

STEADY for LIFE

1st QUARTER NEWSLETTER 2026

Kim's

O Dear Friends,
r What a stellar year it has been at Steady for Life! Thank you for all the memories and support
n throughout 2025. Our classes have grown beyond expectations... And more on the horizon. Our travel
e program continues to grow as well, with record numbers of pre-registrations for upcoming trips. It has
r become necessary for me to have some additional help with this thriving organization, and I'm happy to
announce that Debbie Mayes will be joining the leadership team. Debbie is already one of our Steady
for Life instructors and is extremely dedicated to our organization. She is ready to jump into her role in
helping me as Associate Executive Director. As the year progresses, we will divide some of the
responsibilities. For now, she is anxious to visit each of the classes and get to know you better.



I'm also happy to announce our 2026 Steady for Life Board of Directors:

President – Kim Bigelow
Vice-President – Melissa Watts
Secretary – Julie Carden
Treasurer – Robin Engle
Steve Solomon
Sonja Enfinger
Bob Druckman

Kate Leonard
Amy Gipson
Dolly Collier
Sheila Huddleston
Sonja Sanders
Patty Smith



I look forward to seeing you in classes, at our activities/events, and in our travels!

Happy New Year,

Kim Davis,

Steady for Life Director

Do You Hear What I Hear?

Steady for Life is pleased to present a free 3-part series during 1st Quarter led by one of Huntsville's premier ENT Specialist – Dr. Neeta Dang. The topics will be:

January - Hearing loss, Sinus drainage and Sinus disease

February - Dizziness and Balance Disorders

March - Thyroid Concerns

Each one-hour seminar will be at 1:00 at the Steady for Life location -
Sandra Moon Community Complex - 7200 Bailey Cove Road in Huntsville.

You may register at www.steadyforlife.org or by calling the Steady for Life
number at 256-213-1976.

Dates: January 14 at 1:00 PM, February 19 at 1:00 PM, and March 26 at 1:00 PM



BEGINNER'S BALLROOM DANCE CLASS CONTINUES JANUARY 7TH – 1:00-2:00 p.m.

This Steady for Life class continues to grow and grow. There are so many dance opportunities all over Huntsville & Madison each month. Beginning January 7th, Bob & Susan Janus will teach us The WALTZ in their easy-going, fun style. Each Wednesday we have a great space at Faith Presbyterian Church (corner of Whitesburg & Airport Rd.) where we can move around the floor easily. Grab a partner and join us in the gym!

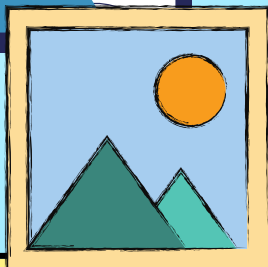
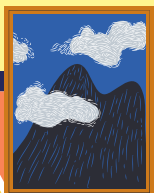
No partner? Then you will love our Zumba class for seasoned adults, or one of our Line Dancing classes! See our schedule at www.steadyforlife.org.

Please pre-register online at www.steadyforlife.org or by emailing Kim@steadyforlife.org.

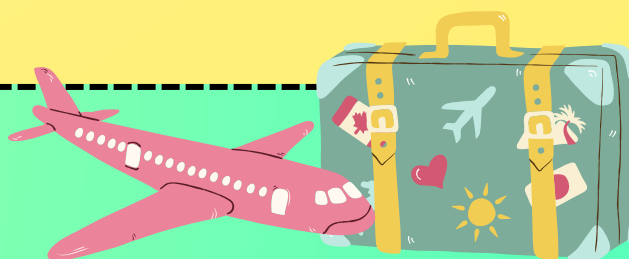


CITY HALL ART TOUR

A NEW 2ND DATE ADDED! Our December tour filled up quickly, and as promised we have added another date for those of us who didn't make the first 25 roster. Arts Huntsville will once again 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 4:30-5:45 on March 6th. We will meet in the front lobby of the building where you will show your ID, sign-in, and get a name tag. You may register on our website – www.steadyforlife.org or by calling the Steady for Life information & reservation line – **256-213-1976**. This tour is free.



MINI TRAVEL FAIR



Join us, and Jennifer Powers of Premier World Discovery as we complete filling up our trips for the first half of 2026. This will be a follow-up session from our Steady for Life November Travel Fair on Tuesday, January 27th at 10:30 at the Main Steady for Life classroom - Sandra Moon Community Complex - 7901 Bailey Cove Road in Huntsville (Southend of the campus).

TRAVEL OPPORTUNITIES FOR YOU IN 2026!

Quite a line-up of adventures await this year. Make some of your best memories on a Steady for Life trip! You will find all the itineraries, registration information, and a sound-clip description of each trip at steadyforlife.org under the TRAVEL tab. The Mystery Trip is already SOLD OUT.

Galápagos Islands & Ecuador

March 7-13

2026

Remote Caribbean Getaway

March 14-21

A Walk on the Wildside

April 24



Alaska Cruise & Land

May 17-27

Great Trains & Grand Canyons

May 31 - June 6

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

Beauty on the Bay

August 13-16

Mystery 2-Day Trip ?

September 18-19

Rhythm of the Heartland

October 25-31

Christmas Trip

December 1-5

CLASS TUITION PRE-PAY OPPORTUNITY

The majority of our Steady for Life class members like the convenience of pre-paying for their classes each January (or July). Class prices have not increased in several years, and they will continue to stay the same in 2026. Here are class fees with the discounted rate for pre-payers. Your instructors and bookkeeper appreciate not having to handle monthly checks ❤️

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

Reminder: Inclement Weather Policy ⚠️

Steady for Life classes will not meet if the schools in your area are closed. If the schools have a delayed opening and it interferes with your class time, the class will not meet.

We observe the following holiday closings: Memorial Day, Fourth of July, Labor Day, Thanksgiving (Wednesday, Thursday & Friday), and the 2-weeks leading up to Christmas & New Years.

Health Tip:

"In adults, all nourishment to the spine comes from movement. Without movement, the discs of the spine gradually shrink, which causes the body to lose height. Fluids are drawn into and flushed out of the discs by stretching, lengthening, and moving the spine in all directions: forward, backward, sideways, and twisting. Maintaining the health and integrity of the spine is the central theme of yoga. Yoga develops spinal strength and agility, slowing and even reversing the common degenerative changes often found in people at midlife and older."



From the book The New Yoga for Healthy Aging, by Suza Francina

**Steady for Life has 6 Yoga classes
each week for you to choose from.
A class for EVERY-BODY.**