



# 2ND QUARTER NEWSLETTER



Seated: Paula Williams, Jill Chadwick, Chris Irrgang, Robin Engle (accountant), Kimberly Brown, Debra Wade  
Standing: Karleen Killen, Sara Fimiani, Donna Sisk, Kim Davis, Amy Farnsworth, Lebee Meehan  
Not pictured: Helen Ford, Pam Herdy, Megan Ben, Beth Flatt, Lynn Underwood

## KIM'S KORNER

It is a true pleasure getting to work with these awesome ladies above. They are a class act, and I couldn't be prouder of the team we have built! I am planning a terrific in-service for them on May 1st, so be expecting some new things they will share with your class in May.

Another wonderful team is our 2024 Steady for Life Board of Directors:

Will you be traveling this spring & summer? Remember online (Zoom) classes are available for Balanced Body 1, Balanced Body 2, Balanced Body 3 and REV it UP Class. Take us with you by reaching out to [Kim@steadyforlife.org](mailto:Kim@steadyforlife.org).

We are so glad that the weather is nice and that we can plan some great activities, in addition to our classes. Read on to see what's happening.

BE WELL...on purpose,

Kim Davis,  
Steady for Life Director



Front: Kim Davis, Jan Liles, Georgi Bragg, Jan Vencill, Kim Jimmerson  
Back: Larry Savage, Dolly Collier, Dave Branham, Jackie Heard, Nick Jackson  
Not pictured: Glen Sanders and Steve Allums



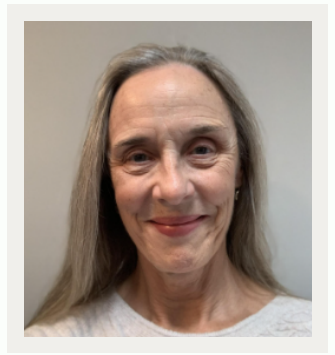
## Let us fill your life with blooms & color!

Steady for Life will be having a Spring Flower Sale to benefit our fitness classes. We will have Geraniums, Ferns, David Austin *amazing* English Roses (3 gallon), mixed baskets for hanging, or 14 inch "drop a pot" mixtures for your containers or ground planting. These (and other plants to be announced) are being grown right now at Rainbow Omega, the organization where we purchased the beautiful Poinsettias that we've enjoyed in the past. I have shared this information with all my neighbors who love color and blooms, and I hope you will, too.

There will be order forms available in your class beginning April 1st, as well as online at [www.steadyforlife.org](http://www.steadyforlife.org). We anticipate delivery from Rainbow Omega the third week of April. You will be notified about pick-up arrangements. Thank you in advance for your participation in this Steady for Life fundraiser!

# Welcome New Instructor: PAM HERDY!

For a very long time we have anticipated Nurse Practitioner Pam Herdy's retirement because we knew teaching classes at Steady for Life was part of her post-retirement plans. Retirement is here, and we are excited that we will reap the benefit of her 25+ years of studying the body and various modalities of how our bodies work and respond to various forms of exercise. She will begin teaching our new Intermediate Yoga class at the Main location beginning April 1st.



## HERE WE GROW AGAIN...

Steady for Life is adding two new classes to the 56 classes taught each week all over Madison County and the city of Huntsville. On Mondays, beginning March 25th at the Main studio location, 7900 Bailey Cove Road, Suite G is a new Strength Building Class from 11:15-12:15 taught by Steady for Life instructor, Kimberly Brown. There are already 30 folks in this class. Please bring your dumbbells to class.

Beginning Monday, April 1st, also at MAIN is a new Intermediate Yoga class from 10:00-11:00, taught by Pam Herdy. These classes each cost \$12.50 per month beginning in April. Please let us know if we should prepare a place for you by calling 256-213-1976.

## Gut Microbiota: Implications for our Health

a Steady for Life Seminar by Dr. Butch Kinzer

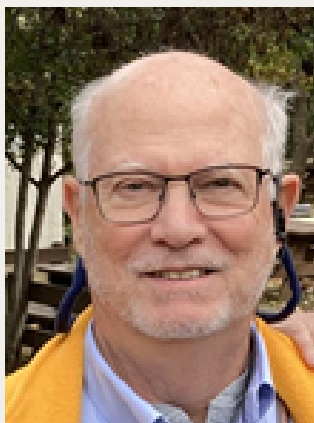
What is outside our body, yet within our body? Is the term Microbiota new to you? Join Dr. Butch Kinzer as he shares his own research on ways we can improve our health by influencing the gut microbiota within our bodies.

Date: Wednesday, May 8th

Time: 2:00-3:00

Place: Mayfair Church Fellowship Hall, 1095 Carl T. Jones Dr.  
(Please enter on the Garth Rd. side of the building and follow the Steady for Life signs)

To register for this FREE seminar, email [Kim@steadyforlife.org](mailto:Kim@steadyforlife.org)



## PICKLEBALL SEMINAR

April 9th 9:30-10:30

Curious about the fastest growing game in the country? Come join me as we learn what it takes to be a "pickler". Judy Hughes will discuss the game with us at Fern Bell Recreation Center, 107 Sanders Rd. SW, Huntsville on April 9th at 9:30. Following our seminar in the Fern Bell meeting room, we will watch a game in the gymnasium as Judy explains more. Although this is free, please be kind and let us know you are coming by emailing [Kim@steadyforlife.org](mailto:Kim@steadyforlife.org).



# SPACE MONKEYS: The Adventures of Baker & Abel

*Two brave monkeys who led the charge for space exploration*



When Stephen Davis (Kim's son) accepted the new role as Artistic Director at Fantasy Playhouse Children's Theatre and Academy, he was surprised that one of the oldest children's theaters in America, right here in the Rocket City, had never done a show about space. "My dream was that I could write and direct a play that grandparents would bring their kids to see, and on the car ride home, they could talk about how these famous monkeys made history and science in Huntsville," Davis said. Stephen knew he would need to sit down with the experts at NASA to make it a factual story with a beautiful theatrical message that's inspirational and universal. After months of research and writing, **SPACE MONKEYS: The Adventures of Baker and Abel** was created.

The Backstory: Miss Baker (1957-1984) was a squirrel monkey. She and female rhesus macaque Able, were the first two animals launched into space by the U.S. who safely returned. Their flight was May 28, 1959. Able died four days later during surgery to remove electrodes. Miss Baker lived at a medical center in Pensacola, Florida, until 1971. Then she was a popular attraction at the Space & Rocket Center in Huntsville, receiving hundreds of letters from schoolchildren. Miss Baker became the oldest living squirrel monkey. Visitors still leave bananas on her grave at the center.

The play opens May 9th – May 12th at the Von Braun Center Playhouse Theatre. Steady for Life members and their family/friends have reserve seats for the **6:00 performance on Saturday, May 11th** while seats last. Tickets can be purchased through Steady for Life for \$20. Send checks payable to Steady for Life to: 7200 Avalon Dr., Huntsville, AL 35802 earmarked "Space Monkeys." Payments can also be made through Venmo or through the Steady for Life website [www.steadyforlife.org](http://www.steadyforlife.org). (a 4% transaction fee should be added, if paying this way = 80 cents)

For other dates & times visit - [fantasyplayhouse.org](http://fantasyplayhouse.org).

## Pop-Up Outing, Wednesday, June 5th

We're traveling back in time! Join us for a 90 minute stroll through beautiful, historic Mooresville where a local historian will guide us through several original sites starting at 9:00 a.m. Wear comfortable walking shoes. At 10:30, we'll head over to Madison for a gracious 11:00 a.m. full tea at the Lanier Tea House which will last until 1:00.

This is limited to 20 participants, so please get your RSVPs in to Kim soon. If we have enough people interested, we'll schedule a second date. Cost is \$48 per person. We have a small Madison Academy bus reserved for those who would like a lift, departing from Mayfair Church. Please call Kim at 256-213-1976 to reserve your seat on the bus.



## FLEX CARDS HONORED AT STEADY FOR LIFE

Several of our members have asked about using a Blue Cross/Blue Shield benefit with their Medicare Supplement for their SFL exercise classes. This new benefit was rolled out by BC/BS in January and includes these plans: All Blue Advantage members (Blue Advantage Complete and Premier) and C Plus members on Plan B, Plan F and Plan G, including group-billed C Plus members. The BCBSAL retiree plan will not include Flex Cards for 2024.

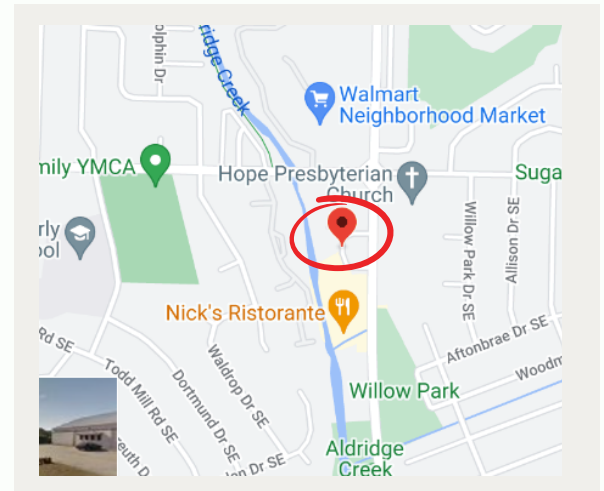
Steady for Life is now set up to receive these FLEX CARDS for your tuition payment. Just make sure you have activated your card and contact our accountant, Robin Engle (256-337-5202) for us to charge the card. If processing before the end of March, we will retro your Flex Card payment back to January, with a reimbursement for those months from Steady for Life.



# Attention: “Steadies” who meet at our Main Studio....

Again, this summer we must relocate for the months of June & July to the Alabama Youth Ballet Studios at 1405 Weatherly Plaza, Suite C. You will enter on the side of the building...look for SFL signs. (Landmark: Weatherly Plaza is the street off Bailey Cove Rd. that runs between Bailey Cove Eye Care Center and Dollar General).

**Our first day at this location will be June 3rd.**



## Mackinac Island & Niagara Falls

September 27th-October 4th

Our Mackinac Island trip was so popular, we added another one. This one is filling up, too, because it's an amazing trip. Don't wait too long because we will not be adding a third one! See all details on our website. This is one of those bucket list trips you don't want to miss.

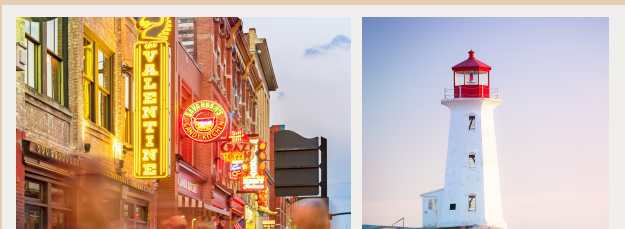
**SAVE THE DATE for our pre-departure party  
the afternoon of September 4th.**

## What's Coming Up

As 2024 gets into full swing, it's time to start making those travel plans. We have a year's worth of fun and excitement ahead:

- Nova Scotia and the Canadian Maritimes
  - July 20-28
- Mackinac Island and Niagara Falls
  - September 20-27
  - September 27-October 4
- Fall Foliage
  - Oct. 3-4
- Treasure Hunt Day Trips
  - Nov. 6 or Nov. 15
- Christmas Mystery Trip
  - Dec. 5-6

Join Us!



Do you love the play/movie THE MUSIC MAN as much as I do? I'm excited to announce that my son, Stephen, will play the leading role of Professor Harold Hill in this heartwarming story full of music and humor - July 12-21 at the VBC Playhouse. I plan to have a block of tickets for Steady for Life for the Sunday matinee, July 14th.

Please let me know if that is the date/time that you'd like to attend and I'll reserve you a seat. Tickets are: \$26.00 for our block of tickets.



Kim Davis -  
[kim@steadyforlife.org](mailto:kim@steadyforlife.org)

### Show Venue

**VBC Playhouse**  
700 Monroe St SW,  
Huntsville, AL 35801

**Friday, July 12**  
7:00pm

**Saturday, July 13**  
2:00pm  
7:00pm

**Sunday, July 14**  
2:00pm  
7:00pm

**Thursday, July 18**  
7:00pm

**Friday, July 19**  
7:00pm

**Saturday, July 20**  
2:00pm  
7:00pm

**Sunday, July 21**  
2:00pm