

3rd Quarter Newsletter 2026

EVENTS and Travel for Q3 2026

July 1: Move into Fred Astaire Studio

July 5: Sarah Shull, Art Class

August 4: New M2M Class Begins

August 13-16 Beauty on the Bay

August 21: BeamFit Class Begins

September 18-19 Mystery Trip

KIM'S

ORNER



Hello Steady Friends,

I hope you are enjoying a terrific summer! We, at Steady for Life, kicked it off with a great patriotic barbeque at Burritt on The Mountain. Even with torrential rain, the 50 who came had a great time! If you've been with Steady for Life for several years, you will remember during the 2020 Covid year we kept Steady for Life going strong with our Zoom

exercise classes, holiday drive thru event – Melodies & Marmalade on Jones Farm, online Cooking Classes, Creative Writing Classes, and Art Classes from New York City. Sarah Shull, who was our art instructor from NYC will be in Huntsville for several days in July, and we thought it would be fun to have an IN PERSON art class with her. Even if you've never picked up a paint brush you will enjoy creating a canvas painting with us on Sunday afternoon, July 5th at 2:00. Fantasy Playhouse will host us. They are located at 3320 SW Triana Blvd, Huntsville. We will have all the supplies for you. All you need to do is RSVP to me – kim@steadyforlife.org by July 2nd to reserve your place, bring a \$20 bill to the class, and plan to leave with a lovely painting and your art brushes. Read on for more exciting happenings at Steady for Life! Stay cool and hydrated and don't forget the sunscreen.

See you soon,

Kim Davis



INTRODUCING NEW STEADY FOR LIFE INSTRUCTOR, ELLEN DUFFY

NEW

Our Move to The Music classes are so energetic and fun. We heard you when you asked for more!! On Tuesday afternoon at 1:00, August 4th, we will be bringing Zumba® Gold Certified Fitness Instructor, Ellen Duffy to our teaching staff. She comes with 15+ years of experience creating fun, welcoming environments that keep participants coming back, while safely supporting all fitness levels, especially active mature adults. Ellen's Steady for Life - Move to The Music class will be taught at our Faith Presbyterian Church location in their gymnasium – 5003 Whitesburg Dr. in Huntsville. If you enter the parking lot from the side of building off Carl T. Jones Drive, you will be at the gym. We will have a SFL sign where you enter and I'll be watching for you. Join me; I'll be taking this class with you. – Kim

STEADY, STRONG AND SHARP

As I look back on my first half year as Associate Executive Director, I am reminded of all the **FIRST** that have occurred.

FIRST NEWLETTER to introduce myself as the person who would work with Kim Davis to learn the ropes to become Executive Director

FIRST INSTRUCTORS' MEETING to establish my goals that provide support and education for our wonderful instructors.

FIRST FINANCIAL REPORT to meet and work with our invaluable accountant, Robin Engle.

FIRST PLANT SALE to work with an amazing Board of Directors to make the fundraiser a huge success.

FIRST TRAVEL to meet the great Steady Travelers that take part in our fabulous travel program.

FIRST EVENT at Burritt on the Mountain that truly turned into an "event" including a tornado warning.

FIRST SPEAKING EVENT at a welcoming church with very enthusiastic women. (I would love to meet people in your church or community and introduce them to Steady for Life!)

FIRST MOVE to a new exciting location that will provide a positive atmosphere for our present classes and future classes to come.

The bottom line, it's all about the people and the service I can provide. Always reach out to me for help or questions. I am thrilled to begin my role as Executive Director and excited for our future together!

Stay Steady, Strong and Sharp!

Debbie Mayes

NEW MAIN LOCATION, A BUILDING FOR THE FUTURE

Upon approval of the Board of Directors and our Instructors, we are moving to Fred Astaire Dance Studio, 7900 Bailey Cove Rd. Suit 8A! This space will provide us with a location that will be solely ours during weekday mornings. Along with a safe environment, plenty of handicapped and regular parking, there is easy access to the building. The Arts Council has been our friend and landlord for the past two years and they have met the challenges of construction with all the help, compassion and concern possible. The dream of remaining in the Sandra Moon Community Complex was deterred with restrictions on the use of space, as the complex will be and should be a public community building when completed. As we move and grow into our new studio, a big thank you goes out to all of you for your patience as we accept changes and move to a bright future!

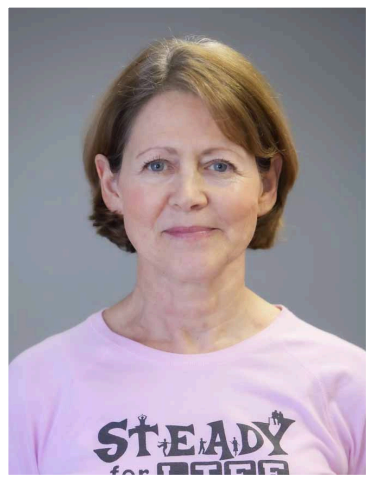


»» STEADY AND SHARP HEALTH EXPO »»

With the move into our new Main Location, it has become necessary to move our Health Expo into the fourth quarter. Stay tuned for more information on staying steady and sharp through good brain health! You won't want to miss it!

Announcing Our First Special Class Series!

Our first Special Series will be BeamFit! The series will be taught by our Steady for Life Lead Instructor, Debra Wade. This six-week class will be held on Fridays, 10:00-11:00, starting August 21 and continuing through September 25. The class will be held at our new main location, Fred Astaire Dance Studio. This studio is directly across the street from the Sandra Moon Complex at 7900 Bailey Cove Rd. Suite 8A.



Debra was trained by the founder of the BeamFit program and is also certified in NASM as a Senior Fitness Specialist. She has been a Senior Fitness Instructor for Steady for Life for 14 years. Debra's goal for this class is to create a mind-body connection, improve balance, strength and flexibility.

BeamFit provides a reactive and dynamic workout while standing, kneeling, sitting and lying down. The class is taught barefooted with a beam that is 5 feet long, 6 inches wide and 2 inches high. To participate in this class, you should be able to get up and down off the floor and do the class barefooted. All equipment used in the class will be provided. Please bring water to class. This class will be limited to 12 students, and registration forms are available through our Instructors or online. Cost is \$25 for the six-week program. We hope to see you at this new, fun series!

CONGRATULATIONS! YOGALATES IS HERE!

Thanks to our wonderful YOGA instructor, Pam Herdy. After 80 hours of instruction and a comprehensive juried presentation, Pam has received her certificate to teach Yogalates! Yogalates is a mix of yoga + Pilates designed to tone your body, improve your flexibility, and calm your mind, all in one class. We are so proud of Pam, who happened to be the only one in the USA taking the class at the time and the oldest student in the group. Watch for Pam's introduction to Yogalates Class Series. in one of our future Special



TIME TO CELEBRATE KIM DAVIS!

After 14 years serving as Executive Director, our Steady for Life Founder, Kim Davis, is moving forward as our Travel Director. This accomplishment will not go unnoticed! Please join all the Steadies, past and present, in a Celebration of all the hard work Kim has given to make Steady for Life what it is today. The celebration will take place at Fantasy On The Boulevard located at 3320 SW Triana Blvd, on July 31st from 2:00PM - 4:00PM. The event will be full of fun, food and entertainment, all to honor Kim Davis! Please RSVP on our website or sign the RSVP sheet at your class. Let's make this an afternoon to remember, reminisce, and reflect on Kim's successful role in Steady for Life.

ON THE ROAD AGAIN...TRAVEL NEWS

by Kim Davis, SFL Travel Director

How can it be possible that we are already planning our 2027 TRAVEL LINE-UP? Recently, we sent out a survey to our travelers getting their feedback on the type of trips they would like to see for next year. Will it be a themed trip, culinary experiences, a trip celebrating our 250 years as a nation, mystery trips, cruises, train excursions, holiday trips? Save the date of **NOVEMBER 8TH** for a Sunday afternoon at our **BIG REVEAL**, and be one of the 1st to make reservations and choose your seat on the motorcoach. We will do our best to have things planned to pique everyone's interest. Our slide show highlighting our Steady Travelers on the 2026 trips will be better than ever... You don't want to miss it! There will be more details in the next SFL newsletter. For now, we hope to see you on the remaining trips for this year:

Date: November 8th Time: 2:00 to 4:00 Location: Fantasy On The Boulevard
3320 Triana Blvd. SW Huntsville



The Best of South Alabama! With a little Mississippi included
~Aug 13-16, 2026



Steady For Life Mystery Trip with 10 Surprise Activities
~September 18-19, 2026.



Rhythm of the Heartland Touring Oklahoma and Arkansas
with 12+ Activities ~October 25 - 31, 2026



A Holiday Blend of History, Luxury, and Southern Hospitality
~December 1-5, 2026 **FULL**



New York City Holiday Tour ~December 11, 2026