



(256) 213-1976 www.steadyforlife.org

1st Quarter Newsletter 2023

To see more Christmas party photos, visit steadyforlife.org and click on the Photo Gallery



Dear Steady Friends,

Kim's Korner

I have much to be thankful for this year! Our classes have grown and gotten stronger. We've seen beautiful things in our travels. We've made new friends all while being encouraged each week by the JOY you bring our way! Aren't our instructors just marvelous? They all gathered during Autumn to spend an afternoon sharing & learning new things to share with you.

You participated in our pecan & poinsettia fundraiser allowing us to give your instructors nice Christmas bonuses – Thank you! Thank you!

Take a look through the newsletter at the things we have planned for you outside of classes in 1st Quarter 2023. Hopefully, we've planned something for everyone's taste or interest. I hope we never stop learning about health & wellness. That's why Steady for Life is making it possible for you to utilize the RIGHT NOW video resource library FREE TO YOU, as a special benefit for SFL members. You will find videos focused on helping you grow in every area of your life. Your instructors will have the opportunity to develop their work, home and life skills through this platform, as well. This is ready to launch. Just reach out to me and I'll send you an invitation. Let's make 2023 the best year yet!



Working together to be strong,

Kim Davis, Steady for Life Director

REMINDER: Pre-pay months are JANUARY & JULY. Pre-payers get a discounted rate for their classes. As a bonus, you get a VERY happy instructor because she doesn't have to handle tuition money for you but twice a year. :)

Many of you don't have to think about monthly tuition because you elected to have your tuition automatically deducted through credit or debit card, and this way helps us most of all by eliminating money handling. You will choose either the 1st or 15th of the month for that payment to process. Instructors have the form for you to fill out.

FOUR TERRIFIC EVENTS COMING YOUR WAY...

*open to your friends
& family*

FOR OUR PLAY ENTHUSIASTS

On Sunday afternoon, January 29th, we will enjoy lunch at Top of the River Restaurant, 704 Val Monte Drive, Guntersville, AL, and see the matinee play CHEAPER BY THE DOZEN, at the Whole Backstage Theatre, 1120 Rayburn Dr. CHEAPER BY THE DOZEN depicts the real-life story of the large Gilbreth family in early 1920's America. With 12 children, Frank Gilbreth, an efficiency expert, and Lillian Gilbreth, a psychologist, always have a lot on their plate. As we watch them relocate from Providence, RI, to Montclair, NJ, the Gilbreths weather whatever life throws their way (with amusing and sometimes embarrassing results) as dad resists

popular culture with his children.

We will plan to carpool, leaving Mayfair Church in Huntsville at 11:45 for our Top Of The River lunch (on your own) and then travel a few blocks to the theatre, afterwards. You may purchase your \$20 play ticket through our Steady for Life website www.steadyforlife.org under the RSVP Events tab or by mailing your check payable to Steady for Life to: 990 Gilstead Circle, Huntsville, AL. 35802. (Please indicate if you'd like to carpool) If driving, plan to meet us at the restaurant at 12:30. The reservation will be under Steady For Life.

RSVP deadline is January 23rd.

FOR OUR MUSIC & DANCE FOLKS

Whether you have a Valentine's sweetheart or not, you will enjoy our very special luncheon and entertainment February 14 at THE VINEYARD, 1152 Shoal Creek Rd., Arab, AL. This lovely wedding venue will have a delicious lunch and entertainment by the Twickenham Jazz & Swing Band beginning at 11:30. There will be a dance floor for our dancers! Tickets are \$25 and can be

purchased through our website steadyforlife.org under the RSVP Events tab or by mailing your check payable to Steady for Life to: 990 Gilstead Circle, Huntsville, AL 35802.

(Please indicate if you'd like to carpool) We will leave from the Mayfair Church parking lot at 10:45.

RSVP Deadline in Feb. 7th

FOR THOSE WHO LOVE TO LEARN NEW THINGS

SAVE THE DATE for our free STEADY & SHARP WORKSHOP - MARCH 3rd

Each year Steady for Life plans a workshop for you entitled either **Steady & Sharp** or **Steady & Strong**. This is the year for STEADY & SHARP to be held 9:00-12:00 the morning of March 3rd at our main studio, 7900 Bailey Cove Rd., Ste G. Watch for the schedule of fun activities, informative talks by some of the

Tennessee Valley's leading authorities on mental fitness + a Spelling Bee – *SFL against some sharp 4th graders*. **Your instructors will have flyers for you to invite your friends by mid-February and we will email all the details to you before then.** We are looking for SFL Spelling Bee contestants to represent us!

FOR THOSE WHO ARE OUR TRAVELERS

The first SFL trip for 2023 is on MARCH 21st. It is a day trip you won't want to miss. It has adventure, scenery, comedy, good food and good friends all rolled into 12 hours... complete with a

luxury motor coach. Read all about it under the TRAVEL tab on our website steadyforlife.org. Your registration form can be found there, also details on how to register.

Hello Steadies and Friends,

Happy 2023! I am looking forward to spending a year of activity and health with you all. When we were kids, we never thought we'd be this old, did we? I feel so fortunate to be a part of this organization and participate in classes that improve the quality of my life, increase my stamina, and enable me to get around well enough to do those things I find interesting, exciting and fun. We know that aging doesn't have to mean we must resign ourselves to a sedentary life. Steady for Life offers us an opportunity to build our strength, exercise our hearts, sharpen our balance, broaden our horizons, and strengthen our friendships with classes, fun activities and enriching travel. Getting to know you has been an added treasure. Mind, body and spirit are entwined and each one must be cultivated so that all may flourish. Kim has a terrific 2023 planned for us. All these opportunities are offered at very reasonable prices, too!

This year, after six years with no price increases, we are raising our class prices by \$.50 based upon the number of classes per week you take. As an example, if you take a class that is held 2 times a week, your monthly tuition will increase by \$1.00 per month. If you're taking 3 classes per week, your monthly tuition will increase by \$1.50 per month. Discounts will continue to be offered in January and July if paying six months in advance. New prices will be available from your instructors and will be posted to the Steady for Life website at steadyforlife.org. (If you are viewing this newsletter on online, you will see this chart on page 5.) This increase will help us in offsetting the cost of office supplies, facility rental, instructor training and salary, printing costs, licensers and all the other expenditures needed to run your organization smoothly and efficiently.

As always, our class participants are our lifeblood and are the reason we're here. Thank you from the bottom of my heart for your continued support!

Let's make 2023 our happiest and healthiest year ever!

Warm regards,

Jackie Heard,

Steady for Life Board Member

STEADY FOR LIFE 2023 BOARD OF DIRECTORS



Front Row: Georgi Bragg, Kim Jimmerson, Kim Davis, Jackie Heard
 2nd Row: Dave Branham, Steve Allums, Glen Sanders
 Back Row: Nick Jackson, Robert Thom
 Not pictured: Laura Nuno, Dolly Collier, Greg Biggs, Dr. Jan Liles



RIGHTNOW VIDEO RESOURCE LIBRARY

We are always looking at new ways to better help you age gracefully, and we are excited to announce a new benefit we are providing to you all — Rightnow Media! This platform is a video resource library focused on helping you grow in every area of your life!

Once you login you will get access to videos on spirituality, mental health & wellness, self-worth, relationships, and even an entire kids' library to share with the little ones in your life.

To get your access, reach out to Kim Davis: kim.steadyforlife@gmail.com

MARK YOUR CALENDAR AND PACK YOUR BAGS...

SPRING DAY TRIP — MARCH 21

Travel back in time to Falcon Rest Mansion and Gardens in McMinnville, TN, to solve a “Murder at the Mansion” while enjoying a lovely lunch. Afterward, we’ll visit the beautiful campus of Sewanee on our way to dinner at Top of the Rock in Jasper, TN, to finish a beautiful spring day.

SOUTH ALABAMA TOUR — APRIL 22-25

Explore treasures that only South Alabama can offer: Harper Lee’s Monroeville, Dauphin Island Sea Labs, Bellingrath Gardens, Africatown, Fort Gaines, HGTV’s Wetumpka makeover, and much more!

MYSTERY TRIP — JUNE 2-3

Two days of delightful surprises! Just pack a bag and join the fun! You won’t want to miss it!

EXPLORING BRITAIN & IRELAND — JUNE 10-24

Two fabulous weeks on this once in a lifetime exploration of Scotland, Wales, England, and Ireland with so many highlights every day from Edinburgh to Wales to London to Stonehenge to Dublin!

CITIES OF LIGHT CRUISE— PRAGUE TO PARIS — AUGUST 1-13

All aboard a Viking river cruise for fairy tale castles, exquisite cuisine, history, art and culture from the Czech Republic, through Germany, and into France, concluding in beautiful Paris.

ATLANTA ADVENTURE — SEPTEMBER 20-22

Our trip to Atlanta packs a lot of fun! Just to name a few places, we’ll be exploring the Atlanta Speedway, the Georgia Aquarium, the Atlanta Braves Stadium, a Planetarium show and a choice between the College Football Hall of Fame and World of Coca Cola. Plus Chick-Fil-A Corporate Tour!

AUTUMN & THE GREAT PUMPKIN LUMINIGHTS AT DOLLYWOOD—OCTOBER 24-27

This is one amazing Autumn getaway! Four days of fantastic shows, great food, wonderful music, a little shopping, scenic beauty, and an amazing LumiNights show you will not believe!

CHRISTMAS TRIP—DECEMBER 8-9

This is the Christmas trip Country Music Fans dream of, staying at the fabulous Gaylord Opryland Resort, seeing wonderful shows, including on the Delta River Flatboat and Fiddle Dee Farms. With a choice of the Music City Hall of Fame or the Wildhorse Saloon, it will be a boot stompin’ good time.

See the [travels tab](#) on the web site steadyforlife.org for complete trip details and registration forms.



STEADY FOR LIFE NEW PRICING EFFECTIVE JANUARY 1, 2023

# Classes per Week	Monthly	Semi - Annual	* Semi - Annual	Annual	* Annual
	Rate	Without Discount	With Discount	Without Discount	With Discount
1	\$12.50	\$75.00	\$70.00	\$150.00	\$135.00
2	\$25.00	\$150.00	\$140.00	\$300.00	\$270.00
3	\$37.50	\$225.00	\$210.00	\$450.00	\$405.00
4	\$50.00	\$300.00	\$280.00	\$600.00	\$540.00
5	\$62.50	\$375.00	\$350.00	\$750.00	\$675.00
6 or more	\$75.00	\$450.00	\$420.00	\$900.00	\$810.00
First Class is Free. Drop-in rate for one class - \$5.00					

All payments are due at the beginning of the month (except drop-ins)

* Semi-annual discount package can only be purchased in January and July

* Annual discount package can only be purchased in January

WAYS TO PAY - SEE INSTRUCTOR IF YOU NEED FORMS

1. **CHECK** - MAKE CHECK OUT TO: [STEADY FOR LIFE](#). GIVE CHECK TO YOUR INSTRUCTOR OR MAIL TO: [STEADY FOR LIFE, 990 GILSTEAD CIRCLE, HUNTSVILLE, AL 35802](#)
2. **WEBSITE** - www.steadyforlife.org, CLICK ON MENU IN THE TOP RIGHT HAND CORNER OF THE WEBPAGE, CLICK ON PAY "TUITION/DONATION BUTTON"
3. **VANCO, ACH OR CREDIT CARD** - MEMBERS CAN GO ONLINE TO: www.steadyforlife.org AND MAKE A PAYMENT OR COMPLETE AUTHORIZATION PAPERWORK FOR STEADY FOR LIFE TO INITIATE TRANSACTION
4. **VENMO** - MAKE PAYMENT TO: robin.l.ingle@gmail.com PLEASE NOTE THAT THE "I" IS A LOWERCASE "L"
5. **NO CASH, PLEASE**

**ANY QUESTIONS, PLEASE CONTACT ROBIN ENGLE AT 256-337-5202 OR
robin.l.ingle@gmail.com**