



4TH QUARTER NEWSLETTER 2023



KIM'S

Recently, I surveyed some of our "Steadies" to find out what keeps them young and active. Here were some of the responses: playing with grandchildren, gardening, traveling, doing Yoga and Pilates, dancing, lunching with friends, continually learning something new, playing golf, associating with folks of all ages, taking Steady for Life fitness classes, singing in a choir, hiking, boating, doing 10 push ups each morning.

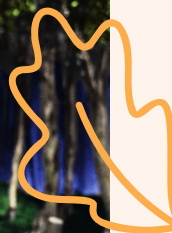
Whatever your special thing is, we are glad to be a part of your life. We hope you will join us this final quarter of 2023 for one of our 55 classes offered each week, and the exciting things we have planned for you... outside of class.

HAPPY FALL, Y'ALL!
Kim Davis, SFL Director



STRETCHING THE TIN MAN – A New Steady for Life Class

Are you tight in all the wrong places? SFL Instructor Sara Fimiani will be teaching a new class starting **October 2nd** at our Steady for Life Location at **First Baptist Church – 600 Governors Drive on Mondays at 12:30–1:30 pm**. In this 1 hour class, you will warm up with standing balance exercises. Sara will then take you through a variety of ways to stretch and lengthen your body including some mat work (or she will modify for those who choose to stay in a chair). Class will end with breathing techniques to help you relax. Cost: \$12.50 for the month. Make check payable to Steady for Life and give to Sara at class on October 2nd.



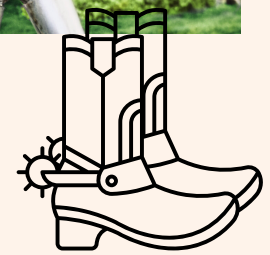
Enter the building on the St. Clair side at Entrance 7 – The Gathering Place.

Coming up in October

For those who are wanting to order a Steady for Life t-shirt with our slogan **Steady for Life... Keeps Me Moving**, see your SFL instructor or give Kim a call at 256-213-1976 for details – We will place the order on October 16th. **Cost: \$12**



DUST OFF YOUR BOOTS!



Join Steady for Life class members for a **HOOTENANNY** at Jones Farm, 5005 Garth Rd. in Jones Valley. We always choose AUTUMN because of the beautiful colors in the valley, splendid decorations, plus a great time for Old Hickory BBQ.

Entertainment will be by The Bubbanauts with special performances by our own Steady for Life Move-To-The-Music dance classes! We will have a special appearance by **SECOND CHANCE** vocalist & guitarist – Joy Bender & Gary Sheffield. Joy is one of our SFL class members. If you would like to serenade us with a song, accompanied by the Bubbanauts, call Kim Davis (256-213-1976) with your song so that she can have the band prepared. Because of the popularity of this event, space only allows us to open it to Steady for Life class participants.



Date: October 18th **Time:** 12:00–2:00 **Cost:** \$17
RSVP and pay on our website steadyforlife.org OR drop off a \$17 check made to SFL at your class.
Maximum: 100 **Registration Deadline is:** October 10th

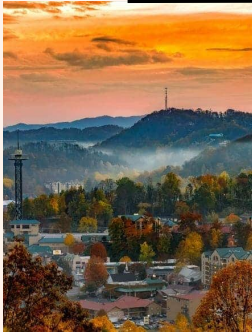
STEADY FOR LIFE "MINI" CLASSES OFFERED THROUGH LEARNING QUEST and OSHER LIFETIME LEARNING (OLLI)

If you have friends in these organizations, encourage them to sign up for a 6-week mini class taught by our wonderful Steady for Life instructors. They can see what we do, and many times decide they want to join a permanent SFL class. We have enjoyed getting to know these new friends!



HONOR WHERE HONOR IS DUE – November 11th

On Veterans Day, our country stops to honor America's finest for their patriotism, love of country, and willingness to serve and sacrifice for the common good. We are excited to have a Steady for Life float in the Huntsville Veterans Day parade on Saturday, November 11th to honor our own. We will need lots of help assembling our float on Friday afternoon, November 10th. Please volunteer by calling Kim – 256-213-1976 by October 20th so that our committee can be formed and meet. We would also like for our veterans to ride on the float (or walk with us). Please provide us with your name, branch of service, and years served. You can turn this information in to your class instructor or send it to us through our website – www.steadyforlife.org.



ALL ABOARD!

Our final two trips for 2023 will be here soon! Our Fall Foliage trip to Dollywood, Pigeon Forge and Gatlinburg is October 24-27. Also, our Christmas trip to Nashville, Opryland Hotel and Fiddle Dee Farm is on December 8-9. You can view both these exciting itineraries on the SFL website.

With over 175 attendees at the Steady for Life Travel Fair recently, we enjoyed sharing all the plans for 2024. You can find a quick glance on the last page of this newsletter and see all the details under the TRAVEL TAB at www.steadyforlife.org.

GO NUTS!

We are excited to announce our PECAN FUNDRAISER!! Pecans are a superfood and we are happy to offer a wonderful variety of pecans from the Georgia orchards of Schermer Pecans. These orchards have been in their family for over 70 years. We will be offering a variety of halves and pieces as well as chocolate covered ready for gift-giving! Order forms will be available at all Steady for Life locations beginning October 3rd. Thank you for supporting Steady for Life!

-Order deadline is October 17th

-Cost will range from \$10 – \$15 per bag

-Pecans will be ready for delivery/pick up early November.

Please click on the link here to place your order and pay for pecans or you may mail your check and order to our accountant

–Robin Engle, 7200 Avalon Dr. Huntsville, AL 35802



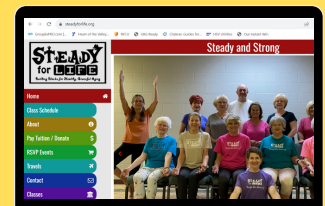
WHO IS READY FOR A "POP-UP" EVENT? HOW ABOUT TWO EVENTS??

What's your favorite thing about Fall?? Apple picking? Pumpkins? Bonfires & roasted marshmallows? Hot Chocolate & Fuzzy Socks? We hope a train ride is on your Fall Bucket List!

Steady for Life has purchased tickets for our own private car as The Mercury & Chase Railroad winds in and out of beautiful North Alabama scenery on November 4th at 1:00 p.m. for their FALL COLOR SPECIAL. Duration is an hour and twenty-minutes. We will meet at 12:30 and board the train at the North Alabama Railroad Museum, 694 Chase Road, Huntsville. Cost: \$20

The Music City Chorus will be performing their Christmas Show on Saturday December 16th at 2:00 pm. at Vanderbilt University Concert Hall in Nashville TN. The Music City Chorus is the 2022 International Gold Medal Chorus Champion of The Barbershop Harmony Society. You'll get to hear some of your favorite Christmas Songs sung in beautiful 4-part harmony. We will leave from the Mayfair parking lot at 11:30 a.m. on the church bus, and will stop for dinner (on your own) after the performance. Cost for show ticket & transportation: \$40.

For both of these "POP UP" excursions you may reserve your space through the www.steadyforlife.org website. Payments can be made through the website, through Venmo, or by check mailed to: Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802. Please indicate on the memo line what you are paying for.



Steady for Life's Holiday Gift to You

CHAIR YOGA ---FREE SIX WEEK MINI CLASS

Take some time for yourself and de-stress from Holiday preparations. Join us for gentle stretching, deep breathing and relaxation without needing to get down on the floor. Amy Farnsworth is offering six weekly trial sessions of chair yoga at no cost. Come and try one week or all six. The class will be held at Valley United Methodist Church at 1410 Drake Avenue (enter in back of building) every Tuesday from November 7th to December 12th, 2:15-3:00. If we have enough interest in chair yoga, we may expand this into a full regular class in 2024. Contact Amy at 256-652-9027 or amfarn@gmail.com with any questions.

A SPECIAL HOLIDAY CELEBRATION FOR STEADY FOR LIFE MEMBERS AND A GUEST

DATE: December 13, 2023 **TIME:** 12:00 -1:30 p.m.

PLACE: Huntsville Marriott Ballroom, 5 Tranquility Base

ENTERTAINMENT: Twickenham Jazz & Swing Band, With Special Vocalist, Stephen Davis. Santa will deliver instructors' Christmas presents and have fun photos with us!

COST: \$25 for members \$30 for non-members

HOW TO REGISTER: Registration and payment can be completed on the Steady for Life website steadyforlife.org OR by mailing your payment to Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802. Please indicate on your check the event you are paying for.

All registrations must be made by December 5th.

~ THERE WILL BE NO CLASSES AFTER 11:00 ON DECEMBER 13TH

SO THAT EVERYONE CAN ATTEND THE CHRISTMAS PARTY ~



HOLIDAY SCHEDULE

Thanksgiving Week: Classes will be on Monday & Tuesday only this week.

Christmas Holiday: No classes from December 18th – January 1, 2024

CLASSES WILL RESUME ON JANUARY 2, 2024

YOU ARE WHAT YOU EAT

By Paula Williams, SFL Instructor

Wellness is the process of becoming aware of and making choices toward a healthier life. You do not have to be perfect to be well, but good choices can create positive benefits! The old saying "you are what you eat" isn't a lie. Because food is one thing we cannot live without, we must make healthy eating a conscious choice. We can choose whole foods like fresh or frozen vegetables and fruits, whole grains, and fresh meats. Food gets complicated when we begin to project feelings, judgments, and values onto them. Let's stay away from that!

Why do we eat? Knowing the why behind your food choices can help you create a better nutritional plan. **Fuel eating** is eating for the purpose of fueling your body. This means choosing foods that are nourishing to the body and that provide the right kind of fuel for good energy and good health. We must be mindful of labeling foods as "good" or "bad" because that can create an unhealthy relationship with food. Fuel eating helps your body feel better, is always good for your mental health, and is the most healthy. **Fun eating** is eating for pleasure. Fun foods are things like comfort foods, indulgent desserts, holiday and celebratory foods, and any food you eat more for pleasure than for nutrients. **Fog eating** is really just mindless eating. You are not paying attention to what you are doing. **Emotional eating** is eating in response to strong feelings, and the reason people do this is that in short term, it feels like it helps. In the end, you are usually left feeling worse and carrying some extra pounds.



Food is an important and necessary part of our daily life. Being mindful of our eating habits can help each of us make healthier choices, which in turn, helps our overall well-being. Limit your fun, fog, and emotional eating. Choose healthy foods that fuel your body, fight diseases, and improve your quality of life!

Be Healthy... On Purpose



2024 STEADY FOR LIFE TRIPS

A quilt of possibilities...

Netherlands &
Belgium—Viking
Cruise



Mar 22-Apr 1

Nashville Spring
Fling



May 3-4

Mackinac Island &
Niagara Falls



Sep 20-28

Treasure Hunt
Day Trip



Nov 6 or 15

2024



Visit our website
steadyforlife.org to see
all our trip details,
obtain registration
form and hear a sound
clip about each trip.
Just click on the
TRAVEL tab.

Christmas
Mystery Trip



Dec 5-6

Mississippi Delta &
Hot Springs, AR



Apr 16-19

Nova Scotia & The
Canadian Maritimes



July 20-28

Fall Foliage Trip
Helen & Dahlonega,
Georgia



Oct 3-4

Journey To Israel



Mar 2-12,
2025