

STEADY for LIFE

3RD QUARTER NEWSLETTER

Kim's Korner

Hello Steady Friends,
Greetings from all your instructors and myself!

As we are halfway through our thirteenth year of Steady for Life's existence, I'd like to acknowledge that we are experiencing a second generation of folks who

are taking our classes and traveling with us...like their parents.

As more and more of us "baby boomers" are doing what we should to take care of our health pro-actively, it's awesome seeing mothers and daughters like Eunice and Karen Hislop both taking Steady for Life classes. Karen is the owner of Therapy Achievement Occupational Therapy and doesn't hesitate to share her experiences with SFL. Several years ago, she encouraged her mother-in-law, Eunice to begin exercising and traveling with Steady for Life. Eunice rarely missed a class NOR A TRIP! Karen now is carving out some time each week with us to keep her own self flexible and balanced. Recently she wrote, "Steady for Life has been a great resource for the Huntsville community. Their knowledgeable and skilled staff are good at matching individuals with the right class based on their abilities, and they offer thoughtful modifications to ensure everyone can exercise safely and effectively. We often recommend Steady for Life to patients who want to maintain the progress they've made after completing therapy."



I'm reminded of Bill & Doris Brown who exercised with us until they were well into their 90's. Their four adult children would visit class with them occasionally and were always so complimentary of what we were doing...now Richard & Karen Brown are in our classes...next generation.

I must mention our most senior Steady for Life class participant – John Miller who will be 96 years old on the 4th of July. John is "still going strong" says his instructor, Amy Farnsworth. In addition to a wonderful career here in Huntsville, I remember John playing many roles throughout his life in our community theatre.

Here he is as Henry II in "The Lion in Winter" - early '80s. Theatre-going is still one of his favorite pastimes today.

In closing, I'd like to state that Steady for Life is more than just exercise—it's a community. With travel opportunities and educational events, members can learn new things, have fun, and build lasting friendships.

May you have a wonderful summer,

Kim Davis,
SFL Director





Meet Our Newest Instructor ~

Steady for Life is excited to welcome Jennifer Tostado! Jennifer is a certified yoga instructor specializing in gentle, strength-based practices that support balance, mobility, and confidence. Passionate about working with mature adults, she creates a warm, encouraging space where every student can move safely and feel empowered. Her classes often incorporate breathwork, with a strong focus on relaxation and overall well-being.

Jennifer will soon be certified to teach Steady for Life Balance Classes, as well. When she's not leading our Yoga class in Madison, you'll find her caring for animals, hiking, or reading. WELCOME, JENNIFER!

HERE WE GROW AGAIN...

Steady for Life has 60 classes taught each week all over Madison County and the city of Huntsville.

Beginning July 7th, 11:00-12:00 we will have a new Balanced Body II class in Madison at Monark Grove, 11260 County Line Rd. Please let your friends know about this new location that will be very convenient for those who live in west Madison and Limestone County. We hope to expand this class to two-times per week in the near future. Kristin Mumpher will be the instructor. You may pre-register by calling Kim Davis at 256-213-1976 or sending us a correspondence on our website ~ www.steadyforlife.org.



SARCOPENIA & YOUR POSTURE:

A Steady for Life Wellness Seminar by Nurse Practitioner, Pam Herdy and SFL Lead Instructor, Debra Wade

Recently all SFL Instructors had our annual in-service to learn new things to help in our growth and knowledge, as we support you. Sarcopenia, which is the gradual loss of muscle mass, strength, and function with age was our focused topic. While many associate Sarcopenia with those mature in age, we learned that its roots are planted much earlier and that proactive strategies in middle age can dramatically change the trajectory of our health span. This topic, coupled with some deeper knowledge about the role good posture plays in our overall well-being was the focus on some important information worth repeating in a WELLNESS SEMINAR for you. Pam & Debra will present this seminar at the South Huntsville Library Conference Room – Sandra Moon Complex, 7901 Bailey Cove Rd., Huntsville. The date is Wednesday, September 3, 2:00-3:00. Please RSVP for this FREE seminar on our website ~ steadyforlife.org or by emailing Amy Farnsworth: amfarn@gmail.com.



Our Move to the Music Classes

Each month, our Beginner's Ballroom Class focuses on one dance. Slated for the upcoming months are: Foxtrot, Swing, Night Club Two Step, and Waltz. Bob and Susan Janus invite you to grab a partner and join the Beginning Ballroom classes for an hour each Wednesday at 1:00. We have a great space to move around the floor in the gym at Faith Presbyterian Church on Whitesburg Drive. Newbies are welcome at any time!



Twice per week you can do some "Boot Scootin' Boogie" Move to the Music: Line Dancing with Donna Sisk in South Huntsville or in Monrovia.

No hats or boots needed



Mature adults enjoying Move to the Music: Zumba can be found on Friday mornings at our Steady for Life downtown class with Jill Chadwick. This light-hearted group loves being together and moving to some great tunes!



STEADY FOR LIFE T-Shirts for Sale

As we get more and more new "Steadies" we've had requests for another t-shirt order. We will do that in July. It has always worked well for each person to bring the shirt they choose to their instructor for imprinting. That way you have the style, color and sleeve length that suits you. When we have 12 shirts turned into the office, the Steady for Life logo is then screen printed to your shirt by the HG Peake Company. Please bring to class: your shirt with your name, phone number and \$10 check (made payable to Steady for Life) in a bag. If you prefer the logo on the back of your shirt, indicate that with a note. Otherwise, the logo will be on the front. The deadline is July 20th to turn in shirts.

CRUISIN' CUISINE

Do you enjoy going out to eat with friends? You will like what our Cruisin' Cuisine coordinator, Sheila has planned for 3rd Quarter!

Place: Huntsville Botanical Gardens, 4747 Bob Wallace Ave. SW

Date: September 11th ~ 5:00-Dusk in the Cedar Glade area of the garden.

If you have not seen ZELDA the newest art structure you are in for a treat. The gardens will be in full bloom, creating a nice dinner atmosphere. Fern and Feast Bistro will have a variety of food selections that can be ordered inside when arriving, or can be packaged to enjoy outside. The Garden's Cedar Glade is the setting for this year's bi-weekly event series ~ GLOBAL RYTHM AND BLOOMS. Each evening offers a celebration of a different country or culture through live music, dance, food, drink and educational experiences. There will also be a food truck in the garden area coordinating their cuisine with the featured country's theme. In the Cedar Glade area of the garden there are swings, benches, and picnic tables.

Cost: Members of the Huntsville Botanical Gardens are free. \$12.00 for non members. This entrance fee goes toward garden donations. Even though you will pay at the Garden, we'd like to have your RSVP through the Steady for Life website ~ www.steadyforlife.org so that we can be watching for you and hopefully sit together.



STEADY FOR LIFE TRAVEL CLUB NEWS ~

It's hard to believe that we have already had three trips this year. But there are five more on the docket! All still have availability. Caveat: Our bus is full for the day trip to the North Pole on Dec. 6th, but if you'd like to drive to Birmingham (Calera) and meet us for the train ride I still have time to get you tickets with our group until July 13th. Send me an email with your request – kim@steadyforlife.org.



There will be a "get acquainted and document review" gathering for those going on the CAPE COD trip on **September 25th - 9:30-10:30** at the Main SFL location - Sandra Moon Center (Arts Council Wing) - 7901 Bailey Cove Rd., Huntsville.

SAVE THE DATE FOR OUR TRAVEL FAIR – OCTOBER 10TH!

We will have a whole new slate of travel opportunities to share with you for 2026. I'm excited that we will be having the Fair in the new Fantasy Playhouse Venue on October 10th from 10:00 AM - 12:00 PM –

Fantasy Playhouse on the Boulevard, 3320 Triana Blvd SW, Huntsville, 35805. The renovation of this former Merrimack Hall has been in progress for a year to create one of Huntsville's premier theatres! You are invited to attend their OPEN HOUSE on July 26th from 10:00-2:00 for a tour, free food and free entertainment.

TAKE THE TRIP

Even though it means you'll have to use vacation days and a little extra money out of your budget. And yes, there's so much to do and it's hard to rearrange your schedule.

Take the trip.

Even though you might have to move a little bit slower than you're used to. And you'll stop a few extra times to chat with strangers and ask about the weather and make small talk with people just because it's what they do. "Hi. Where are you from? We don't know much about oceans, but we can tell you all about farming."

Take the trip.

Even though you worry about new locations or tricky roads or places that aren't kid-friendly.

Take the trip with your mom and dad. Your sister. Your brother. Your aunt and grandma and grandpa and cousin. Take the trip with that friend from high school you always said you'd meet again. With your spouse and your kids. Your loved ones.

Take the trip.

It doesn't have to be fancy or expensive. If you simply can't get out of town, meet up for coffee. Play a game of cards. Do whatever you have to do to get together. Because we're all getting older, and life is getting busier and you're just not sure when you'll be able to do this again.

Take the trip.

Responsibilities will be there when you get back.

Work can wait.

Life can't.

Take the trip.

Because these memories will live in your heart forever.

-Leslie Means



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 of 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

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