

Hello Friends,

Greetings from all of us at Steady for Life. We know you are as excited as we are that Covid vaccines are now an option for many of us. During the next few weeks we will begin making plans to resume many of our class locations. We have a "re-opening" committee consisting of Steady for Life Board members and will share our plan with you by mid-March, as we anticipate being back together in April. Some of the zoom classes will continue if the number of students support it, but schedules may change as instructors move back into their regular scheduled in-person classes. Stay tuned!

We are excited to announce that this Spring we will be offering a new class. It will be a combination - **Drumming and Stretch**. We will begin at the Main location and hope to expand if it receives the popularity that we are expecting. You may register for this class in March when the schedule is released.

Another exciting project being spear-headed by a committee of our Board is a **SILENT AUCTION** for Steady for Life. **This month of February** we will be delighted to receive one or more items that you choose to donate (as a tax deduction) for the auction. The Chairperson, Kathie Barnett would love to hear from you. Please email her at [klbarnett@me.com](mailto:klbarnett@me.com) if you have questions. We are thankful to our Steady for Life art students who are painting special original art just for this Silent Auction.....including our Master Art Instructor from New York City!

Why have a Silent Auction? Unfortunately, less than half of our Steadies were able to continue their exercise program last year due to the quarantine precautions. This fundraiser will help Steady for Life recover from that short-fall in 2020 tuition. We will communicate with you the first of March on how to view and bid on these items as we get the website set up and pictures uploaded of your donated items. Note: Gift cards and smaller items may be combined to make gift baskets.

Speaking of art - a new 4-session Acrylic Art lesson will begin next Tuesday (Feb. 9th) at noon. Many of us started with no artistic skills and Sarah Scholl, our instructor has made artists out of us!!! Give me a call if you'd like to join in the fun - 256-213-1976.

Once again, Paula Williams has put together a fun February Activities Calendar. You will want to check it out....see the attachment below.

For our travelers, all trips this year are on schedule as we had planned them for dates after the vaccines were to be available. The only change we have made is bumping the Canadian Rockies Train Tour to September so that we could enjoy Fall Foliage..... along with the Glaciers. The new date is published in the attached flyer. Check out all SFL trips on our website: [www.steadyforlife.org](http://www.steadyforlife.org). Just click on the TRAVEL tab.

Last, but not least is the new flyer that we are passing out to physicians & PT's who are asking about our modified classes schedule while most are still quarantining. Feel free to forward this attachment to those who might be interested and let us know if you'd like for your physician to have copies for his/her patients.

Since the Groundhog saw his shadow today, I guess we will bundle up a little longer. Stay warm and healthy until we see you again.

Be WELL.....on PURPOSE,

*Kim Davis*

Executive Director

(256) 652-2912

[kim.steadyforlife@gmail.com](mailto:kim.steadyforlife@gmail.com)

[www.steadyforlife.org](http://www.steadyforlife.org)



# February

2021

## SFL ZOOM Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
			Creative Writing - 4 pm	Watercolor Art - 2:00pm		
7	8	9	10	11	12	13
	Valentine's Day Trivia - 11:30 am	Acrylic Art - 12 pm	Creative Writing - 4 pm	Watercolor Art - 2:00pm	Valentine's Day Word Scramble - 1:30 pm	
14	15	16	17	18	19	20
		Acrylic Art - 12 pm	Creative Writing - 4 pm	Watercolor Art - 2:00pm	Cooking Healthy with Paula - 4:00 pm	
21	22	23	24	25	26	27
		Acrylic Art - 12 pm	Creative Writing - 4 pm		Stretch and Relax - 11:00 am	
28	1	2	3	4	5	6
7	8	9	10	11	12	13

Steadyforlife.org

Kim Davis, Executive Director  
256-213-1976  
Kim.steadyforlife@gmail.com

SPECIAL Covid Edition - check [www.steadyforlife.org](http://www.steadyforlife.org) for new Classes, locations, and updated information



Building blocks for Healthy, Graceful Aging.

## Bringing Balance to Your Life

### Our Mission:

Providing an environment for Life Balance to Nurture Confident Healthy Aging in Body, Mind, and Spirit.

### Our Classes are designed to:

- *Improve strength and balance*
- *Increase flexibility*
- *Diminish the risk of falling*
- *Promote confidence in graceful aging*
- *Nurture body, mind, & spirit*

Check out our website for schedules, photos, trip information, and availability of classes and events open to our community.

[www.steadyforlife.org](http://www.steadyforlife.org)

Steady For Life is a non-profit 501 (c)3 agency.

At Steady for Life you will find a friendly, caring staff. All of our instructors study to be on the cutting edge of fall prevention and senior fitness. The combined experience of our instructors exceeds 100 years!

Classes are seated and/or standing. We provide individual options designed to strengthen your whole body (core, spine, ankles, legs, hips, arms, shoulders, internal organs and more) which enhances the energy systems of the body.

Steady for Life classes enjoy fellowship beyond class time: picnics, parties, trips, luncheons, seminars, game days, healthy cooking, service projects, plays, and movies. Come join the fun!!!

### OUR CURRENT EXERCISE AND BALANCE CLASSES

#### ZOOM Classes

##### Rev It Up Balance

For those who have good balance and want to keep from being compromised. This is our most advanced class incorporating aerobics and hand weights.

##### Balanced Body III

Designed for maintaining good balance. This class emphasizes balance in motion using low impact aerobics combined with coordinated movement and strength training.

##### Balanced Body II

Designed for improving balance with targeted techniques to get you moving more. Increase your strength and stamina with Therabands, light weights and other creative tools that address vital muscle groups.

##### Yoga for Beginners

In the chair or on the mat, this class is truly for everyone. We respect and care for our bodies in this class. Excellent stretching opportunities.

Contact Kim Davis 256-213-1976 for class information, times, and ZOOM links.

#### In person classes

7900 Bailey Cove Rd. Ste. F  
Huntsville

(Watch our website for additional classes and locations.)

##### Balanced Body III

Tuesday & Thursday  
10:00—11:00 AM

##### Balanced Body II

Tuesday & Thursday  
11:15 - 12:15

##### Intermediate Yoga

Mon. 10:00—11:00  
Wed. 12:30—1:30

Emphasis on deeper stretching, flexibility, proper breathing techniques and exploring poses and transitions.

Monthly fees for balance and yoga classes:

- 2 classes per week \$24
- 3 classes per week \$30
- 4 classes per week \$42

Socialization is a key component of Steady For Life! You will find many opportunities to meet new people. During CoVid, some of our activities have moved to ZOOM, but we will all be thankful when it is safe to get together again!

## Beyond Balance

In addition to improving your balance and strength, Steady for Life is a place to have fun and learn new skills.

Some of our current activities are:

- Painting with Acrylics Class
- Watercolor Painting Class
- Creative Writing Class
- Healthy Eating Cooking Classes (free)
- Plus games and activities galore!

We have other activities *on hold* until we come back together this Spring.

Art and writing classes are \$25 per month. Contact Kim Davis (256-213-1976 or Kim.steadyforlife@gmail.com) for availability of classes.

### One Balance or Yoga Class

**FREE**

Steady For Life

ZOOM or In Studio

Kim Davis 256-213-1976

## Travel with our Steady for Life family

Join our fun-loving Steadies on exciting trips around the Southeast and beyond! Discover new locations and friendships. Our Steady for Life travel program is open to everyone. For trip details, go to [www.steadyforlife.org](http://www.steadyforlife.org) and “click” on the **TRAVEL** tab.

### Music, History, Nature & Fine Food

Auburn, LaGrange, and Bremen

April 30 - May 1, 2021

### Top Secret Tennessee

East Tennessee • June 1 - 2, 2021

### Mamma Mia!

Tuscaloosa, AL • July 24, 2021

### Canadian Rockies by Train!

Vancouver to Banff • Sept. 21-28, 2021

### Mystery Trip 2021

September 24 - 25, 2021

### Heart of Texas

Dallas/Fort Worth, Waco, & San Antonio

October 27 - November 2, 2021

### Christmas Tour 2021

Savannah, Charleston, Beaufort,  
Myrtle Beach and Dahlonga

December 6 - 10, 2021

# Canadian Rockies !

## Vancouver to Banff

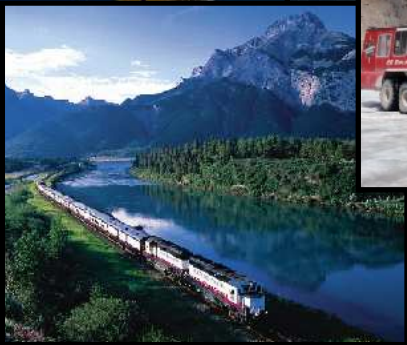
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### “Rocky Mountaineer Rail”

September 21 - 28, 2021



Glacier Explorer



Gold Leaf Service



The Sutton Place



Royal Canadian Lodge



Your journey will begin with a visit to the fabulous west coast cities of **Vancouver and Victoria**, then journey through the Rocky Mountains of Alberta on the world’s most spectacular rail journey, the “**Rocky Mountaineer**”, which delivers it’s passengers to the doorstep of the **Icefield Parkway, the Athabasca Icefields and Jasper and Banff National Parks.**

#### Some Highlights include:

- Victoria & Butchart Gardens**
- Capilano Suspension Bridge**
- Three nights Vancouver**
- Three Nights Banff**
- 2- day Rocky Mountaineer Rail (GOLD LEAF)**
- Banff & Jasper National Parks**
- Lake Louise & Bow River Valley**
- Icefields Parkway / Ice Explorer Tour**
- Sulphur Mt Gondola / Bow Falls**
- Thirteen Meals!**

#### Lodging:

- Sutton Place, Vancouver**
- Delta Royal Canadian Lodge**

#### Price includes:

- Fully Escorted Tour
- Small Group Tour
- Thirteen Meals
- Luggage Handling
- Daily complimentary water on coach
- Photo Book of Tour
- Gratuities
- Roundtrip Air from Huntsville



For more information Contact:

**Kim Davis**

256-652-2912 [kim.steadyforlife.com](http://kim.steadyforlife.com)

**\$5995 PP Dbl** (includes air)

**\$1195 Sgl Supplement**

**\$466 for optional travel insurance**

**Final Payment due by April 1, 2020**

### **Day One - Sept 21, 2021 - Sutton Place, Downtown Vancouver**

Welcome to Canada and one of its most beautiful cities, Vancouver. Past host of the 2010 Winter Olympics, Vancouver is located on a large natural harbour, surrounded by the rugged Coastal Mountains. If time permits, on the way from the airport we'll visit Queen Elizabeth Park and do a little sightseeing before arriving at our hotel, the beautiful *Sutton Place*, for the next 3 nights. Dinner tonight will be at Steamworks, a cheery restaurant and brew pub in historic Gastown. (**Welcome Dinner Reception**)

### **Day Two - Sept 22, 2021 - Sutton Place, Downtown Vancouver**

An early morning departure will take us to the BC Ferry for a spectacular 90-minute cruise through the Gulf Islands to Vancouver Island. Our first stop will be at the world-famous Butchart Gardens where there will be lots of time to explore the 50-acres of color and floral beauty. Later we'll travel the short distance to Victoria, capital city of British Columbia and one of the most beautiful cities in Canada. After a short city tour there will be time to explore the shops, museums and galleries of this little bit of "Old England". Late in the afternoon we board our deluxe BC Ferry and enjoy a fine buffet dinner as we cruise back to the mainland through the Gulf Islands. (**Breakfast & Dinner**)

### **Day Three - Sept 23, 2021 - Sutton Place, Downtown Vancouver**

Arise this morning for a guided city tour of Vancouver to include the University of British Columbia, Chinatown, Gastown, Stanley Park and Canada Place. While at Canada Place the group will experience FlyOver Canada, an immersive ride that allows individuals to soar over Canada's breathtaking scenery. After our included lunch we take a walk on the wild side, on the Capilano Suspension Bridge. Crossing the Capilano river, this is certainly one of Vancouver's most popular attractions. (**Breakfast & Lunch**)

**Day Four & Day Five - Sept 24 - 25, 2021 - Rocky Mountaineer Rail/Kamloops Hotel** Board Rocky Mountaineer Rail for our spectacular 2-day journey in "Gold Leaf Class", from Vancouver to Banff. On day one the train travels along the rugged cliffs of the Fraser River surrounded by the peaks of the Coastal and Cascade mountains, later in the day we join the Thompson River system and climb to the British Columbia's interior plateau. On day two we pass along the shores of the Shuswap Lakes where we'll enter the Purcell Mountains and cross the majestic Columbia River. We tunnel under Rogers Pass and into Yoho National Park. Traveling through the famous Spiral Tunnels, the train enters the province of Alberta and Banff National Park. A leisurely pace along the banks of the Bow River brings us to the end of our memorable rail journey as we arrive in the iconic Alpine resort of Banff, where we spend the next three nights in the **Delta Banff Royal Canadian Lodge**. (**Breakfast, Lunch, gourmet snacks both days**) On this train we enjoy the highest level of quality, the "Goldleaf" service which truly makes this a **Five Star Experience!** Goldleaf service includes the following:

- **Bi-level dome with seating above and dining below**
- **Fully domed windows with panoramic views upstairs**
- **Private dining room with large picture windows on the lower level**
- **Gourmet meals and full staff & culinary team**
- **Gourmet snacks**
- **Reclining, comfortable seating with ample leg room**
- **Complimentary alcoholic & non-alcoholic beverages throughout the journey**
- **Viewing in a large, exclusive outdoor viewing platform**
- **Full storytelling included**
- **Luxurious hotel accommodations and luggage handling in KamloopsDay**

### **Day Six - Sept 26, 2021 - Delta Banff Royal Canadian Lodge, Banff**

Travel on one of the most scenic highways in the world – The Icefields Parkway. We'll journey through two majestic mountain passes, as well as, Banff and Jasper National Parks on our way to the amazing Columbia Icefields, one of the largest glacier masses in North America. We'll ride on the Athabasca Glacier in a specially built Ice Explorer and learn about the incredible geological history of the glaciers and mountains. On our return we'll view azure-blue Peyto and Bow Lakes and the intriguing Crowfoot Glacier. (**Breakfast**)

### **Day Seven - Sept 27, 2021 - Delta Banff Royal Canadian Lodge, Banff**

Today we discover Banff, Lake Louise and Yoho National Park. Following the Trans-Canada Highway and the Bow River we visit Castle Mountain, Lake Louise, and of course, the famous Fairmont Chateau. Other stops include thundering Bow Falls, the mysterious "Hoodoos," and the famous Banff Springs Hotel. A little shopping time is in order in the heart of Banff. Our farewell dinner tonight will be at the top of 7500 ft Sulphur Mountain, which we climb via the famous Banff Gondola. Here we will enjoy superb Alberta cuisine while viewing the amazing Rocky Mountain vista that surrounds us on all sides. (**Breakfast & Farewell Dinner**)

### **Day Eight - Sept 28, 2021 - Home**

This morning we transfer to the Calgary airport for a restful trip home with amazing memories of our Canadian Rockies tour! (**Breakfast**)