



By Kim Davis, Steady For Life

Our Journey To "The Moon"

The year was 2011, when four friends sat around a table and began dreaming about a program that would help our older friends who were being challenged by balance issues, osteoporosis, arthritis, and in some cases, isolation. We studied what the Center for Disease Control had to say on these issues. We listened to some knowledgeable medical professionals. We took some Senior Fitness courses and practical training; we thought we were ready. Soon we had 50 "students" meeting for Balance classes in Mayfair's Church Fellowship Hall and Garden Room.

It became crystal clear that WE, 50 and 60 year olds, also needed to be doing preventive weight bearing exercises, dances, stretches and balance techniques to keep US from becoming fall compromised and having some of the issues that typically accompany aging. Thus, different levels of these actives were born, and we named our program STEADY FOR LIFE. Soon the word spread of the work we were doing and the positive results for many. We began getting calls asking if we would provide classes in other parts of the city and county. Many churches were open to donating space for such classes as a community outreach if we would come. (See the location list to the right).

Before long it was necessary to have a "home base" in a rented space, and we continued to make that home in South Huntsville. Fast forward a few years when the Sandra Moon Community Complex was in the planning and developing stages. We eagerly attended Council Member Jennie Robinson's town hall meetings, and we celebrated when the beautiful new library opened and the Arts Council got their lovely wing. We played with our grandchildren on the fabulous new playground and even had some Steady for Life Pickle Ball lessons with Judy Hayes - all while dreaming of someday having our South Huntsville Steady for Life classes there.

DREAMS DO COME TRUE! We are excited to announce that we will welcome everyone to classes at "THE MOON" on June 1st! We will be renting space from our friends at the Arts Council on Mondays, Wednesdays & Thursdays. Look for our Steady for Life sign at the entrance and visit us on our website www.steadyforlife.org for more information. If you'd like to talk to someone at Steady for Life in person, you may call us at 256-213-1976.

- Steady for Life - Main Sandra Moon Community Complex**
Arts Council Wing
7901 Bailey Cove Rd, Huntsville
- Monte Sano United Methodist Church**
601 Monte Sano Blvd., Huntsville
- Mount Zion Baptist Church**
228 Mt. Zion Rd, Huntsville
- First Baptist Church**
600 Governor's Drive, Huntsville
- Nativity Episcopal Church**
208 Eustis Ave, Huntsville
- First Baptist Church of Meridianville**
175 Monroe Rd., Meridianville
- Owens Cross Rds. Church of Christ**
124 Eastwood Dr.,
Owens Cross Rds.
- Locust Grove Baptist Church**
171 County Lake Rd., New Market
- Valley United Methodist Church**
1410 Drake Ave., Huntsville
- Monrovia Church of Christ**
595 Nance Rd., Huntsville
- The Lodge**
451 Johns Rd NW, Huntsville

Steady for Life
Building Blocks for Healthy, Graceful Aging

You Have Balance And Strength Goals
We Can Help Make Those Goals A Reality

INTERNATIONAL AWARD WINNING PROGRAM

We Are Now In The New Sandra Moon Community Complex
7901 Bailey Cove Road SE, Huntsville, AL 35802
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