

# STEADY for LIFE



Brenda Devers



Amy Farnsworth



Beth Flatt



Helen Ford



Carla Huggins



Chris Irrgang



Karleen Killen



Amanda Reynolds



Jill Russell



Britney Shoemaker



Donna Sisk



Debra Wade



Fred Walker



Paula Williams

## SFL Newsletter 4th Quarter 2021

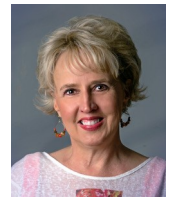
### Kim's Korner

Hello Steadies,

In this issue of our newsletter, we honor and say thank you to our STEADY instructors! Recently, they participated in an in-service day where we enjoyed time together learning new things and refreshing practices that we have done with you in classes. We strive to keep our classes interesting and ever-changing.



We have some fun activities planned for you this quarter. Come enjoy time together outside of classes, as well. It's a way for us all to get to know each other better. Read on and pick out something of interest to you.



## Twitty & Lynn: A Salute to Conway & Loretta

Tayla Lynn and Tre Twitty have country music in their blood as the grandchildren of famed duo Loretta Lynn and Conway Twitty. They have taken to the road to honor their grandparents in an intimate evening of music and story-telling. We will be taking the Mayfair church bus to Decatur, departing at 6:00 from the church parking lot – 1095 Carl T. Jones Dr., Huntsville.



Tickets are \$45 and can be purchased through Steady for Life by sending a check made payable to Steady for Life and mailing to 990 Gilstead Circle, Huntsville, AL 35802. You may also drop off your ticket payment at the Main location Monday, Wednesday, Thursday or Friday mornings. Please indicate which show(s) the payment is for. Deadline for purchase is Oct. 3rd.

**Where:** PRINCESS THEATRE IN DECATUR, AL  
**When:** Friday, October 8, 2021

## "YESTERDAYS" LUNCHEON SHOW

It's been 3 years since we enjoyed a lunch and show at YESTERDAY'S EVENT CENTER in Tanner, AL. We have chosen October 21st to see The "Cadillacs", a favorite oldies, doo-wop, and old country band. Some of you will remember them playing at our picnic at Jones Farm three years ago. Lunch will be served at 11:00 with the show following. We will



The Cadillacs

depart from the Mayfair church building on the church bus at 10:00 a.m. Tickets for lunch & the show are \$15. We appreciate the JOY group at Mayfair for sharing their bus with us! You may send your payments payable to: Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802.

Deadline is October 10th.

**Where: YESTERDAY'S EVENT CENTER IN TANNER, AL**  
**When: Thursday, October 21, 2021**

## The World-Famous GLENN MILLER Orchestra

The Glenn Miller Orchestra, with its unique jazz sound, is one of the greatest bands of all time. Originally formed in March 1938, the present Glenn Miller Orchestra was formed in 1956 and has been touring consistently since, playing an average of 300 live dates a year all around the world.



The Glenn Miller Orchestra

They will be at the Princess Theater in Decatur Saturday, November 20th. Again, we will travel on the Mayfair church bus, leaving Mayfair at 6:00 PM. The 2 ½ hour show starts at 7:00. Tickets are \$45 and can be purchased by a check made payable to Steady for Life and mailing to 990 Gilstead Circle, Huntsville, AL 35802.

Deadline for Ticket Purchase is: November 7th

**Where: PRINCESS THEATRE IN DECATUR, AL**  
**When: Saturday, November 20, 2021**

## LEAVES ARE FALLING - AUTUMN IS CALLING!!!!

Nature will be calling us into its arms as we enjoy some hiking trails around our beautiful Madison County.



Monte Sano, Hayes Nature Preserve and Green Mountain will be bursting with color as we have three AUTUMN hikes planned. All hikes will be within 1 hour.

**October 19th, 2:00** – Karleen Killen will lead a Monte Sano hike originating at the park entrance (park entrance is \$4 at the gate). We will have a brown bag lunch @ 1:00 for those who would like to picnic together in the park.

**October 27th, 1:00** – Kim Davis will lead a hike at Hayes Nature Preserve in Hampton Cove. Afterwards, she will serve banana nut bread & coffee or lemonade at her home in Jones Valley.

**November 4th, 2:00** – Janice Gleason will lead the Green Mountain hike. She will host the hikers around a bonfire in her backyard on Green Mountain. We plan to roast marshmallows and have a sing-along!

**RSVP is required for any or all of these hikes by emailing Kim Davis - [kim.steadyforlife@gmail.com](mailto:kim.steadyforlife@gmail.com). She will send out final details to those who have pre-registered.**

## Pecans & Poinsettias Fundraisers

A big **THANK YOU** to those who have helped us in recovery from the pandemic this year! We need your help to finish the year strong by purchasing our beautiful **POINSETTIAS** and delicious **WHALEY'S PECANS!**

- ◆ Pecans contain high amounts of antioxidants.
- ◆ Pecans make great snacks.
- ◆ Pecans are perfect for holiday baking.
- ◆ Pecans make great gifts EVERYONE can use.
- ◆ Pecan fundraiser will help us continue to serve our Steadies!

**ORDER NOW!**

-Order deadline is October 13<sup>th</sup>

-Cost: \$15 per 1 pound bag of Large Shelled Pecan Halves

-Pecans will be ready for delivery/pick up early November.

Please [click on the link here](#) to place your order.



*Once your form is submitted, please remit a check for pecans to:*

**Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802**

Forms will also be available at the Main Steady for Life location and can be filled out and submitted with your check, there. Be sure to write on the memo line that the check is for pecans! As always we have the option of paying through Venmo.





Here are our Steady for Life Poinsettias being grown, watered and cared for, awaiting arrival in your home for the holiday season!

Please [click on the link here](#) to order your two varieties .

You may also order at the Main studio on Monday, Wednesday, Thursday or Friday mornings. For your convenience we also have VENMO set up as an option for

pecan and poinsettia orders. **PLEASE HAVE ALL ORDERS IN BY OCTOBER 20<sup>TH</sup>**. We will call or email you right after Thanksgiving with our pick-up date and locations in Madison & Huntsville.

## TRAVEL FAIR - NOVEMBER 18TH

Your Steady for Life Travel Committee is busy putting trip itineraries together to reveal the 10 trips planned for 2022! Join us at 2:00 for our free travel fair at the new Sandra Moon Complex on Bailey Cove Rd. for the **BIG REVEAL**. We will begin taking



reservations that day for all the exciting excursions we have planned for you!

RSVP's are necessary to assure enough seating and printed trip flyers. You may email your reservation to Amy Farnsworth. Her email address is:

[amfarn@gmail.com](mailto:amfarn@gmail.com).



*On September 17<sup>th</sup>, the Steady for Life Board invited City Councilwoman, Jennie Robinson to visit their*

*meeting and share updates on Huntsville/Madison Counties tremendous growth. Pictured are Board members; Laura Mickels, Denise Tyrriver, Sharron Pate, Jim White, Robert Thom, Carolyn Lord, Kim Davis, Laura Rau, Freddia Scott and SFL accountant, Robin Engle.*

We will kick off the new year with our **ANNUAL STEADY & STRONG FAIR - January 12<sup>th</sup>** . More info to follow in the next newsletter.

### Holiday Schedule for SFL

Thanksgiving Week classes will meet on Monday & Tuesday only

Christmas Holiday closing will be December 20 – January 2. **CLASSES WILL RESUME ON MONDAY, THE 3<sup>RD</sup>**.

CHECK OUT OUR NEW PHOTO GALLERY PICTURES ON THE STEADY FOR LIFE WEBSITE ~ [www.steadyforlife.org](http://www.steadyforlife.org).