

4th QUARTER NEWSLETTER 2025

Kim's

Orner As we go into the last quarter of 2025, we have several events and activities to enjoy together. You won't want to miss our free 2026 Travel Reveal at the Steady for Life Travel Fair. This year we will have it at the new Fantasy Playhouse Children's Theatre & Academy as we highlight our 8 trips for next year. Also, a highlight to cap off a terrific year for Steady for Life is our Christmas Party/Holiday Revue Show.

In addition to honoring your instructors on this day, you'll see some "surprise" Steadies in the show written by Fantasy On The Boulevard's Artistic Director, Stephen Tyler Davis – aka, my son. Read all about it within the newsletter.



Football season is in full swing, but this picture is NOT football practice – It is a Yoga/Pilates Fusion class on the lawn at the Sandra Moon Community Center property. It was a beautiful day to have a class on the lawn!



I look forward to seeing you in the coming weeks,

Kim Davis,

Steady For Life Director

THE BRAIN FIX: WHAT'S THE MATTER WITH YOUR GREY MATTER?

We are very honored to have Dr. Ralph E. Carson, Ph.D., speaking with us on Wednesday, November 5, from 2:00 to 3:00, at the South Huntsville Library on Bailey Cove Road.

Dr. Carson is a graduate of Duke University, Duke University Medical School, Oakwood College and received his doctorate from Auburn University. He has spent his career lecturing throughout the U. S. and abroad covering topics such as clinical nutrition, neuroscience, and exercise physiology. Dr. Carson has over 40 years of experience in treating addictions, obesity, mood and anxiety disorders, eating disorders, and working with athletes. He was also a faculty member of the University of Alabama at Huntsville for over 20 years. Dr. Carson is the author of **The Brain Fix: What's the Matter With Your Grey Matter?**

Plan to learn some good news about improving our brain function through nutrition and lifestyle. Space is limited to 30 attendees, so please **RSVP** on our website or **contact Amy Farnsworth at amfarn@gmail.com or 256-652-9027.**



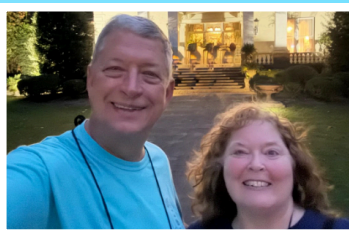
STEADY FOR LIFE TRAVEL FAIR TIME IS HERE!

As you can see from these pictures, last year we had a BIG crowd at our Travel Fair. We cordially invite you to attend the revealing of the 2026 slate of trips we have been busy preparing for you! We have a day trip as well as two cruises... and everything in between...A TOTAL OF EIGHT TRIPS.

WHEN: October 10th @ 10:00 a.m.

WHERE: Fantasy Playhouse on the Boulevard, 3320 Triana Boulevard, Huntsville

WHAT TO EXPECT: (1) Parking is on each side of the Fantasy building and across the street at Pickers – We will have parking attendants to guide you. Carpooling encouraged. (2) There will be a brief presentation of all eight trips. (3) There will be an opportunity to deposit on the trips and then choose your seat(s) on the motorcoach chart. (4) Although this event is free, we need to know how much seating and materials to prepare. **Please pre-register online at www.steadyforlife.org or by emailing Kim@steadyforlife.org.**



Join us for our final Cruisin' Cuisine

Where: Pane E Vino and the Huntsville Museum of Art
300 Church Street (downtown) **Restaurant Pane E Vino** is on the lower level connected to the Museum overlooking Big Spring Park. Enter by Big Spring.

When: Thursday October 16th, beginning at 4:15 with dinner.

Museum Tours are specially priced on Thursdays for \$5.00. It is free if you are a member of Huntsville Museum of Art. Hours to tour are from 5pm to 8pm.

Please RSVP on our website or by emailing Sheila Huddleston – huddles@aol.com.

COME WITH US ON A CITY HALL ART TOUR!

Arts Huntsville will be leading us on a tour of our new Huntsville City Hall at 305 Fountain Circle to see the stunning art displayed in the grand new building. The tour is 4:30-6:00 on Friday, December 5th and is limited to 25 people, so RSVP right away on our website or by contacting Amy Farnsworth at amfarn@gmail.com or 256-652-9027. (If we get an overwhelming response, we will schedule a second tour.)

🎄 **Holiday on the Boulevard** 🎵 - an Exclusive Christmas Celebration for



Join us on Friday, December 19th from 2:00-4:00 p.m. at Fantasy Playhouse Children's Theater and Academy for a spectacular holiday extravaganza! Hosted by Artistic Director, Stephen Tyler Davis, this variety-style musical cabaret features dazzling guest artists, toe-tapping dance numbers, and a mix of your favorite holiday classics. Get ready to sing, laugh, and celebrate the magic of the season—Boulevard style! Our Steady for Life Board of Directors will have individual goodie boxes for everyone. Fantasy Playhouse will be providing hot chocolate. The address is 3320 Triana Boulevard. Carpooling is encouraged.

Cost: \$26 check made payable to Steady for Life. **Please RSVP on our website www.steadyforlife.org or by emailing Amy Farnsworth amfarn@gmail.com.**

You may mail a check to Steady for Life, 7200 Avalon Drive, Huntsville, AL. 35802. Please notate "for Holiday on the Boulevard".

RSVP BY: DECEMBER 12TH Space is Limited



HOLIDAY SCHEDULE



There will be no classes on November 26-28 as we celebrate Thanksgiving Holiday. We will also take a 2 week break during Christmas holidays. Our last day for 2025 will be December 19th, returning on January 5, 2026.





PECAN & WALNUT FUNDRAISER

1 LB. BAGS



Large Halves



Dark Chocolate

- LARGE HALVES \$15
- MEDIUM PIECES \$15
- MILK CHOCOLATE \$15
- DARK CHOCOLATE \$15
- WHITE CHOCOLATE \$15
- ROASTED SALTED \$15
- HONEY GLAZED \$15
- CRUNCHY PRALINES \$13
- ENGLISH WALNUT \$13



White Chocolate



English Walnut

Last year we had a wonderful experience with the Louisiana Pecan Company as our vendor for our Pecan & Walnut fundraiser. Beginning October 1st, there will be order forms in each of your classes for you to use and/or share with others. Please make your selections and attach your check to the form. Your instructor will collect these and turn them in to the Steady for Life office before the deadline of October 23rd.

We will communicate with you when the nuts will be delivered. Last year it was in time for your holiday baking (before Thanksgiving break). We hope the trees will drop again this year on time, so they can be gathered and packaged timely. We are at the mercy of Mother Nature since we want fresh nuts. 😊

Thanks for supporting your STEADY FOR LIFE!