Hello All!

Our classes are growing and so is our staff. We welcomed recently Chris Irrgang, a new instructor in Monrovia. She is a valuable addition to Steady for Life.

Check out all the upcoming happenings within the newsletter and visit SteadyForLife.org to see all the wonderful pictures made at our terrific brunch and high tea.

You continue to motivate me to grow older gracefully and to be well, on purpose. Keep up the good work, Steadies!

— Kim Davis, Director
Steady Travels

“A Trip of a Lifetime”

Even if you didn’t get to go to Ireland with us from May 17—28, you can come see the pictures and hear the stories from our Steady for Life travelers at this presentation, hosted by Amy & Kyle Farnsworth, on June 30th at 11:00 at All Saints Lutheran Church. (12100 Bailey Cove Rd., Huntsville AL)

Chattanooga and Mystery Trips

Come Roll, Float, and Explore in Chattanooga, Tennessee from September 12—13, or be surprised on our annual Mystery Trip from October 17—19. Final reservations and payments are due on August 15, so visit our website to find out more!

Trains and Parks of Colorado

Next July, all aboard for a tour of Colorado with guide Mark Warther as we explore beautiful parks and historic trains and railways of this Rocky Mountain state. Fifty spaces are reserved for this nine day adventure. Reserve a space now. Visit our website to learn more and obtain a registration form.

Lunch at the Garden

Have you seen the beautiful new Huntsville Botanical Garden building? Join your friends on September 22 at 11:00 at the TABLE, the Garden’s new restaurant that serves fresh local food. Take a tour, visit the Gift Shop, and walk through the Garden and see the annual Scarecrow Trail exhibits. Please RSVP on the reservation form so we know how many to expect for lunch. Garden admission costs $10.

Motown the Musical

Steady for Life has reserved seating at Broadway Theatre League’s Motown the Musical on October 15 at 1:00. This New York hit shows how legendary artists like Diana Ross, Smokey Robinson, Stevie Wonder, Marvin Gaye, The Temptations, Michael Jackson, and so many more created the soundtrack that transformed America. This explosive Broadway musical is a true story of Motown’s incredible history. We will take reservations through July 31st. Please use the reservation form at the top of this newsletter. Tickets are $54 per seat.

Reservation Form

Check all events that you want to RSVP for:

- iPhone & iPad Workshop at Mt. Zion (Free)
  Tues. July 11 at 2:00 pm
- iPhone & iPad Workshop at Valley (Free)
  Thurs. July 13 at 2:00 pm
- What’s New in Medicine? (Free)
  Wed. July 12 at 1:00 pm
- Neil Simon’s The Sunshine Boys ($16.00)
  Sat. July 22 at 2:00 pm
- Lunch at the Garden (Dutch treat)
  Fri. September 22 at 11:00 am
- Motown the Musical ($54.00)
  Sun. October 15 at 1:00 pm

Name: ______________________________
E-Mail: ____________________________
Phone #: __________________________
Total cost: __________________________

Lunch at the Garden

See what we are doing about it at www.SteadyForLife.org

Every eleven seconds, an older adult in the US is treated in the ER for a fall. Every 19 minutes an older adult dies from a fall.

Source: National Council on Aging