

# 4th Quarter Newsletter 2026

## Steady, Strong, and Sharp By Debbie Mayes



The definition of “STRONG” in the Webster Dictionary is “having great physical power, moral resolve, and a high intensity and concentration.” Reflecting on our Steadies, we all fit this definition!

Using our physical power, we can lift weights and exert bodily force. As we attend classes, this power becomes greater and we can perform our daily tasks. What a positive outcome to the consistency of taking care of our bodies by attending fitness classes regularly!

Our moral resolve reflects our determination to resist adversity. Being socially involved in our fitness classes and travel events helps us build resolve by communication with our fellow Steadies. Friendships are developed to enrich our lives and open us up to the world. High intensity and concentration are developed as we perform brain challenges in class and experience new adventures in travel. And we have fun doing it!

I am so fortunate to work with such a fantastic group at Steady for Life. It has helped me to develop my “STRONG.” I often marvel at the life experiences and knowledge that we as Senior Citizens possess. What wealth! Let us all work on our “STRONG” together!

## EVENTS

October 12 Mum Order Delivery

October Pecan Orders

October 16 Yoga Special Series

October 25 Rhythm of the Heartland

October 30 Shirt Order Deadline

November Pecan Order Delivery

November 8 Travel Fair

November 25-27 Thanksgiving Break

December 1 Christmas Trip

December 11 Christmas Luncheon

December 11 New York City Holiday

Dec. 18-Jan. 3 Christmas Break

## Special Series Class, Yoga for Bone Health

STRONG BONES. STRONGER YOU. GENTLE YOGA FOR BONE HEALTH.

Yoga for Bone Health is a gentle, welcoming class designed to support healthy bones while improving strength, flexibility, and balance. Whether you are new to yoga or have been practicing for years, you will be encouraged to move at your own pace in a comfortable, supportive environment. Come join us, connect with others, and discover how good it feels to move, strengthen, and thrive! Join Pam Herdy, our specially trained “Yoga for Bone Health” instructor for:

**4 week program**

**Beginning: Friday, October 16. Ending: Friday, November 6.**

**Fred Astaire Studio. 7900 Bailey Cove Suite 8A**

**Time: 11:00-12:00. Tuition is \$15 for the series**



Please register by giving a check, with Yogalates noted, to your instructor; register online [steadyforlife.org](http://steadyforlife.org), under “Register for Event”; or mail a check to Steady for Life, 7200 Avalon Dr. Huntsville, AL 35802.

**We look forward to seeing you at the special class!**





## IT'S SO POPULAR, WE HAVE ADDED ANOTHER CLASS!

Our "Move to the Music" class that is held at Faith Presbyterian Tuesdays from 1:00–2:00 will also be held at our Main Location, Fred Astaire Studio. Join Ellen on Tuesday mornings 9:00–10:00 for her great dance class. See you there!



## NEW INSTRUCTOR AT HOLMES ST. UNITED METHODIST CHURCH

Emily Starnes has joined our staff as instructor for Balanced Body 2 at Holmes St. UMC! Her energetic class is held Tuesdays and Thursdays from 1:30–2:30 each week. As a Yoga Dharma certified teacher, Emily has been teaching for 11 years at several companies in Huntsville, as well as privately. She has a passion for teaching our Senior Students. Emily enjoys spending time with her two children, Loch and Atkins, and their dog and cat, Phillie and Slinky. Her hobbies include environmentally conscious gardening, painting with watercolors, ballet, and supporting live music. We are so fortunate to have her as part of our instructor team!



## MUMS THE WORD! NEW FUNDRAISER

We are excited to announce that this year we are partnering with Ayers Farmers Market to offer a new fundraiser! We will be taking orders soon for mums in several different colors as well as tricolor mums. Be on the lookout for order forms in your class or email. Deadline for orders is October 5<sup>th</sup>. Delivery will be October 12<sup>th</sup>, in the Fred Astaire parking lot.



## STEADY FOR LIFE SHIRT ORDERS

Many of you have asked about ordering shirts with our logo. To order, please provide a solid color or small print shirt, and we will have our Steady for Life logo printed on your shirt! Cost will be \$10 per shirt. Please put the shirt and \$10 cash or a check for \$10 in a bag and turn it in to your instructor. Add your name and class location to the bag. Please have your shirt turned in for printing by October 30<sup>th</sup>.

## NUTS, NUTS, NUTS!

Our Pecan and Walnut Fundraiser returns! The Louisville Pecan Company is our vendor again this year. In October, there will be order forms in each of your classes for you to use or share with others. Please make your selections and attach your check to the form for your instructor to turn in by the deadline later in October. We will communicate with you as to when the nuts will be delivered. We are at the mercy of Mother Nature as to when the nuts will be ready. In past years, the nuts have been gathered and packaged in time for your holiday baking. Thank you in advance for your orders.





# Steady for Life Christmas Luncheon

Mark your calendars for a festive lunch and fabulous entertainment to celebrate the holiday with your friends!



**Place:** Huntsville Marriott at the Space and Rocket Center

5 Tranquility Base, Huntsville, AL 35805

**Date:** Friday, December 11th Time 11:30–1:30

**Cost:** \$28



**Beginning November 1, choose one of the following to register:**

- Complete the form on our website [steadyforlife.org](http://steadyforlife.org) and pay online.
- Pick up a registration form at your class and mail the form and a check made out to Steady for Life to Robin Engle, 7200 Avalon Dr. Huntsville, AL 35802
- Pick up a registration form at your class and give the form and a check made out to Steady for Life to your instructor.

## STEADY AND SHARP SEMINARS 2027

'Steady and Sharp' will be a series of guest speakers presenting strength and balance and how it relates to our brain health. These special "lunch and learn" seminars will be held at Fred Astaire Studio, one Friday a month. Complete information will be included in the Quarter 1, 2027 newsletter.

## HOLIDAY SCHEDULE

There will be no classes November 25th through 27th as we celebrate Thanksgiving Holiday. Also, we will take a two-week break during Christmas Holidays. Our last day in 2026 will be Friday, December 18th, returning in 2027 on Monday, January 4th. Enjoy your Holiday Season!

## Holiday On The Boulevard

Back by popular demand, Holiday on the Boulevard returns for a second season of big vocals, swinging tunes, cheeky banter, and retro variety-show sparkle! Hosted by musical guests Stephen Tyler Davis and Erica Hansen, with Nathan Solomon and his Little Big Band, this festive new tradition features an adorable kids ensemble, Santa, The Silver Belles, holiday classics, special guests, and plenty of Christmas shenanigans. Big-hearted, high-energy, and joyfully unpredictable, anything can happen at Holiday on the Boulevard! Tickets will go on sale Oct. 1st and can be purchased through [www.fantasyplayhouse.com](http://www.fantasyplayhouse.com).

### Holiday on the Boulevard Show Dates

December 18–20, 2026

Friday, Dec. 18 — 7:00 PM

Saturday, Dec. 19 — 2:00 PM & 7:00 PM

Sunday, Dec. 20 — 2:00 PM & 7:00 PM





# KIM'S

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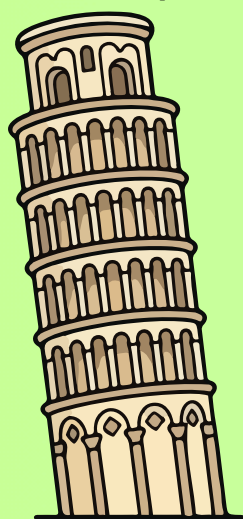


You are invited to our 8th annual STEADY FOR LIFE TRAVEL FAIR on Sunday, November 8th ~ 2:00-4:00 pm at the Fantasy Playhouse, 3320 SW Triana Blvd, Huntsville. Bring your checkbooks so you can be the first to register and deposit for our 9 exciting trips/tours! Those who deposit at the Fair will have the privilege of picking their seat on the motorcoach.

## SNEAK PEEK 1st TRIP OF '27

I can't hide the excitement of our terrific itinerary for the French Riviera on Viking's Ship Vela ~ with 5 guided tours in 4 countries! Contact me now for the full itinerary to

receive a discount on the airfare. This may be sold out before our Travel Fair! Kim@steadyforlife.org Please reserve your seat for the Travel Fair through our website - event registration - [www.steadyforlife.org](http://www.steadyforlife.org). For questions you may call me at [256-652-2912](tel:256-652-2912).



- DAY 1 — THURSDAY, MARCH 4, 2027 ROME (CIVITAVECCHIA), ITALY
- DAY 2 — FRIDAY, MARCH 5, 2027 FLORENCE/PISA (LIVORNO), ITALY
- DAY 3 — SATURDAY, MARCH 6, 2027 FLORENCE/PISA (LIVORNO), ITALY
- DAY 4 — SUNDAY, MARCH 7, 2027 MONTE CARLO, MONACO
- DAY 5 — MONDAY, MARCH 8, 2027 MARSEILLE, FRANCE
- DAY 6 — TUESDAY, MARCH 9, 2027 SÈTE, FRANCE
- DAY 7 — WEDNESDAY, MARCH 10, 2027 BARCELONA, SPAIN
- DAY 8 — THURSDAY, MARCH 11, 2027 FLY HOME FROM BARCELONA, SPAIN

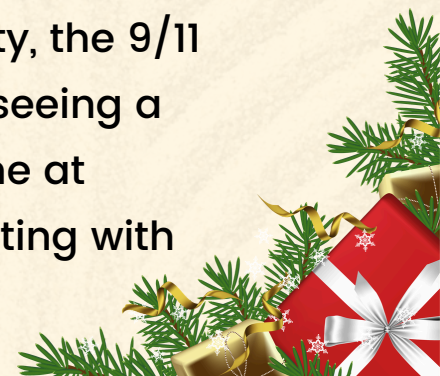


## WRAPPING UP OUR 2026 TRAVEL SEASON ~

You have two more opportunities to travel with Steady for Life this year: our Fall Foliage Trip – Rhythm of the Heartlands and the New York Christmas Trip. Since planning this trip last year, I've learned so many new things about Arkansas & Oklahoma. I have a very special surprise for you the morning we depart, as we begin tracing the Trail of Tears from Florence, AL to the Oklahoma Indian Territory. I've also added a visit to Pawhuska, OK to visit the hometown of The Pioneer Woman – Ree Drummond, have lunch at her restaurant, and visit the filming set of her popular Food Network television show. I've also added Crystal Bridges, the Glass Chapel in the Woods, some special stops on Route 66 to commemorate the 100th year of Route 66, and a visit to the Korean War Museum (with a special connection to someone who works with us at Steady for Life). Oh, and did I mention 16 included meals? Come along and share many things most of us have never seen. It will be new territory for me ~ but we have a terrific step-on guide who will be journeying with us through Oklahoma. See full itinerary on the page 5 insert.

Our **Christmas Tour to the Carolinas** that we've entitled, A Holiday Blend of History, Luxury, and Southern Hospitality has been sold out all year ~ with a waitlist. (Another reason you should sign up for your trips at the Travel Fair)

The 2nd opportunity you have to travel with us before the end of the year is the **NEW YORK CITY CHRISTMAS TOUR**, where this city transforms into a magical holiday wonderland filled with lights and decorations, skaters doing figure-eights in Rockefeller Center, and the Rockettes kicking up their heels for you at Radio City Music Hall. You will visit Manhattan's most famous attractions and areas, including Ellis Island and the Statue of Liberty, the 9/11 Memorial, and the One World Observatory. Of course, no trip to the Big Apple is complete without seeing a Broadway Show and shopping for someone special. We only have 4 spaces left for this trip. Call me at 256-652-2912 and I'll help you get registered ASAP at Premier World Discovery, the company assisting with this tour. **YOU CAN SEE THIS FULL BROCHURE AT OUR WEBSITE: [WWW.STEADYFORLIFE.ORG](http://WWW.STEADYFORLIFE.ORG)**





# RHYTHM OF THE HEARTLAND TOUR INTINERARY

Featuring iconic landmarks through Arkansas & Oklahoma

## Sunday, October 25:

7:30 am Depart Mayfair Church 1095 Carl T. Jones Dr. Huntsville (Northside of the parking lot)

8:00 am Pick-up from Asbury Church 980 Hughes Rd. Madison (Northside of the parking lot)

This morning we travel to the Wichahpi Commemorative Stone Wall in Florence as we begin the true story of the Trail of Tears. We will have a devotional at this beautiful, historical, sacred site. Our afternoon will be filled with fellowship and fun as we make our way to North Little Rock, Arkansas for dinner and an overnight stay. (D)



## Monday, October 26:

Traveling into Northwest Arkansas, we'll visit Crystal Bridges Museum of American Art before hotel check-in. Later this afternoon we will visit the Mildred B Cooper Chapel, often referred to as the "Glass Chapel in the Woods" before an evening of vintage automobiles, retro furnishings and reminiscing at Simple Pleasures. This is sure to set the stage for our Route 66 touring adventures. (B,D)

## Tuesday, October 27:



Sam Walton opened his first store, Walton's 5 & 10, in Bentonville on May 9, 1950 laying the foundation for the retail chain we know today as Walmart. This morning, we'll get a glimpse of that store as we visit the Walmart Heritage Museum. Next, is the Will Rogers Memorial Museum (Oklahoma's Favorite Son). By now we will be traveling stretches of Route 66 stopping for iconic photo ops (the Blue Whale, the Round Barn and more) before arriving in Oklahoma City for a 2-night stay. Get ready for an evening seeing parts of the city via Bricktown Water Taxi. (B,L,D)

## Wednesday, October 28:

Today we will visit Pawhuska, OK ~ The hometown of The Pioneer Woman - Ree Drummond. We will visit her mercantile, have lunch at The Mercantile Deli or Drummond-owned P-Town Pizza for wood-fired pies, then head to sister establishment Charlie's Sweet Shop for a jumbo-size scoop of huckleberry ice cream. We also plan to visit The Lodge on Drummond Ranch where Ree films her beloved *Food Network show*. (B,D)

## Thursday, October 29:



The story we began in Florence of Te-lah-nay and Whana-le culminates here we visit the Chickasaw Cultural Center. The Center features a reconstructed village, traditional First Nation Healing Garden, Stomp Dance demonstrations and more. Fall foliage colors are predicted to be on BIG display as we take a scenic drive through the "Land of Rippling Waters" with photo stops at numerous mineral springs, Vendome Well and the Pavilion Springs. We will travel through the town of Chockie, where Reba McEntire grew up on her family's ranch, stopping for dinner at Reba's Place, located just a few miles away in Atoka. Our overnight will be in nearby McAlester, Oklahoma. (B,L,D)

## Friday, October 30:

A beautiful fall morning finds us traversing one of the most magnificent roads in America, the Talimena National Scenic Byway. Lunch will be at Queen Wilhelmina State Park Lodge, known as the Castle in the Clouds. Arriving back at our hotel in North Little Rock, we can refresh before a fun evening at Murray's Dinner Playhouse, featuring the 4-time Tony Award winning musical "A Gentleman's Guide to Love and Murder". (B,L,D)

## Saturday, October 31:

This morning we'll visit the Korean War Memorial before having our farm-to-fork lunch and tour at P. Allen Smith's Moss Mountain Farm. P. Allen has hosted multiple long running TV series, including P. Allen Smith's Garden Home & P. Allen Smith's A Sense of Place. If you aren't familiar with this bigger than life personality, you can catch him on PBS television or through his own personal P. Allen Smith's YouTube Channel. His personal home tour and gardens will be a grand finale as we return to Alabama sharing memories made with friends, old and new alike. (B,L)