



# 1st Quarter Newsletter 2024

2024  
HAPPY NEW YEAR

(256) 213-1976 [www.steadyforlife.org](http://www.steadyforlife.org)

Happy New Year!

We hope your holidays have been wonderful and you are ready to dive back in to focusing on your strong and healthy future with Steady for Life. We have new classes to offer in January which include a permanent Chair Yoga class, a Beginner Balanced Body 1 class, and Zoom options for all levels of our Balance Classes. In this issue you will meet our newest instructor, Lynn Underwood, learn about an upcoming caregiver's seminar, and see photos of recent activities experienced through Steady for Life.

We have a new brochure designed for you to share with your physicians and friends, as well as new photos on our website [www.steadyforlife.org](http://www.steadyforlife.org). As always, we are just a phone call or email away to answer any of your questions.

Best wishes for a terrific 2024,

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## Meet our newest instructor



Steady for Life is excited to welcome its newest instructor ~ **Lynn Underwood**. With her background in education, she is able to teach to all levels within the same class while tailoring classes to challenge her students. Her training is in several modalities of Yoga. She personally began practicing yoga for the fitness aspect, but quickly realized the emotional well-being it brought to her life. She became an instructor to help others realize those amazing benefits, too.



**INCLEMENT WEATHER POLICY:** As a reminder, Steady for Life Classes will close whenever Huntsville City Schools have a weather closure. If it's not safe for school buses, it's not safe for us! Please stay weather aware and listen for early dismissal, late opening times, or snow days for Huntsville City Schools.



# NEW CLASSES IN 2024

We are so happy to announce two new classes added to our offerings this year. **Balanced Body I** is the perfect balance class for those just starting balance classes or those who feel they want more seated and lower intensity exercises during the class hour. It's perfect for those who use canes or walkers as well. This will be taught on Thursdays at 11:00 at our Main location on Bailey Cove Rd. by **Sara Fimiani** who is making it available by zoom as well. Sara is also offering a zoom option for her **Balanced Body 2** class Monday and Wednesday 11:00-12:00.

**Chair yoga** is our other new official Steady for Life class for those looking to improve flexibility, stress management, and balance while sitting in or standing behind a chair. This class is offered on Tuesdays at 2:15-3:00 at our Valley Methodist location at 1410 Drake Avenue (entrance in back of building) taught by **Amy Farnsworth**.

We anticipate many people benefitting from either or both of these classes, so please pop in and try them yourself or spread the word to those you know who might want to ease into wellness.



## CAREGIVER SEMINAR



We love to offer informative and interesting speakers at no charge so that we can all benefit from professional advice. Wednesday, January 31, we are honored to present our own Steady For Life member, **Dr. Willie Brunetti** who is an expert on various needs and dilemmas of caregiving. This is a topic relevant to all of us at some point in our lives.

Our seminar will take place at our Main location, 7900 Bailey Cove Rd. Suite G, and run from 10:00-12:00 with a short break between session one, "Entering the Caregiving World," and session two, "Suddenly You are a Caregiver." A question time will follow. Please register by emailing Amy Farnsworth at [amfarn@gmail.com](mailto:amfarn@gmail.com) so we will know how much seating will be needed.



# SFL TRAVEL

## 2024 UPDATES FROM YOUR TRAVEL DIRECTOR



Kim Davis

Steady for Life Travelers,

We are thrilled that you are excited about the trips we planned for you this year! Two of our trips are full, with waitlists ~ The Viking Cruise to Netherlands and Belgium & The Mackinac Island and Niagara Falls Trip.

Others coming up soon that are closer to home, but just as exciting are ~ The Mississippi Delta & Hot Springs, Arkansas Trip – April 16-19 featuring some things I guarantee you’ve never done before! Our first night will be at the VERY unique “Shack Up Inn”, a destination of itself, where you will stay in a genuine refurbished shack where sharecroppers once lived. Then on to Hot Spring’s oldest hotel, Arlington Resort Hotel and Spa for the next two nights. Our agenda is so unique and fun! Check it out at [www.steadyforlife.org](http://www.steadyforlife.org) under the TRAVEL tab.

Three weeks later, we will have our Spring Fling Trip – May 3-4. This over-nighter will be two days packed full (which is the way we like it!!!) with Cheekwood Estate Gardens, The Tennessee Renaissance Festival and world class music at the Grand Ole Opry. All your senses will be filled this weekend with sights, sounds, and tastes as you usher in the merry month of May! What a great way to celebrate Mother’s Day! You’ll never hear any of our travelers say we don’t give you A LOT for your bucks! Complete details can be found at [www.steadyforlife.org](http://www.steadyforlife.org), along with four other trips later in the year.

As soon as it warms up some, let’s get ON THE ROAD AGAIN!

---Kim

## 2023 MEMORIES





# TUITION INFORMATION

2023 is winding down and we are looking forward to an exciting New Year. Thank you to those who have included Steady for Life in your end-of-year giving. A tax-deductible letter will follow in early January. We are happy to announce that we will not have a tuition price increase for classes in 2024.

Classes per Week	Monthly Rate	<b>Semi-Annual</b> with Discount	<b>Annual</b> with Discount
1	\$12.50	\$70.00	\$135.00
2	\$25.00	\$140.00	\$270.00
3	\$37.50	\$210.00	\$405.00
4	\$50.00	\$280.00	\$540.00
5	\$62.50	\$350.00	\$675.00
6 or more	\$75.00	\$420.00	\$810.00

Just a reminder that January is the only time of the year you can pay a year in advance. The chart gives you the discounted price for 6 months and 1 year. You can also continue to pay monthly. By paying ahead, you don't have to think about paying for some time, and it simplifies our accounting and shows your support for our classes and organization. Your next opportunity to pre-pay (for 6 months) will be July-December.

**First class is free. Drop-in rate for one class is \$5.00**

\*Annual discount packages can only be purchased in January.

\* Semi-annual packages can only be purchased in January and July.

**Ways to pay:** see instructor if you need a form

1. Check - make checks payable to Steady for Life. Give the check to your instructor or mail to: Steady for Life Accounting, 7200 Avalon Drive, Huntsville, AL 35802
2. Website – [www.steadyforlife.org](http://www.steadyforlife.org), Click on Menu in the top right-hand corner of the webpage, click on the Tuition/Donation button. If you choose to pay this way, please be kind and add in the 4% bank charge fee imposed, so that Steady for Life won't be shorted.
3. Vanco, ACH or Credit Card – go to website: see #2 to make a payment or complete authorization paperwork for Steady for Life to initiate transaction.
4. Venmo – make payment to: [robin.l.enge@gmail.com](mailto:robin.l.enge@gmail.com) Please note that the “l” is a lowercase “L”. Robin is our Steady for Life bookkeeper.
5. No Cash, please
6. Any questions, please contact Robin Engle at 256-337-5202 or [robin.l.enge@gmail.com](mailto:robin.l.enge@gmail.com)