

STEADY for LIFE

2nd Quarter Newsletter 2026

KIM'S

ORNER



Happy Spring!

I hope the warm sunshine is uplifting your spirits like it has mine! We are in full swing planning exciting things for our Steady for Life program. We are so glad you are a part of it! I trust your classes are bringing you strength, flexibility, and confidence as we age gracefully. In addition to our wonderful instructors and friendships, other components of Steady for Life that set us apart are our educational opportunities, our travel program, and the events we have throughout the year to bring all 13 locations together. In this newsletter you will read about our upcoming Spring Picnic at Burritt, our Fitness in the Park Day, partnering with the City of Huntsville, our annual SFL Plant Sale, the addition of a Christmas Trip to New York City, and of great interest to those who exercise at the Sandra Moon Complex: The completion of the I-o-n-g construction project... this summer! You will also learn about our two new Steady for Life locations.

Lastly, I'd like to share a picture of our 2026 Board of Directors. They are a stellar group of advisors as Debbie & I provide leadership for this wonderful program. Speaking of Debbie Mayes ~ if you haven't

met her yet, you will soon. Having been an SFL instructor in 2025, she was already part of the team when she was selected to help lead our organization. Her long career as a teacher in Huntsville City Schools, as well as other positions within Huntsville corporations, and her extensive training and experience in the health and fitness world, made her an excellent choice to help lead Steady for Life.

I look forward to seeing you often this year,

Kim Davis, Director

Kim Davis - Executive Director Robin Engle - Treasurer Melissa Watts - Vice-President Sheila Huddleston



Kate Leonard Steve Solomon Sonja Enfinger Julie Carden - Secretary Amy Gipson
Debbie Mayes - Associate Executive Director Patty Smith Kim Bigelow - President
Sonja Sanders & Dolly Collier - Not Pictured

EVENTS AND TRAVELS FOR Q2 2026

March 31: Health Seminar: Move Well, Age Well

April 7: Launch New Madison Class

April 24: "A Walk on the Wildside" Day Trip

May 7: City Town Hall Meeting

May 9: Healthy Huntsville Free SFL Fusion Class

May 17-27: Alaska Cruise & Land

May 22: Blues and BBQ at Burritt on the Mountain

May 31-June 6: Great Trains & Grand Canyons

STEADY, STRONG, & SHARP

By Debbie Mayes

Hello Steadies!

The first quarter as Associate Executive Director was one full of learning and excitement! My goal for the first quarter as well as the 2nd quarter is to dedicate time at each of our 13 locations and meet our wonderful members. Also, my focus will be to support the instructors, whether it be replacing equipment, attending classes or being on site at Sandra Moon Complex to address daily issues. If I have not been to your class yet, I will see you soon!

I have been amazed at the energy and dedication that I have seen by the Steadies. Everyone is getting stronger, developing better balance, gaining more flexibility, challenging the brain, and enjoying friendships. Keep up the splendid work and continue to inspire others to follow your commitment!

We are excited to add two new locations in the Huntsville/Madison area. In January, we launched a new location at Holmes Street United Methodist Church, 501 Holmes Ave NE, Huntsville. This class is growing and thriving under the leadership of our instructor Jennifer Tostado. Body Balance II Classes are held on Tuesday and Thursday from 1:00-2:00. Also, we are adding a new location at the First Baptist Church in Madison, 4257 Sullivan St. This class, Body Balance II will also meet on Tuesday and Thursday from 1:00-2:00 with our instructor, Kristin Mumper, leading the way to better balance. You will find more information about our new location in this newsletter.

As part of Steady for Life, we also offer educational health seminars. Stay tuned for a health expo, "Steady and Sharp," that will be coming in the Fall. This event will kick off the official opening of the Sandra Moon Community Complex! Watch for more details in our next newsletter.

Stay Steady, Strong, and Sharp!

Debbie Mayes



First Row: Debra, Amy, Kim, Helen, Jill, Jennifer
Second Row: Robin, Lebee, Debbie, Kimberly, Susan, Bob
Third Row: Donna, Kim, Pam, Kristen, Karleen
(Not Pictured): Paula, Beth

City Town Hall Meeting

Join Jennie Robertson for a District 3 Town Hall on Thursday, May 7th at 6:00 pm, at the Sandra Moon Community Complex. City Planner James Vandiver will be the featured speaker discussing the 2026 City of Huntsville Development Review with a focus on District 3 including the Sandra Moon Complex completion.

TRAVEL NEWS ~ Kim Davis

Amy and I search diligently to find things to do and places to go that surprise and WOW you. Like years before, our annual Mystery Trips continue to be the first trip to fill up a motorcoach. Such was the case for this year, full with a waitlist shortly after our Travel Fair. I reached out to all the places we will be going to ask could I bring more folks and they could accommodate us. So, we have added a 2nd motorcoach for our September 18-19 Mystery Trip.

There is now space to join us!

Another trip that filled quickly was our Holiday Blend of History, Luxury, and Southern Hospitality. We were not able to add a 2nd motorcoach on this 5-day Christmas trip, but have added an additional holiday trip, since we know many like to celebrate the season by traveling. The additional trip is to New York City, with Premier World Discovery helping plan and escort. You can see (and hear) details for the Mystery Trip & the New York City Tour on our website www.steadyforlife.org under the **TRAVEL & EVENTS** tab.

STEADY for LIFE 2nd BUS Added!!
MYSTERY Trip 2nd BUS Added!!
10 SURPRISE ACTIVITIES!
SEPT. 18 - SEPT. 19, 2026
DEPART MAYFAIR CHURCH, 1095 CARL T. JONES DR, HUNTSVILLE 9/18 AT 6:30 A.M.
OR
ASBURY CHURCH, 980 HUGHES RD, MADISON 9/18 AT 7:00 A.M.
ARRIVE BACK TO HUNTSVILLE 9/19 APPROXIMATELY 7:00 P.M.
STEADY FOR LIFE MEMBER: SOLO \$495, DOUBLE \$395, TRIPLE \$370, QUAD \$355
NON-MEMBER: SOLO \$515, DOUBLE \$415, TRIPLE \$390, QUAD \$375
\$75 deposit due at time of registration. Final payment due Aug. 1, 2026.

STEADY for LIFE
New York City Holiday
December 11, 2026 5 DAYS
BOOKING DISCOUNT
Save \$100 Per Person
\$200 Per Couple*
NO RISK DEPOSIT NO CHANGE FEES
Book Now and your Deposit is Risk Free with No Change Fees until Final Payment Due Date!
See inside for details**
HOLIDAY TOURS
TOUR RATES:
Booking Discount*: \$3999 pp double
Regular Rate: \$4099 pp double
Single Supplement: +\$1200
*See Reservation Info for Booking Discount details.

At the time of this writing our Galapagos Island Tour and British Virgin Islands Cruise are complete and were fantastic! All other upcoming trips still have openings ~ so check it out. If you should have other questions or need guidance, please don't hesitate to email me – Kim@steadyforlife.org or call/text me at **256-652-2912**.

Happy Trails to You!

Spring Plant Sale

Spring is just around the corner! And once again, Steady for Life will be offering beautiful plants at our Spring Flower Sale to benefit our fitness classes. Through the same organization that provided these plants last year, Rainbow Omega, we will have available hanging baskets and pots of geraniums, impatiens, and ferns among others. Also available again this year will be the gorgeous mixed hanging baskets and pots filled with a variety of beautiful flowers. An easy way to add a pop of color to your home! This was a sold-out sale last year so you don't want to miss it!

Order forms will be available in your classes beginning March 16th. The deadline for ordering is Wednesday, April 8th. You will be notified about the arrangements to pick up your orders. Thank you very much for participating in this Steady for Life fundraiser!!!





Healthy Huntsville!~Fitness in the Parks



The goal of Mayor Battle's Healthy Huntsville Initiative is to offer a variety of free group fitness classes for the community to keep people active and to help them discover new types of exercise they might enjoy. Various classes will be held at different locations all over the city, by different groups every Saturday morning in May and June. Steady for Life was invited again to be one of the city's classes this year. Our SFL instructor, Kimberly Brown chose May 9th from 9:00-10:00 a.m. as our date for this free class. She will teach a fusion class of Balance, Yoga, and Pilates. The class will be outdoors near the tennis courts at the Sandra Moon Community Complex. Bring your mat and water, wear comfortable clothes, and look for the Steady for Life sign. Kimberly will be watching for you. No RSVP required.



Steady and Sharp Health Expo Coming in the Fall



Steady for Life will be presenting a health expo in the Fall to celebrate the final phase opening of the Sandra Moon Community Complex. Display tables, interactive activities and guest speakers will keep us on track to stay sharp through good brain health. Watch for updates in the 3rd quarter newsletter!

**Exclusive
SFL Event**

BLUES AND BARBECUE AT



Join your fellow Steadies for a day of Blues and Barbeque at Burritt on the Mountain Museum on Monte Sano Mountain. From the beautiful views of Huntsville to the Historic Park and Dr. Burritt's home, Burritt is truly one of Huntsville gems. Meet your friends on Friday, May 22nd, for 2 tours, lunch, and entertainment. We will start with a guided tour of the Historic Park, followed by a barbeque lunch provided by Lawler's BBQ. Then we will enjoy entertainment presented by the very talented Sylvia Dean, followed by a guided tour of Dr. Burritt's home and The View, Burritt's 3,000 sq. ft. overlook with breathtaking scenery of Huntsville!

In addition to ordering online, the 2nd option is to give a check made payable to: Steady for Life to their instructor, earmarked for the Burritt event. A confirmation email will be sent.

MARK YOUR CALENDARS

When: Friday, May 22nd, 11:00 am - 2:00 pm
Where: 3101 Burritt Drive, Huntsville, AL 35801
Cost: \$24 per person
Register online at: www.steadyforlife.org
Deadline: Friday, May 14th



Ready to Launch!

New location in Madison! First Baptist Church in Madison is the site as we kick off our new classes with a health seminar presented by Jay Austin on Tuesday, March 31st, from 1:00-2:00 pm. The topic will be "Move Well, Age Well: The Five Physical Abilities That Protect Your Independence" and will be held in room 136. Our instructor, Kristin Mumper, will be introduced and provide information about our Balanced Body II class that will start on Tuesday, April 7th, from 1:00-2:00 p.m. The class will be held twice a week on Tuesdays and Thursdays. Please join us! No RSVP required.

First Baptist Church - Madison
4257 Sullivan St. Madison, AL 35758
Thursday, April 2nd, 1:00-2:00 p.m.