

DATES FOR YOUR CALENDAR

July 4

Holiday – No Classes

July 17

Bon Voyage Party
for our SFL Viking Cruise travellers

July 19

Dr. Jim Smelser
Education for our Kidneys

July 22

Pop-Up Event to Tuscaloosa
to see "Sister Act"

July 24

New Stretch Class Demonstration

July 31

New Stretch Class Begins

August 1-13

Viking Cruise

September 11

Travel Fair

September 20-22

Atlanta Trip

October 18

Hootenanny at Jones Farm

October 24-27

Fall Foliage Trip

December 8-9

Christmas Holiday Trip

December 13

Steady for Life Christmas Party
No Classes

December 18

Christmas Holidays Begin

KIM'S KORNER



I hope you are enjoying your summer! In addition to the many upcoming activities planned for Steady for Life, several of our instructors and I have been busy speaking about our classes and doing class demonstrations for various groups. We enjoy this and are always honored by the many invitations we receive. We also are busy letting doctors and physical therapists know about Steady for Life. If you need materials to take to your doctor, let your instructor know and we will give you what you need. They are all so appreciative of what we are doing to keep our 50+ age group active and strong.

We welcome to our staff two new instructors who have already made wonderful additions to Steady for Life – **Megan Wheeler** is teaching classes at our downtown location – Nativity Church, while **Sara Fimiani** is leading our classes at First Baptist Church on Governors Drive.

As always, our primary focus at Steady for Life is our strength, flexibility, and balance. That's why we recently asked you to assess your classes so that we could make sure we are on the right track in all ten of our locations. I took a sampling of your comments to share here regarding instructors and classes.

Our instructor brings so much to the classes through her knowledge, preparation, special music, themes, readings, etc... She facilitates a completely welcoming/non-judgemental atmosphere for all participants regardless of ability. Also thankful that she comes a little early and stays after class to get to know her students.

My instructor always explains clearly what area of the body we are working on and why it's important. I like that we use ALL our muscles for flexibility.

My class is fun, it gets me out and introduces me to new friends. I love how much better it makes me feel.

I am feeling more physically fit and my balance has improved tremendously.

Our instructor is always upbeat and happy! She encourages us that we CAN do this.

The music in our dance classes makes the class fun to exercise to.

In addition to our classes, we hope you will pick out something from our upcoming events and travel and be a part of the good times we have together – even outside of classes! **It's another great way to make new friendships.**

Keep it Steady,

Kim Davis, Director



**A VISIT
WITH THE
SPECIALIST
Dr. Jim Smelser**

The kidneys are the unsung heroes of the human body. Without them, we cannot survive. It is important to make the right decisions when it comes to the foods we eat and the lifestyles we lead to allow our kidneys to function correctly. Join us on **July 19th at noon** as Nephrologist Dr. Jim Smelser will speak to us about ways to prevent kidney disease. There will be a Q&A time planned, as well, to answer your questions. We will meet in the Garden Room at Mayfair Church – 1095 Carl T. Jones Dr. Enter from Garth Road, drive to the back of the building, and follow the Steady for Life signs to the room.

This seminar is free, but a reservation is required on our website steadyforlife.org under EVENTS.



July is the month for
DISCOUNTS!



REMINDER: Prepay months are JANUARY and JULY. Prepayers get a discounted rate for their classes. Your instructor has the rates for you. An email from our SFL Accountant Robin Engle will be arriving by June 25th to those who are already set up for prepay with your discounted amount.

Please be one of the folks who helps the accounting department and your instructor by paying your monthly tuition on the first class of each month! For those who do not want to have to think about writing a check every month, we do offer automatic deduction through credit card or account debit. The Venmo app is also available for payments. If you are interested, let us know and we will get that set up for you.

~ Robin Engle, SFL Accountant

New Steady For Life class, coming in August!

**S T R E T C H I N G
T H E T I N M A N**

Are you tight in all the wrong places? SFL Instructor Sara Fimiani will be teaching a new class which will begin August 2nd at our Steady for Life location at First Baptist Church on Governors Drive. Class dates and times are Mondays and Wednesdays – 12:30-1:30 pm.

To learn about the new class, visit our **DEMONSTRATION on Monday, July 24th, from 12:30-1:30** at our classroom - First Baptist Church “Gathering Place” lobby. Enter at Entrance 7 - off St. Claire St. across from the Huntsville Library. In this one-hour free demonstration, you will see the best exercises to S-T-R-E-T-C-H from head to toe to get your best flexibility. Following the exercises, Sara will teach you breathing techniques to R-E-L-A-X.

**We will see you on the
24th for the Demostration.**



RSVP by emailing
kim@steadyforlife.org

**STEADY FOR LIFE
LOVES OUR VETERANS!**

Our organization will be represented in the Huntsville Veterans Day Parade this year on November 11th. We will build a float, have some of our Veterans riding, and others walking alongside. Please let me know if you would like to be a part of this BIG day honoring our Veterans! We will need your help in decorating the trailer, riding/walking with us and of course cheering us on the sidelines as we “float” through downtown Huntsville.

Please reach out to me at
kim@steadyforlife.org

**POP-UP EVENT: TUSCALOOSA, AL
JULY 22ND**

SISTER ACT

**DIRECTED BY
STEPHEN TYLER DAVIS OF HUNTSVILLE, AL**

The historic Bama Theatre in downtown Tuscaloosa is surrounded by restaurants and night life. It has been a Tuscaloosa feature since 1938 and continues as a venue for entertainment and art. Its new decor makes it the perfect setting for our 2:00 matinee of Sister Act.

We will travel to Tuscaloosa on the Mayfair & Madison Academy buses, departing from Mayfair - 1095 Carl T. Jones Dr. at 9:00 am returning to Huntsville approx. 7:30 pm. Within a block or two of the BAMA THEATRE are many restaurants where we will have lunch (on our own). Here are just a few highly recommended restaurants to choose from:

Chuck's Fish • The Avenue Pub • Central Mesa (Mexican) • Urban Kitchen
Five Tuscaloosa • DePalma's Italian Café • Dillard's Chophouse • Half Shell Oyster House

HOW TO REGISTER: You may register on the steadyforlife.org website under EVENTS. If you pay online, you will need to add the 4% credit card fee making the total \$26.00.

If you are registering by mail, make your \$25 check payable to Steady for Life and mail to: Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802 or Venmo payment to robin.l.ingle@gmail.com. Note: Bus seating is available for the first 40 to register. There is always the option to travel with the group taking your own vehicle. The bus group will return to Huntsville by 8:00 p.m.

Special seating for our group. **RSVP Deadline: July 14th**



On May 19th we had a great time watching the SFL dancers, eating fabulous food catered by Robin Engle, and taking a very informative Twickenham stroll with Jeff Murphy & Van Brown. A picture is worth a thousand words!



TRAVEL FAIR – INVITE YOUR FRIENDS!

It's a very exciting day when we have the **BIG REVEAL** for 2024 travel plans! Again, this year, we will have our **TRAVEL FAIR** in the fellowship hall at Mayfair Church, 1095 Carl T. Jones Drive in Huntsville, from **2:00-3:30 on September 11th**. Come through the front of the church building where SFL volunteers will direct you to the fellowship hall. Please RSVP on the **EVENTS TAB** at www.steadyforlife.org so that we will know how many to plan for.

-- THREE TRIPS REMAIN FOR 2023--

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. And back by popular demand – drum roll please – the Chick-fil-A Corporate Tour!

This wonderful adventure includes two dinners, one at Mary Mac's "Atlanta's Dining Room" in the heart of Atlanta for over 75 years, serving made-from-scratch classic Southern food with genuine hospitality. The second dinner is at Louisiana Bistreaux Seafood Kitchen where you will be transported to New Orleans for the evening. Luxury motorcoach, two nights at Marriott Hotel, and all gratuities included.

AUTUMN & THE GREAT PUMPKIN LUMINIGHTS AT DOLLYWOOD



OCTOBER 24-27



This is one amazing Autumn getaway on our luxury motorcoach! Four days of fantastic shows, great food, excellent music, scenic beauty, and an amazing LumiNights show at Dollywood! We will stay three nights at the Country Cascades Resort Hotel, have eight included meals, and see five shows. In addition, we will have a guided tour

of Dolly Parton's hometown, visit Skyland Ranch, and have a little shopping time in Gatlinburg. All gratuities included.



CHRISTMAS HOLIDAYS IN NASHVILLE

DECEMBER 8-9

Celebrate the holiday season with us staying at the fabulous Gaylord Opryland Resort, enjoying the holiday dinner and ride on the Delta River Flatboat. On Day 2, we will have an included breakfast at Opryland and then set out for an exciting day. You will have your choice touring the Music City Hall of Fame & RCA Studio B or the Wildhorse Saloon for Line Dancing (or watching). Next, we will travel one-hour north to Fiddle Dee Farms for an exciting Christmas Variety Show. Luxury motorcoach and all gratuities, included.



TRAVEL SNEAK PREVIEW



With our TRAVEL FAIR just 10 weeks away, I had to let you in on our first trip of 2024. Since we had so many folks (plus a waitlist) signed up for the Viking Cruise this year from Prague to Paris, I knew I should plan another Viking Cruise. On **March 23 – April 1** we will travel to The Netherlands & Belgium for the **WINDMILLS & TULIPS cruise**. (The Holland Tulip Festival begins on March 21st!)



Excursions will include visits to Tulip farms and conclude with entrance to Keukenhof Gardens. The price per person will be \$3,074 with cabin upgrades available. A Steady for Life group discount of \$125/person will be applied. Plus, all returning Viking guests will get an additional \$200/person discount, to be applied when the deposit is processed. Roundtrip air from Huntsville is \$799. If you have air miles you'd like to use, you can subtract the air amount. I'm sure this cruise will fill up, too. Our SFL information page is already set up for reservations www.mycpadventure.com/group/SteadyforLifeTulips. We will also have a cruise meeting with Trey Moore, our Viking rep at the SFL TRAVEL FAIR on September 11th.



See the **TRAVEL** tab on our website steadyforlife.org for complete trip details and registration forms.