



1st Quarter Newsletter 2025

KIM'S
O
R
N
E
R



As we pause Steady for Life activities for us to share the holiday season with our families, we hope the New Year will be full of health, happiness, and great memories for you. January 1st, Steady for Life begins its 12th year with the addition of our 12th location! Help us share the word with those who live in South Huntsville and Morgan County

about our 3 new classes – Balance, Pilates, and Strength Building. Details are on the side ~ We are so proud of all of our 60 classes that meet every week throughout Madison County. Read on to see all that is happening in January, February & March as we enjoy pop-up events, health seminars, dining out together, and a robust travel program.

Many blessings in the New Year,

*Kim Davis, Director
Steady for Life*

Steady for Life

is excited to announce our newest location! On January 7th & 8th we will begin hosting classes for those living in the southern part of Huntsville and Morgan County at our facility right off South Memorial Parkway - 2094 Fisher Street.

Memorial Parkway - 2094 Fisher Street, Huntsville/Madison County area.

January 7th & 8th, 2025.

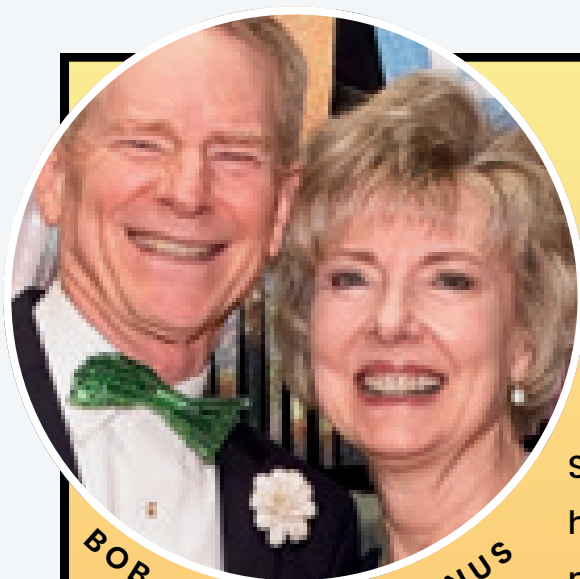
Tuesday with Debbie Mayes:
Balanced Body II from 10:00 AM - 11:00 AM

Wednesday with Kimberly Brown:
Pilates from 9:00 AM - 10:00 AM
Strength Building from 10:15 AM - 11:15 AM

256-213-1976 • steadyforlife.org

Kimberly Brown

Debbie Mayes



BOB AND SUSAN JANUS

BALLROOM DANCING CLASSES

We are excited to announce that Bob and Susan Janus will start teaching **Ballroom Dancing** classes beginning January 9th ~ 10:45-11:45 at our location on Bailey Cove Rd. They will begin with the popular Swing and Rumba for beginners. Classes will involve finding the beat, listening to music, beginning footwork, and the dance hold/frame.

Since Rumba and Swing are popular "partner" dances, coming with a partner is most helpful. We will limit this first 8 weeks of classes to 24 people. No special clothing or shoes needed. There may be SOME "homework" and LOTS of FUN!

You may email Kim@steadyforlife.org to reserve your space or register through our website www.steadyforlife.org. Cost: \$12.50 per month/ per person.

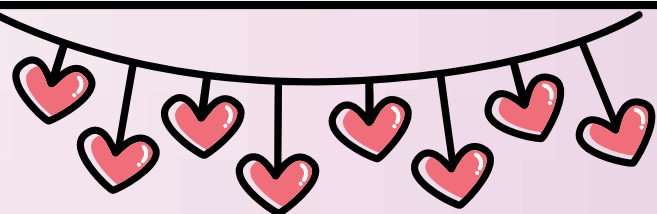
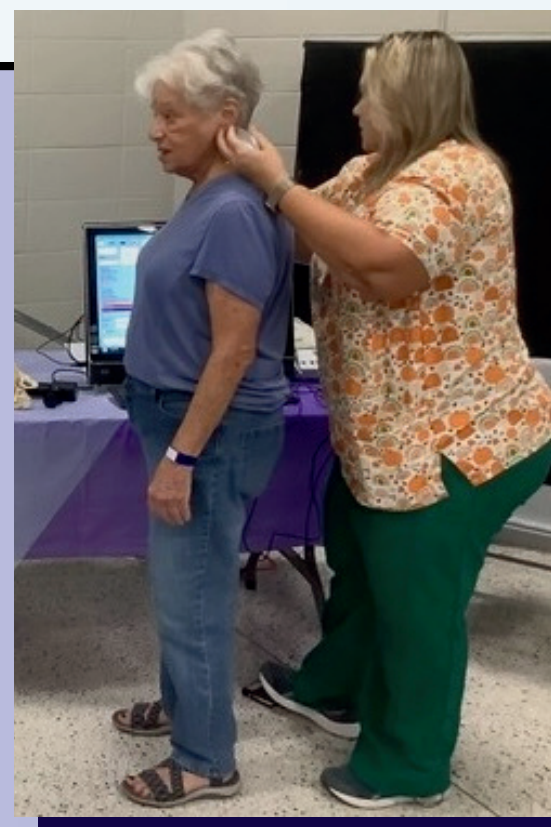
SANDRA MOON COMMUNITY COMPLEX ~ PHASE 4

Many exciting changes are happening at the Steady for Life location - Sandra Moon Community Complex, as the final phase is now underway. On January 15th at 1:00, we have invited City Councilwoman, Jennie Robinson, to share all the news with us in our classroom at 7901 Bailey Cove Rd. Everyone is invited! If you haven't been to this SFL location, you will come to the SOUTH end of the complex and enter at the wooden ramp. So that we will know how many to prepare for, please RSVP to Kim@steadyforlife.org or on our website www.steadyforlife.org.

FREE SPINAL HEALTH SEMINAR - WEDNESDAY, JANUARY 29 AT 1:00 P.M.

Plan to join us at our Main location, the Moon Complex at 7901 Bailey Cove Road (SOUTH entrance) as we learn how to take care of our spines. If you've made a New Year's resolution (or still need to) to take better care of yourself, this seminar is for you. Spinal health and alignment effects our entire body. We are so pleased to have Dr. Jamie Bunis from Dr. Jamie's Chiropractic Wellness Center coming to speak to us. She will also be offering free alignment scans.

In addition, we will have demonstrations of the Steady for Life classes that focus on spinal alignment: chair yoga, gentle yoga, intermediate yoga, and Pilates. There is something for everyone. Please RSVP to Amy at amfarn@gmail.com or through our website: www.steadyforlife.org



VALENTINE'S PARTY - WEDNESDAY FEBRUARY 12TH - 1:30-3:00 P.M.

You are invited to the Steady for Life Valentine's Party at our host location, Fleming Farms, 4670 Bellewood Dr SE, Huntsville. We will have a line-up of talented Steady for Life folks to entertain as we enjoy chef prepared heavy hors d'oeuvres. Wear your favorite Valentine color and join the fun. Our party room will be straight ahead as you enter the building. There is plenty parking, cost: \$10. You may register through your class or at www.steadyforlife.org. Payments can be sent to Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802 or through our website - www.steadyforlife.org.

RSVP deadline is February 7th.

CRUISIN' CUISINE - TUESDAY, MARCH 4TH - 12:15

Each quarter, Board Member Sheila Huddleston will be planning a Steady for Life luncheon at a restaurant in different areas of Madison and Huntsville. This quarter she has chosen the private dining room at Luis's Mexican Restaurant, Main Street South Shopping Village, 7500 Memorial Parkway, Suite 1-115. Following will be several movie options at the AMC theatre on Four Mile Post Road for those who enjoy movies. This will be dutch treat, and you may register at www.steadyforlife.org.



Mystery Trip ??? Apr 8-10	<h2>2025</h2>	Lake City Day Trip  May 8
Albuquerque, Santa Fe & The Land of Enchantment June 1-7	 Building Blocks for Healthy, Gracious Aging	Lavender Farm  June 19
Autumn In The Ozarks  Sep 15-20	Visit our website steadyforlife.org to see all our trip details, obtain the registration form, and hear a sound clip about each trip. Click on the "TRAVEL" tab.	Cape Cod & Islands  Oct 11-17
North Pole Train  Dec 6	Viking Danube Christmas Cruise Dec 12-20	Galapagos Islands & Ecuador Mar 7-13, 2026

TRAVEL SEASON TO BEGIN IN APRIL

We enjoyed seeing our many travel friends on November 14th at the TRAVEL FAIR. The presentations for 2025 were very well received, and many registrations were made that day for all the trips.

You can see detailed itineraries and hear a soundbyte about each trip on the Steady for Life website under the TRAVEL tab.



CHRISTMAS PARTY 2024 PHOTOS



INTRODUCING THE STEADY FOR LIFE 2025 BOARD OF DIRECTORS



Standing: Sonja Sanders, Larry Savage, Jan Vencill, Sheila Huddleston, Kim Bigelow
 Patty Smith - Secretary
 Dave Branham - President
 Seated: Georgi Bragg,
 Melissa Watts
 Kim Davis - Executive Director
 Not Pictured: Kim Jimmerson
 Dolly Collier - Vice-President

TUITION INFORMATION

Just a reminder that January is the only time of the year you can pay for the entire year in advance. If you prefer to advance pay your tuition for 6 months, you will have the opportunity to pay for the last half of the year again in July. Both options entitle you to a tuition discount. Instructors appreciate those who pre-pay or do monthly automatic payments, as it means no tuition collecting each month. You can get the form for this type transaction at your class.

Classes Per Week	Monthly Rate	Semi Annual with Discount	Annual 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

Other ways to pay:

1. Check - make checks payable to Steady for Life with your class name & location included. Give the check to your instructor or mail to: Steady for Life Accounting, 7200 Avalon Drive, Huntsville, AL 35802
2. Venmo Cash App - make payment to: robin.l.engle@gmail.com (Please note that the "l" is a lowercase "L"). Robin is our Steady for Life bookkeeper.

No Cash, please. Any questions, please contact Robin Engle at (256) 337-5202 or robin.l.engle@gmail.com