



Meet Cathy Fanelli, co-chair of the Volunteer Services Committee

I grew up in a small town outside of Buffalo, New York called Orchard Park...home of the Quakers, the Underground Railroad and the Buffalo Bills. I was torn between being a musician or a jock. After 34 years of teaching music in the public schools and private piano lessons after school, I finally have more time to pursue world travel and sports, while continuing to support and participate in the Arts.



Our transition from lifelong Northerners to I'On began in 2018. Little by little the charm, friendliness and more gentle pace have won us over. At this point, Joe and I can't imagine living anywhere else.

I love having such a rich social, intellectual and cultural mix of activities at my fingertips. Tennis, pickleball and water aerobics are a short walk away. One need only to take a stroll around the lake to encounter a warm hello and interesting conversation.

Having spent my entire life supporting and directing the Arts, it is very satisfying to be involved with likeminded people who organize and/or participate in the wide array of IAH activities. There are so many of us who have experienced "the good life," and are happy to spend a little time volunteering to provide services, activities or leadership. If you haven't stepped forward yet, please consider joining us and discovering the gratification that one discovers from "paying it forward."

IAH VOLUNTEER TRAINING

Interested in becoming an IAH Volunteer?

Helping our members when they are in need is a vital part of IAH.

If you would you like to be a IAH volunteer, come join us for a short training session for new volunteers on Tuesday, November 16 from 3:30-4:30. For more information, please contact either of our Volunteer Services Committee co-chairs:

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Here's what's happening in October:

Sunday, October 24th at 3:30PM to 5:00PM

Bocce & Booze



Come play the ancient game of Bocce. There's a reason the game has endured for centuries. It's easy and fun. We'll meet on the Bocce court in Avant Garden on the corner of Westlake and Latitude.

*Bring your beverage of choice. No skill is required but a sense of humor helps!
Bocce Queen Kathy Coffman is in charge of this event.*

Tuesday, October 25th, 9:00AM - 10:00AM
Introduction to TAI CHI featuring Mary Gilliam

Interested in learning about Tai Chi? Here is the opportunity, right here in I'On.

The session will be led by Mary Gilliam who has been a physical therapist for 25 years on graduating from MUSC. She has shifted her focus five years ago to wellness and co-owned a wellness studio in Edenton, NC before moving to I'On this year.

Mary is an instructor in yoga, Tai Chi, Pilates, meditation and therapeutic exercise. She has graciously volunteered to introduce our members to Tai Chi and share the benefits of these exercises for wellness.



Wear comfortable clothing. Footwear is optional.

The event will be held outdoors. Please practice social distancing. Masks are optional.

Tuesday, October 26th, 4:00PM - 5:30PM
Wine Tasting - The Wines of Southern Italy

Join friends and discover the variety and pleasure of quality wines from Southern Italy lead by our very own sommelier, Lori Feehan.

This wine region stretches south of Rome through the toe and heel of Italy's famous boot and has produced excellent wines since the Greeks crossed the sea and planted vines there some 3,000 years ago.

Most people are more familiar with the wines of Northern and Central Italy (Piedmont and Tuscany), but there is increased interest in the wines from the Southern Italian regions of Campania, Basilicata, Puglia and the islands of Sicily and Sardinia.



Carol (Caggiano) Degnen has organized this event.

Covid Restrictions: This event is being held in a private home and our host has requested only vaccinated guests attend. Thank you for your understanding and cooperation.

Thursday, October 28th
8:30AM - 9:30AM
IAH Biking Group



Hop on your bike and join our IAH biking group. Meet us at the I'On Club parking lot every Thursday morning for an hour ride. All levels are welcome. Please be sure to bring a helmet and water. We will be passing in and out of I'On so participants can stop when they want.

*The group will depart from the club promptly at 8:30AM.
Len Hanson keeps our Bike Group rolling!*

CLICK HERE to go to the IAH Website and signup for these and other events and programs.

*We're always searching for new subjects and activities that interest you.
Please email your ideas to Joe and Peggy, your IAH Programs co-chairs.*

We look forward to seeing you soon!

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A community of friends enjoying enriched, vibrant and independent lives together.