



4th Quarter Newsletter 2024



Exciting events are just around the corner! For many weeks, several of our Steady for Life board members and instructors have been working on one of the biggest free events of the year – Our **STEADY & STRONG** Expo at the Sandra Moon Community Center on Wednesday, October 23rd from 10:00-2:00. You won't want to miss our 3 seminar speakers, all of whom are specialists in their areas of expertise. Sprinkled in with the seminars will be SFL class demonstrations, entertainment, a free lunch for the first 150 who RSVP, health screenings, balance evaluations, as well as Covid and/or Flu vaccines. There will be door prizes and vendor booths to visit. On page 4 of this newsletter, you will see ways to register to secure your place. Share a picture of the flyer with your friends and let them know space is limited and they must register early.

Also, our Travel Committee has been busy studying different trip proposals and seeking out exciting destinations to share with you at our annual TRAVEL FAIR—November 14th at 2:00PM. Eight trips are planned for 2025 – two day trips, three motorcoach trips and three flying to exciting destinations. You'll also get a sneak peek into our travel plans for 2026. This event also will be held at 'THE MOON' – 7901 Bailey Cove Rd., Huntsville.

Read ahead for things we've planned for you in the 4th quarter of 2024.

Be well... On Purpose
Kim Davis, Director
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Biergarten is BACK!



Join your "Steadies" and our favorite band, Twickenham Jazz & Swing, with special guest vocalist, Stephen Davis. You'll enjoy music, authentic German food, drinks, and fun from 5-7:30 PM on **October 10th!** Free to attend. Enjoy bratwurst, schnitzel, pretzels, and more under the iconic Saturn V rocket at the US Space & Rocket Center. Food prices range from \$8 soft pretzel to \$25 complete meal.



BLUEGRASS BBQ FESTIVAL



SOUTH HUNTSVILLE MAIN AND COMMISSIONER PHIL RIDDICK PRESENTS...

Join our group on **October 12th** at 2:00 for some good music and food at the Bluegrass BBQ Festival. Come and stay as long as you'd like. Music will start winding down about 7:00 p.m. FREE to attend. Food Truck Offerings: FastFrankie's, Big John's Huntsville, Touchdown BBQ Food Truck & Iceworks Shaved Ice.

Southside Park, 16159 Chaney Thompson Rd. Huntsville.

Contact Kim Davis if you'd like to carpool – 256-213-1976.

Google Tools and Tips Class – Oct. 18th - Free

You will need to bring your own laptop or tablet.

Google makes so many of their products, like Search, Maps, and Gmail, accessible and free of charge to everyone. In the Google Tools and Tips class, we first concentrate on keeping YOU safe while surfing the internet. Then, you'll learn about Gmail, Google drive where all your documents, spreadsheets, presentations, and forms are stored. Along the way, you'll learn some tips to keep your files organized, setting filters to automatically put certain emails in the trash, and so much more! Join us for this class on Friday, October 18th, from 12:30 to 4:00 pm at the Sandra Moon Center - 7901 Bailey Cove Dr. (south side of the building). Taught by Wilma Fields.

Space is limited to 20. Please RSVP to Amy at amfarn@gmail.com or 256-652-9027.

CELEBRATING THE SEASON

This year, Christmas gatherings will be planned for each location by class members and your instructor. When choosing a date, please consider that on December 5-6 some of your classmates may be on the Steady for Life Christmas Mystery Trip.

NOTICE: Holiday Schedule

THANKSGIVING WEEK - No classes Wednesday-Friday, November 27, 28, 29.

CHRISTMAS HOLIDAY - The last day of classes for 2024 will be Friday, December 20th.

Classes resume Monday Jan 6, 2025

Travel Fair November 14th

2:00 PM at the Sandra Moon Complex

7901 Bailey Cove Rd., Huntsville

We will be announcing all of our 2025 trips with a preview of 2026 trips.



Eight trips are planned for 2025 – this includes day trips, motorcoach trips and flying to exciting destinations. This will be your first chance to make your reservation. They will fill up fast!

Update on the two remaining trips for 2024:

November 6th - our thrifting day trip — **TREASURE HUNT** — has 10 openings.

December 5-6 - our **CHRISTMAS MYSTERY TRIP** — is full and a waitlist has been started.

It's PECAN FUNDRAISER time!

This year, we are proud to offer a delicious variety of pecans from the Louisville Pecan Company in Louisville, Alabama. Louisville Pecan Company has a reputation of selling quality pecan products for over 70 years. Along with the traditional fancy large halves that are very popular, we will also be offering chopped pecans, milk chocolate, dark chocolate, white chocolate, honey glazed, roasted & salted, and crunchy praline just to name a few!



Order forms will be available at all Steady for Life locations beginning October 1st. The last day to order will be at our Steady & Strong Expo on October 23rd. We already have a place in line for filling our order as soon as the pecans are ready, and that depends on the weather! We will reach out to you when delivery date is determined. Thank you for supporting Steady for Life!!

Presenting Sponsor



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Invites you to a FREE

Steady & Strong Expo

October 23, 2024 10 AM to 2 PM

Sandra Moon Community Complex

7901 Bailey Cove Road, Huntsville

(use south side entrance)

Keynote speakers and times:

10:15 — Jay Austin, Physical Therapist

11:15 — Dr. Rica McRoy, Optometrist

1:00 — Williams Simmons, CPA - Medicare Part D Plans for 2025

- **Health Screenings**
- **Walmart Pharmacy vaccines**
- **Lunch Included**
- **Vendor Giveaways**
- **Balance Evaluations**
- **Class Demonstrations**
- **Entertainment by the Rainbow Rhythm Band**

DOOR PRIZES!

Space is limited, therefore RSVPs are required.

Go to www.steadyforlife.org and click the

RSVP Events Tab to secure your place.

Kim Davis, Director 256-213-1976 kim@steadyforlife.org