



SFL Newsletter - 3rd Quarter



VISIT: www.steadyforlife.org

July 2021

Kim's Korner

WELCOME to our many new Steady for Life members! We hope you will reap many rewards by being in our program and associating with our fun-loving "Steadies".

In May & June, we had workshops for Cardio Drumming and Line Dancing to gauge interest in these new potential additions to our class curriculum. Both were well received and I'm happy to announce that **Beginner's Line Dancing** class will officially begin on Wednesday, July 7th at 11:30-12:30 at the Main studio - 7900 Bailey Cove Rd. Suite F. Donna Sisk is our Line Dancing instructor and has done a marvelous job teaching our workshop this month.

In August, beginning on Friday, the 6th, our **Cardio Drumming** class will begin at 11:30-12:30 at the Main Studio taught by Amanda Reynolds and Yours Truly. No experience is needed for either of these classes. I will be delighted to give you a demonstration of what the class entails anytime you want to drop by the Main studio. You will add \$12 to your monthly tuition if you'd like to take either of the classes.

ALSO in August, Steady for Life will be launching another location in SCOTTSBORO. On Mondays & Wednesdays at 10:00, Balance class will be taught by Jill Russell at 53 Boy Drive. We will be hosting an introductory class on July 28th at 10:00 am at this location. Plans are underway to open our New Market class in August, as well.

Read on to learn other new happenings at Steady for Life...

Kim Davis, Director
256-213-1976



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. If you choose not to pre-pay, then we kindly ask that you have your tuition ready the 1st class of every month. After the 10th of the month, we will assess a \$5 late fee. Please don't be on this list!



Please honor that we **DO NOT** accept cash for tuition payments. Our instructors have many responsibilities, and we can't ask them to keep up with cash. We continue to offer monthly deduction options through credit card or account debit. Just ask!

We are excited to announce that we now participate with Venmo! If you choose this format, please email our wonderful bookkeeper, Robin, at robin.l.Engle@gmail.com and she will assist you!

MONDAY, JULY 5th is the official day that our Independence Day will be observed. There will be no classes on that day.



2021 Steady for Life Tours

MUCH FUN AND LAUGHTER WAS EXPERIENCED ON OUR FIRST TWO TRIPS THIS YEAR.

Pictured here are some of our group!



Jill behind bars!



Making memories as a group!



Bill, Glenn, & Gerald outside the Brushy Mountain State Penitentiary.



Adessa & Carla....da plane!



SFL with the War Eagle.



UPDATE ON CANADIAN ROCKIES TOUR -

We were disappointed that Canada announced this week that they will not be opening their borders for several more months. This caused us to have to reschedule The Canadian Rockies by Train tour to June 7-14, 2022. The itinerary and pricing will stay the same. Registration is now open again for this tour.



2021 Steady for Life Remaining Tours



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!** **THIS TOUR IS NOW FULL and a waitlist has been started.**



December 11, 2021 – Day trip to Milltown Music Hall in Breman, GA to see New York City's **The Coasters, The Platters & The Drifters** with some **Ft. Payne** included! **Details in the flyer on the last page.**

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

UPCOMING HEALTH SEMINAR

When: September 15, 2021
(Wednesday) at 1:00 pm

Where: Main Studio, 7900 Bailey
Cove Rd, Suite F

Speaker: Katie Stromei, PharmD, MBA

Topic: Medications Work Differently
in Older Adults: How to
Avoid Dangerous Pitfalls



We Love Sharing About Our Steadies!

"In my late 50s, I was struggling with autoimmune issues. The immune system attacking my nerves was taking away my ability to walk for more than half a mile. I did work on my own to keep the body moving: climbing stairs, riding a bicycle, walking half a mile in the neighborhood. I also started doing yoga for mature adults at YMCA. Through this class, I learned of Steady for Life exercise classes at a local church; the classes had me challenging my muscles and nerves and kept them working. Except for the COVID-19 period, I have been attending SFL classes regularly. In addition, a big part of keeping the immune system in check is to keep the stress at a low level. The crews that run SFL are supportive and professional and keep the stress level of participants low. It has been good for my body and brain to find and be on the Steady for Life path."

~Robert



THE DRIFTERS, THE PLATTERS, & CORNELL GUNTHER'S COASTERS PLUS A LITTLE FORT PAYNE

SATURDAY, DECEMBER 11, 2021

TRIP COST \$110 (SFL MEMBERS); \$125 (NON-MEMBERS)

INCLUDES TOUR OF ORBIX HOT GLASS COMPANY, ADMISSION TO ALABAMA COUNTRY MUSIC GROUP MUSEUM IN FT. PAYNE, SHOW ADMISSION, DINNER, DELUXE MOTORCOACH TRANSPORTATION

OPTION BLOW YOUR OWN CHRISTMAS ORNAMENT (FEE APPLIES)

PICK-UP TIMES: 9:00 ASBURY CHURCH IN MADISON 9:30 MAYFAIR CHURCH IN HUNTSVILLE



It's not a concert, it's a party! Spend a nostalgic evening saluting 3 of the world's most beloved musical groups who were instrumental in creating the Rock & Roll/Doo Wop sound: Cornell Gunter's Coasters ("Charlie Brown," "Yakety Yak," "Poison Ivy"); The Platters featuring 4 of America's premier singers performing their greatest hits ("Only You," "Smoke Gets In Your Eyes," "The Great Pretender"); and The Drifters, one of Rock & Roll's founding vocal groups touring the U.S. again under the auspices of their original management team with their 50 year catalog of hits ("Under the Boardwalk," "Up on the Roof," "This Magic Moment," and "On Broadway").

Combined, these three Rock & Roll Hall of Fame groups have been associated with well over forty of the top classic songs in Rock & Roll history. From "Under the Boardwalk" to "Only You" to "Yakety Yak", very few artists can boast of a richer musical resume. With such incredible musical diversity - from the comedy of Cornell Gunter's Coasters to the romance of The Platters to the Motown Magic of The Drifters - this show has songs to please every palate, delivered just the way you remember them, when you first heard them on the radio.

RESERVATIONS

Reservation form(s) must be completed and turned in at the Steady for Life Main Office or mailed in with a check.

PAYMENTS

A \$25 deposit check will be collected at the time of registration, with the final payment due November 1, 2021.

Note: Quoted price includes 3% check discount. If paid by other method, a 3% convenience fee will be added.

If paying by check, make payable to Steady for Life and notate this is for MILL TOWN. Either drop check off at the Steady for Life office during hours below or mail to Kim Davis.

STEADY FOR LIFE 7900 Bailey Cove Rd., Suite F
MAIN OFFICE Huntsville, AL 35802
M/W/F 9:00am-Noon

KIM DAVIS 990 Gilstead Circle
Huntsville, AL 35802
Kim.SteadyForLife@gmail.com

Steady For Life Class Schedule

Location	Class	Days	Time	Instructor
Steady for Life - Main 7900 Bailey Cove Rd. Suite F Huntsville	Gentle Yoga	M	1:00 pm - 2:00 pm	Britney
	Gentle Yoga	W, F	10:15 pm - 11:15 pm	Britney & Amy
	Rev It Up! Balance	M, W, F	9:00 am - 10:00 am	Paula
	Balanced Body - Level 3	M, Th	10:00 am - 11:00 am	Britney & Helen
	Balanced Body - Level 2	M, Th	11:15 am - 12:15 pm	Beth & Helen
	Line Dancing	W	11:30 am - 12:30 pm	Donna
Monte Sano United Methodist Church 601 Monte Sano Blvd. Huntsville	Gentle Yoga	Tu, Th	9:00 am - 10:00 am	Karleen
	Balanced Body - Level 3	Tu, Th	10:15 am - 11:15 am	Helen
Owens Cross Rds. Church of Christ 3229 Old Highway 431 Owens Cross Roads	Balanced Body - Level 3	Tu, Th	10:00 am - 11:00 am	Debra
Mount Zion Baptist Church 228 Mt. Zion Rd Huntsville	Balanced Body - Level 2	Tu, F	1:00 pm - 2:00 pm	Paula
Holmes St. United Methodist Church 501 Holmes Ave. Huntsville	Balanced Body - Level 2	Tu, Th	1:00 pm - 2:00 pm	Helen
Monrovia Church of Christ 595 Nance Rd. Huntsville	Yoga	Tu	11:00 am - 12:00 pm	Chris
	Move to the Music	Th	11:00 am - 12:00 pm	Donna
Valley United Methodist Church 1410 Drake Ave. Huntsville	Balanced Body - Level 2	Tu, Th	1:00 pm - 2:00 pm	Amy
First Baptist Church of Meridianville 175 Monroe Rd. Meridianville	Balanced Body - Level 2	Tu, Th	11:30 am - 12:30 pm	Paula