgi Bragg, Kathie Barnett (Standing Left to Right:) Glen Sanders, Denise Tyrriver, Jackie Heard, Beth Smith, Deb Wilke, Nick Jackson (Not pictured:) Sharron Pate & Robert Thom

# Introduction to Pilates

– by Kimberly Brown

Pilates is movement designed to improve strength, balance and flexibility. Laying the groundwork for our class will be concentration, control, breath, and flowing movements. As I take you through the mat work, I will challenge you to bring your attention to how your breath affects abdominal engagement, how concentration allows you to move with precision and control, and how focusing on the core allows the flow from one exercise to the next. Each exercise can be modified to match YOUR ability, which makes Pilates a wonderful workout for people of all ages and fitness levels. Watch your posture and joint health improve, along with better balance and coordination.

JOIN ME ON FRIDAYS AT 10:00 at the Main Steady for Life studio for our one-hour class together on the mat. We have everything you will need. As always, the first class is free to see if it's "your cup of tea".

CLASSES BEGIN APRIL 8TH – If you'd like to check out a Pilates class before April 8th, Kimberly will be demonstrating this class at our SFL First Baptist – Governors Dr. location @ 11:00 on Wednesday, March 30th. Call Kim Davis @ 256-652-2912 to reserve your mat space. No charge.



## Invite Your Friends to Join Us! Our Annual Steady and Strong Workshop



**When:** April 20, 2022 / 11:00-2:30  
**Where:** The Sandra Moon Complex  
(Opposite side of the library)  
7901 Bailey Cove Road  
**Cost:** FREE  
**RSVP's** required by emailing  
Debra Wade at dtall88@gmail.com

### SCHEDULE OF EVENTS ~

11:00-11:15 Registration  
11:15-11:30 Skit by SFL Line Dancing Class  
11:30-11:45 Balance Class Demonstrations  
11:45-12:00 SFL Line Dancing Class Demonstration  
12:00-12:15 Break  
12:15-1:00 Lunch & Fall Prevention Presentation – including How to Fall and How to Get Up

1:00-1:45 FOCUS Physiotherapist – Dr. Sarah Gordon

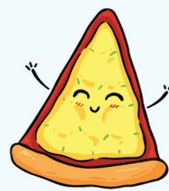
#### TOPIC: FREQUENTLY ASKED QUESTIONS:

- Explain the anatomy and physiology of the vestibular system and how that relates to balance.
- Discuss common causes of dizziness and general balance disorders.
- What is the difference between dizziness and vertigo?
- Discuss common treatment methods for balance

1:45-2:30 Alabama Hearing Associates – Dr. Jan Liles

#### TOPIC: HEARING & BALANCE.... THE CONNECTION

WE HAVE COPIES OF THIS FLYER THAT WE CAN GIVE TO YOU TO HAND OUT, SHARE ON COMMUNITY OR CHURCH BULLETIN BOARDS, IN NEWSLETTERS AND AS ALWAYS, SHARE OUR PROGRAM WITH YOUR PHYSICIANS.



Lunch = Pizza



## “POP-UP” Excursions for SFL Members Only

When traveling south on I-65, have you ever wondered about the huge white house sitting far off on the right near Warrior? Well, it's called the HALLMARK HOUSE

. . . and it is pretty famous. The movie Coal Miner's Daughter was filmed there as well as other movies and music videos. It is also the only private home in Alabama that has a tunnel running underneath I-65.....and this is the main entrance to the house!

This Warrior family has 565 acres with their 10,000 square foot house and will soon be putting it up for sale. Before they do, the Hallmarks are having an open house April 23rd - May 8th for the public to come see the unique features of this home. For months decorators have been decorating every room preparing for a spectacular showplace.

We will be taking the Mayfair church bus to visit on April 28th, leaving the church parking lot (northside) at 10:00. There will be food trucks on the grounds for you to have lunch at your leisure. Tickets are \$40 each.

~ HOW TO REGISTER FOR "POP-UP EVENTS" ~

Reserve one of the 45 seats by bringing or sending your check made payable to Steady for Life to the Main studio – 7900 Bailey Cove Rd. Ste F, Huntsville or mailing it to 990 Gilstead Cir., Huntsville, 35802.

NOTE: The mailbox at the Main location is on the outside of the building and is not monitored.....nor can the safety of your check be guaranteed. Please...always mail to the Gilstead Circle address.

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"Elvis Remembered" – tribute performer, Michael Dean

YESTERDAY'S EVENT CENTER - 15631 Browns Ferry Rd, Athens, AL

MAY 19TH

We will depart from the Mayfair church on the bus from the northside of the building at 10:00. Lunch and Dessert will be served at 11:00 followed by the Elvis Show –

Cost: \$15 per person. If all seats fill on the bus, you may follow or meet us and still be at our reserved table.

Reserve your space by following the details above.

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"Mamma Mia" – Theatre Tuscaloosa

JULY 20TH

Depart from Mayfair, on the church bus at 10:30 a.m. for a Cracker Barrel lunch (on your own) in Cullman. We will enjoy the hit musical "Mamma Mia" directed by Stephen Davis at Theatre Tuscaloosa, followed by a private reception with members of the cast. Estimated time returning to Huntsville 7:00 p.m. Cost: \$50

You may reserve your space by following the details above.

You are also welcome to join us on the chartered two-day trip planned on this day, which includes the "Mamma Mia" musical. See the itinerary on our website, Steadyforlife.org. Click on the TRAVEL tab.

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**STEADY FOR LIFE TRAVEL UPDATES**

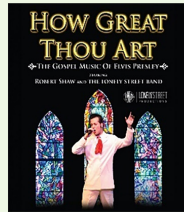
TRAVEL IS BACK AND STRONGER THAN EVER! Our Mystery Trip, Heart of Texas & Canadian Rockies Tours are now FULL and have waitlists only.

# Last Call for our May 16-17 trip to the Ark Encounter & Derby Dinner Theatre

## Day 1: MONDAY

8:30 Depart Mayfair Church in Huntsville  
9:00 Pick up Group - Asbury Church in  
Madison

LUNCH – LOVELESS CAFÉ (included)



The Loveless Cafe in Nashville remains unchanged in the quaint country charm and good cooking that has made it a landmark since its doors opened over 50 years ago. Check in to the Hampton Inn Louisville North-Clarksville, Indiana.

**EVENING DINNER & SHOW:**  
**THE DERBY DINNER PLAYHOUSE**  
**HOW GREAT THOU ART - THE GOSPEL**  
**MUSIC OF ELVIS PRESLEY**  
Robert Shaw, and the Lonely Street Band, along with a gospel quartet, perform such hits as “Peace in the Valley”, “Amazing Grace,” and the title track “How Great Thou Art.” You are sure to find inspiration and lots of great memories in this extraordinary musical event. Our tickets include a Buffet Dinner.

## DAY 2: TUESDAY

Included breakfast at hotel

### THE ARK ENCOUNTER



We will spend the morning exploring the life-sized replica of the Ark. Three floors inside will let us see how Noah and his family cared for the animals and what life was like during 40 days of rain and the time inside until God said it was safe to go outside. Tours are self-guided. At your leisure, enjoy lunch at Emzara’s Kitchen/Cafeteria Style Dining (on your own). Enroute home enjoy dinner (on your own) at The Cool Springs Galeria Food Court. We will arrive home approximately 8 p.m.

**PRICE:**  
SFL Members:  
\$330 double    \$390 single  
Non-SFL Members:  
\$390 double    \$450 single  
Final Payment due April 1st.

A \$75 deposit check and reservation form will be collected at the time of registration. A \$25 administration fee will be retained should you need to cancel your reservation before April 1, 2022. After final payments, trip vendors will be paid, and no refunds can be issued. If paying by check, make payable to STEADY FOR LIFE and notate this is for the ARK TRIP. Mail payments to: Steady for Life, 990 Gilstead Circle, Huntsville AL 35802 or arrange to drop off payment at the Main studio, 7900 Bailey Cove Rd. Ste F, during class hours.

Note: Should a credit card be used for final payment, the 3% credit card fee imposed by the credit card company will be added to your final payment. Call Kim Davis at 256-652-2912 to process payment through a credit card.

**You can find all details for our remaining  
2022 trips under the TRAVEL TAB at [www.steadyforlife.org](http://www.steadyforlife.org)**