



Remember Memorial Day ~

To all our military veterans, we salute you and thank you for your service to the great USA!

We have enjoyed lots of hugs and smiles this month as we see your lovely faces once again! Three more class locations opened in May and we anticipate two more in June. Here is the June class schedule:

STEADY for LIFE

June SCHEDULE

Southeast Huntsville area:

MAIN LOCATION - 7900 Bailey Cove Rd., Suite F

9:00 REV It Up! + ZOOM (M, W, F) - Paula
10:00 Balanced Body III (M,Th) – Helen & Britney
11:15 Balanced Body II (M, Th) – Karleen & Beth
12:30 Gentle Yoga + ZOOM (M) - Karleen
10:15 Gentle Yoga + ZOOM (W,F) – Amy & Britney

VALLEY UNITED METHODIST CHURCH - 1410 Drake Ave.

1:00 Mixed Balance Levels (T,Th) - Amy

Hampton Cove / Owens Cross Roads area:

OWENS CROSS ROADS CHURCH OF CHRIST - Hwy 431 South

10:00 Balanced Body III + ZOOM (T,Th) – Debra

Madison / Monrovia area:

MONROVIA CHURCH OF CHRIST - 595 Nance Rd., Madison

11:00 Yoga (T) – Chris
11:00 Move to the Music (Line Dancing) (TH) – Donna

MOUNT ZION BAPTIST CHURCH – 228 Mt. Zion Rd., Huntsville

1:00 Mixed Balance Levels (T, F) - Paula

THE LODGE RETIREMENT COMMUNITY – 451 Johns Rd., Huntsville

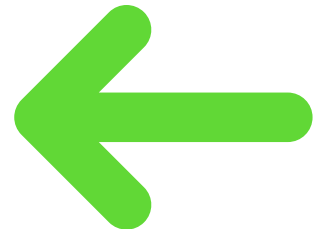
1:00 Mixed Balance Levels (M, TH) – Helen & Paula

Meridianville / Hazel Green area:

MERIDIANVILLE BAPTIST CHURCH – 175 Monroe Rd., Meridianville

11:30 Mixed Balance Levels (T, TH) - Paula

MONTE SANO, HOLMES STREET, NATIVITY, NEW MARKET, & SCOTTSBORO - (tentatively)
scheduled to open Summer 2021!



It's good to be planning group activities again, too! Here are two coming in JUNE:

LINE DANCING WORKSHOP FOR BEGINNERS ~

Our new Line Dancing instructor, Donna Sisk, is going to be doing a free 4-week Line Dancing workshop for newbies beginning June 9th at the Main location, 7900 Bailey Cove Rd., Ste F. This will be each Wednesday in June from 11:30-12:30. Please RSVP to dsisk51@gmail.com or kim.steadyforlife@gmail.com to register for this workshop. (No experience necessary.)

SAFE DRIVING REFRESHER COURSE ~

Just as classes had to close down last year, we were about to have Karen Hislop, owner of Therapy Achievements, present a Safe Driving Refresher Seminar. This has been scheduled for Friday, the 18th of June @ 11:30 - NO CHARGE. Please send your RSVP to Paula Williams at paulatwilliams@att.net.

Coming in August - **Cardio Drumming Class!**



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More information coming in July newsletter.

***No classes on



July is the month for DISCOUNTS!

REMINDER: Pre-pay months are JANUARY and JULY. Pre-payers get a discounted rate for their classes. Your instructor has the rates for you. A letter will be arriving by mid-June to those who are already set up for pre-pay with your discounted amount.

Please be one of the folks who helps the accounting department and your instructor by paying your monthly tuition on the first class of each month! For those who don't want to have to think about writing a check every month, we do offer automatic deduction through credit card or account debit. If you are interested, let us know and we will facilitate getting that set up for you!

For the Steady Travelers:

After the New York City groups , The Coasters, The Platters & The Drifters, having to postpone their concert twice because of the pandemic, Milltown Music Hall in Bremen, GA will be hosting them on December 11th. I promised many of you that we would reschedule.....more information is included below, along with the remaining SFL trips.





2021 Steady for Life Tours



Sept 21-28, 2021 **Canadian Rockies Train Tour** – GOLD LEAF accommodations on the **Rocky Mountaineer** delivering us to the doorstep of the **Athabasca Icefields, Jasper & Banff National Parks** – and so much more.



Oct. 1-2, 2021 The annual **Mystery Trip** is one of our favorite events. Every hour will be a new surprise!



October 20-26, 2021 – **Heart of Texas Tour** featuring **Dallas/Fort Worth, Waco**. Tour **Joanna Gaines' Magnolia Market, the Silos** and beautiful **San Antonio with its Alamo**. Many more highlights planned!



December 6-10, 2021 – **Holiday Tour** – visiting gorgeous **Savannah, Charleston, Beaufort, & Dalonega**. PLUS the best Christmas shows on the east coast in **Myrtle Beach!**



December 11, 2021 – Day trip to Milltown Music Hall in Breman, GA to see New York City's **The Coasters, The Platters & The Drifters** (including dinner) Trip flyer will be coming soon! **Currently making a list of those who are interested.**

Details of each trip are highlighted from our Steady for Life YouTube link: <https://www.youtube.com/channel/UCYXsl9BC9qDO8FkQhVO-ixw>

You may also print copies of complete itineraries from www.steadyforlife.org. Just click on the TRAVEL tab to be directed to the travel flyers and registration forms.

UPDATING THE STEADY FOR LIFE MEMBERSHIP LIST:

After a year of not being together, we are making a concerted effort to make sure that our database is current. Your instructor may ask you to complete an updated registration form so that we can capture any changes that may have taken place during the pandemic. Beginning in July, we will go back to the full color newsletters with interesting articles, pictures, and announcements. If for some reason you would prefer to no longer receive communications from Steady for Life, we respectfully ask that you let us know. Otherwise, we will assume that you want to be kept up to date! Likewise, if you are not active with SFL classes any longer, we will be moving you to an inactive status.

Enjoy your Summer and remember to.... **BE WELL ON PURPOSE!**

Kim Davis

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