



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

Dear I'On At Home Members,

We're happy to announce that videos from several of our IAH programs are now available on the IAH website. Here's a list of recent presentations that you can access:



How to be Happy, Resilient and Mindful with Dr. Tim Cantopher



Exercise as a Tonic for Healthful Aging with Andrew Howard



The Aging Body and the Importance of Diet, Exercise and Lifestyle
with Dr. Marie Fanelli Kuczmarski



How to Work Smarter, Safer and More Efficiently with Technology
with Jamey Mellis

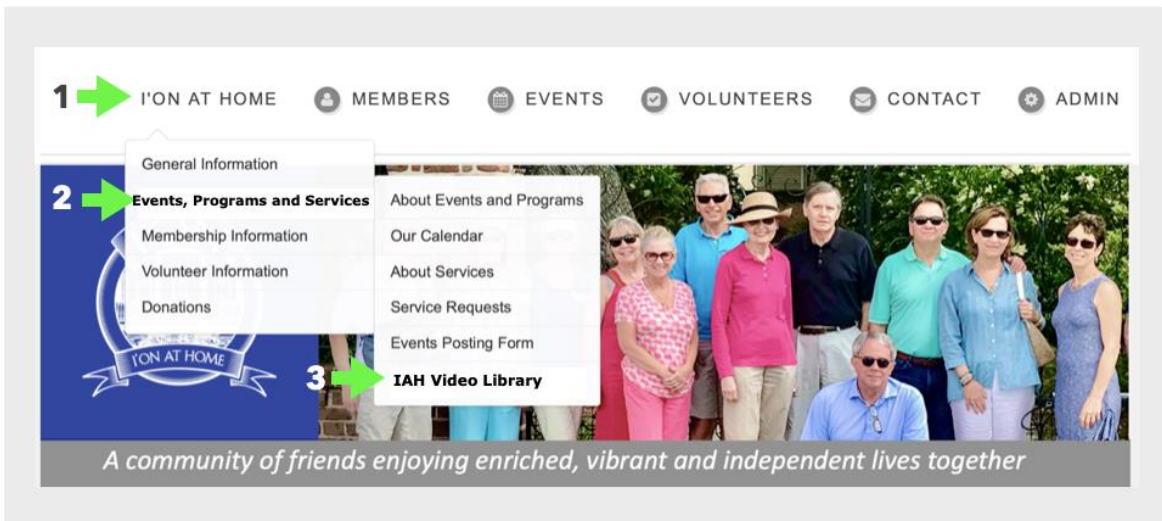


Meet your Town of Mount Pleasant Administrator with Eric Demoura



How to Use the IAH Video Library

1. Go to the IAH website and select "I'ON AT HOME"
2. Click on "Events, Programs and Services"
3. Choose "IAH Video Library" and select your video



Don't Miss Out!

Sign up for the IAH Autumn Festive Cocktail Party on Oct 13 from 5 - 7 PM



Fall is finally here! Come enjoy the cooler weather and catch up with neighbors at a festive fall cocktail party. Held in Barbara and Tim Fowler's beautiful garden.

Special signature cocktail of the evening will be served.

Below find a sample of upcoming activities that are available to you.

Click on the **Blue Bar** at the bottom of this Weekly Update for event details and sign up information.

We look forward to seeing you.



TUE 10 / 04 / 2022 AT 3:00 PM
MAINTAIN OR COMPLAIN - THE CHOICE IS YOURS
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
04



THU 10 / 06 / 2022 AT 8:30 AM
WEEKLY IAH BIKING GROUP THURSDAYS - OCT. 6, 13, 20 & 27
Interest Group
Open to all
No RSVP required

Thursday
06



TUE 10 / 11 / 2022 AT 3:00 PM
BEHIND THE SCENES ZOOM TO LEARN ABOUT THE MOUNT PLEASANT RECREATION DEPT. SNEAK PEEK AT FUTURE EVENTS AND THINGS NOT TO MISS
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
11



THU 10 / 13 / 2022 AT 5:00 PM
AUTUMN FESTIVE COCKTAIL PARTY
I'On At Home Event
Members only (login required)
RSVP required

Thursday
13



WED 10 / 19 / 2022 AT 11:00 AM
HISTORIC CEMETERY TOUR FOR LOVERS OF CHARLESTON HISTORY
I'On At Home Event
Members only (login required)
RSVP required

Wednesday
19



FREE

FRI 10 / 21 / 2022 AT 5:00 PM
COCKTAILS AND CONVERSATION
I'On At Home Event
Members only (login required)
RSVP required

Friday
21



FREE

MON 10 / 31 / 2022 AT 3:00 PM
A CHOICES EVENT - FLOW, SLOW, STILL, SIT
I'On At Home Event
Members only (login required)
RSVP required

Monday
31



***CLICK HERE to see the latest information on
upcoming IAH events and programs.***