

STEADY for LIFE

Building Blocks for Healthy, Graceful Aging

DATES FOR YOUR CALENDER

- July 4 Holiday (no classes)
- July 20-21 Musical, Gardens, Great Food & Museums Trip
- July 17 Cruisin' Cuisine Cooking Class
- Aug 9 Cruisin' Cuisine Cooking Class
- Sept 5 Labor Day (no classes)
- Sept 8 Cruisin' Cuisine Cooking Class
- Sept 8-9 Spa/Wellness Lake Retreat
- Sept 17-26 Switzerland, Austria, Germany & Bavaria Trip
- Oct 15 Hootenanny @ Jones Farm
- Oct 25-26 Fall Foliage, Trains, & Riverboats Trip
- Nov 14 Travel Fair for 2023 trips
- Nov 23-25 Thanksgiving Holiday (no classes)
- Nov 26 Christmas Barn Bash Day Trip
- Dec 5-9 Christmas Trip of 5 Towns
- Dec 6 SFL Christmas Party
- Dec 19-30 Christmas Holiday (no classes)

Kim's Korner

How would you describe Steady for Life?

I am asked this question often. SFL has as its primary mission equipping each of us with strength, flexibility and balance techniques to diminish the risk of falls. A trained and certified staff is dedicated to providing a range of classes to meet everyone's needs; such as Balanced Body, Gentle Yoga, Tai, Chi, Pilates and our cardio class called Rev It Up Balance. Social activities, travel, healthy seminars and special programs like the Steady & Strong workshop that we just had are a bonus! Below you will see a few of the highlights from that terrific event attended by 100 of you and your friends. We are so grateful to our instructors, volunteers, SFL line dancers and our speakers ~ Drs. Jan Lyles & Sarah Gordan for an outstanding program!

There are 105 physicians in town who take care of our "Steadies". Have you made sure your doctor knows about our classes? We need your help to reach out to the physicians. We have materials ready to be mailed or delivered. Please let me know if you can lend a hand.

Be well----On Purpose,

Kim Davis,
Executive Director



Photos Courtesy of Charles Gattis

Cruisin' Cuisine Cooking Classes

Cooking for one – or cooking for a crowd, who doesn't enjoy learning to make a new dish? Many of you took the cooking classes we did through Zoom during the pandemic. This quarter we are taking the classes on the road and enjoying the meal together!

These classes are limited to 12 guests each month, to allow room for dining together. Get your reservations in pronto by sending in the registration form located on the following page. Cost for each class is \$10.00 and it includes meal & recipe take-homes.



Cruisin' Cuisine - July 17th

On Sunday, July 17th at 2:00, we have entitled the first class "CHOOSE TO BE HEALTHY". This class is especially for those who are cutting back on meat and would like to learn some of the best dishes for getting our much needed protein. Dolly Collier will teach this class, at her home in Southeast Huntsville. You will assist in making.... Cashew Jack Cheese & Dill Dip, BBQ Tofu, Shoepeg Salsa and Pistachio Pie. There will be lots to taste so come to class hungry 😊 For questions, call Dolly Collier at 256.425.2306.

Cruisin' Cuisine - August 9th

For over 30 years Chef Drew Tyrriver has been sharing his cuisine with friends, families & restaurant customers. At his August 9th Steady for Life cooking class, he will share the basics of smoking Boston Butts and pulling pork, as we build delicious Pork Sandwiches at Old Hickory Barbecue. We will prepare a Broccoli Salad that is perfect for summer get-togethers and end with a Banana Bread Pudding, topped with a Bananas Foster Sauce. The time is 10:00-12:00. We will be carpooling to Old Hickory Barbecue, 5061 Maysville Rd, New Market, AL

Cruisin' Cuisine - September 8th

Breakfast is such an important part of your day! Prepared properly, breakfast can be packed full of all the things you need to fuel your body including veggies, protein, good fats, and healthy carbohydrates without all the added sugars and processed foods. Join Paula Williams at her home on Thursday morning, September 8th from 9-11 am as we prepare a fabulous breakfast that I know will be added to your list of easy, go-to favorites! The menu features Veggie-Loaded Breakfast Bake, Easy Amish Baked Oatmeal, and Honey-Lime Fruit Salad. The best part is that you can cook once and eat for days!

Register for Cruisin' Cuisine on the following page

Wellness / Spa Lake Retreat

a Steady for Life fundraiser

September 8-9, 2022



Join us for a lakehouse retreat on the beautiful Elk River in Rogersville, AL where we will enjoy pampering, guided yoga by the river, fireside chats, a nature walk, craft making and a hands-on dinner presentation for assembling a healthy charcuterie dinner board.

\$250 per person

Includes: accommodations, meals and all activities

Carpooling available

Spaces are limited and will be determined on a first come - first serve basis
Most sleeping arrangements will be shared (double and triple occupancy rooms)

[See the registration form below to secure your space.](#)

Registration Form - 3rd Quarter Activities

Name: _____ Phone: _____

Email: _____

Please check all that apply and add total below:

Cruisin' Cuisine - July (\$10.00) _____

Cruisin' Cuisine- August (\$10.00) _____

Cruisin' Cuisine- September (\$10.00) _____

Wellness Spa Lake Retreat (\$250.00) _____

Total: _____

Check # _____

~July is the Month for Tuition Pre-payers ~

As you know January & July are the two months of the year that you have the opportunity for the pre-payer's discount. Your instructors and our bookkeeper appreciate those of you who do this because less paperwork is always better! At each class location there is a chart showing you the pre-payment amount. Even better are those who are set up on automatic bank draft. This month we are giving our pre-payers, those who use the Venmo app and our automatic bank draft payers, a Steady for Life decal at no charge. Thank you, thank you! At each class the SFL decals will always be available for \$2 each, as long as supplies last. We would like to see all our "Steadies" advertising our terrific program.

Steady for Life Travel is truly in full-swing again!

Check out these last 4 trips that still have openings at www.steadyforlife.org
click on the TRAVEL tab for full itineraries and registration information

JULY 20-21 TUSCALOOSA, BIRMINGHAM & ANNISTON

Luxury Motorcoach, "Mamma Mia" – the musical, fabulous food, gardens & museums.
(For those who prefer a day trip – the church bus will be taking a group to Theatre Tuscaloosa for the play on July 20th. Call Kim Davis for details – 256-213-1976.)

OCTOBER 25-26 CHATTANOOGA, FT. OGLETHORPE & SCOTTSBORO FALL FOLIAGE TRIP

Missionary Ridge Train Ride, Private Dinner & Tour in the new National Heritage Center,
Luncheon Cruise on the Southern Belle & Surprises in Scottsboro!



NOVEMBER 26 COLUMBIA, TENNESSEE CHRISTMAS BARN BASH – with David Phelps



DECEMBER 5-9 CHARLESTON, SAVANNAH, MYRTLE BEACH

and touring BEAUFORT AND DAHLONEGA – **Christmas Spirit Extraordinaire!**



A picture is worth a thousand words...



www.SteadyforLife.org