



(256) 213-1976 www.steadyforlife.org

4th Quarter Newsletter 2022

CHECK OUT OUR NEW CLASS PHOTOS and TRAVEL PHOTOS ON THE WEBSITE

steadyforlife.org

Holiday Schedule

Thanksgiving Week: Classes on Mon & Tue only

Christmas Holiday: Closing Dec 19th – Jan 2nd.

CLASSES WILL RESUME ON JAN 3, 2023

Kim's Korner

Dear Steady Friends,

It seems like we just welcomed in the New Year and now we are planning activities that will wrap up 2022. It is my privilege to be leading such a special organization and group of instructors. The energy and excitement of you, our "Steadies", have made our jobs fun for nearly ten years now! We've learned how to take better care of ourselves, and to reach out and help others along the way.

~I'd like for you to hear from one of our students personally ~

Dear Kim,

I believe it is important to share with you... I recently discovered an additional benefit to my twice a week Steady for Life classes. My doctor had referred me to Physical Therapy for problems with my balance as I developed some neuropathy. At my evaluation we found that due to my work with SFL my body was already on the path to recovery, not nearly as badly damaged as thought. My muscle memory had a good foundation, thanks to Steady for Life! My recovery now looks to be easier and shorter. Thank you, wonderful instructors and my classmates who make this serious business of health, so very much fun!! Warmly, June

I'm convinced the best is yet to come, so jump in to one (or more) of the classes, events or travels coming your way through Steady for Life in this last quarter.

Enjoy this wonderful season,

Kim Davis, Director



STEADY FOR LIFE TRAVEL FAIR HIGHLIGHT!

The unveiling of our 2023 travel plans will take place on **November 14th at 2:00**. We have chosen the Mayfair Church of Christ Fellowship Hall for the Fair, so as to assure plenty of seating and great audio connections for our presentations. The address is 1095 Carl T. Jones Drive. Look for the Steady for Life signs in the front of the building. Volunteers will escort you to the Fellowship Hall. Registration will begin on this day, with preferred motor coach seating available for trip depositors. You may choose your seat on the chart.

This a FREE event, however RSVP's are required to Amy Farnsworth amfarn@gmail.com to assure you have seating and materials no later than November 12th.

STEADY FOR LIFE T-SHIRTS - \$12

We have had lots of requests for a t-shirt order. With cool weather right around the corner, many wanted to get a long-sleeve shirt. Whatever your sleeve length, neckline, size and color....it's best that you bring in the shirt(s) that you would like to have the SFL logo printed upon. Please place your t-shirt and your \$12 check made to Steady for Life in a bag with your name on it and deliver to your instructor or the Main Steady for Life office during class times. Unless you specify differently, all logos will be printed on the front. Deadline: October 20th.

Songwriter's Soirée

Mark your calendars for our very first "Songwriter's Soirée!" Coming up in just a few weeks our Steady for Life group is invited to attend a unique event featuring one of Huntsville's most accomplished songwriters! On Thursday, October 13, Jim Parker will share personal stories and songs with a small group of folks in a beautiful outdoor setting near downtown Huntsville. Jim's career spans several decades, first joining the music group, "The Illusions" which later changed its name to "The Kitchen Sinq." Transitioning to country music in the mid 1970's, Parker began to focus on songwriting. He still performed, opening for Sonny and Cher then touring with Dave and Sugar from 1980-81. Our very own Madison native has since created his own show



at the Von Braun Center's Playhouse called, "Jim Parker's Songwriter's Series" where he showcases the talent of various songwriters. Reserve your spot today for this fantastic event through our website – steadyforlife.org. We'll enjoy light hors d'oeuvres and drinks while listening to the music and storytelling of this talented artist and fellow

Huntsvillian! It's a Soirée you don't want to miss!

Thursday, **October 13th 2:00**, at the home of Trisha and Greg Bragg, 2319 Woodcliff Road, Huntsville. Tickets are \$18 and must be purchased in advance either through the SFL website steadyforlife.org OR a check made payable to Steady for Life and mailed to: 990 Gilstead Circle, Huntsville, AL 35802 - **no later than October 8th**. This event WILL sell-out.

(The Songwriter's Soirée replaces our Jones Farm Hootenanny that has been postponed until next year, due to the death of our friend, Ray Jones.)

MAPLE HILL CEMETARY STROLL

The Huntsville Pilgrimage Association invites us to the **October 16th** event that has grown to be one of the largest living history strolls in the nation. There will be over 75 costumed characters, traditional music, special exhibits and an expanded antique auto display. You will meet at least a dozen new characters featured this year. Not all are buried in Maple Hill, but they are essential in accurately reflecting the history of Huntsville. Some of the music will accompany character portrayals. Exhibits will highlight fascinating cemetery history



and recent restoration projects. Look for the antique autos in a chronological procession in the southern end of the cemetery.

For those who would like to go as a group, we will be taking the Mayfair church bus departing from the north side of Mayfair Church – 1095 Carl T.

Jones Dr. beginning at 2:00 p.m. We should be back to the church building by 4:00. Please RSVP on our website - steadyforlife.org OR by emailing: Kim@steadyforlife.org by October 12th . This event is free – however donations will be accepted at the site to assist the Huntsville Pilgrimage Association in preserving this historic cemetery, founded in 1882.

STEADY FOR LIFE CHRISTMAS PARTY



A Special Holiday Celebration for Steady for Life Members and a Guest



DATE: Tuesday, December 6, 2022 **TIME:** 11:30-1:30

PLACE: Fellowship Hall, First Baptist Church
600 Governor's Dr. (enter on the St. Claire side of the building)

MENU: Herb-Marinated Pork Loin, Chicken Champagne, Loaded Mashed Potatoes, Buttered Corn, Vegetable Medley, Cranberry Salad, Rolls & Butter, Chocolate Cake or Red Velvet Cake, Coffee & Tea

ENTERTAINMENT: Twickenham Jazz & Swing Band, With Special Vocalist, Stephen Davis

Santa Will Deliver Instructor's Christmas Presents

COST: \$20 for members \$25 for non-members

HOW TO REGISTER: Registration and payment can be completed on the Steady for Life website steadyforlife.org OR by mailing your payment to Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802

Please indicate on your check the event you are paying for.

All registrations must be made by December 1st.

Go Nuts!

We are excited to announce we are expanding our PECAN FUNDRAISER!! Pecans are a superfood! The American Heart Association has added Georgia Pecans to its list of certified heart-healthy foods. Pecans contain high amounts of antioxidants which are powerful nutrients that slow the aging process and reduce the risk of cancer, heart disease, diabetes and Alzheimer's. This year



we are offering a wonderful variety of pecans from the Georgia orchards of Schermer Pecans. These orchards have been in their family for over 70 years. We will be offering a variety of halves and pieces as well as chocolate covered! Order forms will be available at all Steady for Life locations beginning September 29th for you to take advantage of this opportunity to help us serve our Steadies!

- Order deadline is October 17th
- Cost will range from \$10 - \$15 per bag
- Pecans will be ready for delivery/pick up early November.

Please [click on the link here](#) to place your order and pay for pecans or you may mail your check and order to our accountant—Robin Engle, 7200 Avalon Dr. Huntsville, AL 35802

ORDER NOW!

TRAVELER'S NEWS

WE WILL SEE YOU AT THE TRAVEL FAIR – NOVEMBER 14TH

Fall Foliage Trains & Riverboats

ON THE ROAD AGAIN ... AFTER TAKING OFF THE HOT MONTH OF AUGUST, WE WILL ONCE AGAIN BE traveling in style for the last three 2022 SFL trips on First Class Charter .



Looking for boats & trains to take in the Fall foliage colors? Have you seen the awesome

new National Merit of Honor Museum in Chattanooga? Go behind the scenes with us at Unclaimed Baggage and let's unlock some mystery luggage. We have an "insider" who is going to show us the ropes. We have 5 spaces left on this **October 24-25 FALL FOLIAGE** trip. Let us know if you want one!

Christmas Barn Bash Day Trip

There are some travelers who **ONLY** want DAY TRIPS. This is your last chance this year. On Saturday, **November 26th** I will share with you some of my favorite things and places in Columbia & Mt. Pleasant, Tennessee. Those places include, lunch at Mt. Pleasant Grill, visiting our 11th President, John Knox Polk's house, the Mt. Pleasant 3-story History Museum, Browsing around the square at boutiques, emporiums, Ye Peddler Holiday, Milltown Coffee, an art gallery, watching a demonstration of guitar making in Verita's Custom Guitar shop, to name a few.



A perfect way to kick off the holiday season.

Guys might enjoy visiting BriarWorks, providing customers with seriously high quality pipes, crafted through an artisanal lens.....what a

collection! I plan to schedule a demonstration for those who are interested. There will be plenty of places to just chill and take in the holiday decorations, if you prefer.

At 5:00, we have reservations for an included dinner at Puckett's in downtown Columbia before heading south to our MAIN attraction – The

Christmas Barn Bash Show at the Phelps Family Barn in Culleoka, TN. David Phelps, formerly with The Gaithers, rings in the holiday season surrounded by fellow music lovers. This show will lift up beloved Christmas classics, new and old. From the upbeat "Hallelujah," to the soaring "O Holy Night," we honor the gift of Jesus to the world.

Savannah, Charleston, Beaufort, Myrtle Beach & Dahlonga

On **December 5-9**, back by popular demand is our fabulous 5-city tour visiting Savannah, Charleston, Beaufort, Myrtle Beach and Dahlonga. The Christmas sights & lights, shows & food you will experience during these five days is much more than space allows to feature. You can find the complete itinerary and all details on the TRAVEL PAGE of our website: steadyforlife.org. A few spaces remain on this trip. It will sell out for sure!

