



Dear IAH Members:

As a part of IAH's continuing focus on Health and Wellness through our **CHOICES** program, we'll be presenting important information from time to time that will help you lead safer, healthier lives.



Today, we're sharing information to help you identify when someone is having a stroke. If you learn how to recognize the telltale signs of a stroke, you can act quickly and save a life—maybe even your own.

Click on the illustration below to watch a *SHORT* video on strokes from the CDC:

When someone is having a stroke



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.

APRIL 2023



FRI 04 / 14 / 2023 AT 4:00 PM
DRIVEWAY DRINKS
I'On At Home Event
Members only (login required)
RSVP required

Friday
14



MON 04 / 17 / 2023 AT 3:00 PM
SUSHI MAKING
I'On At Home Event
Members only (login required)
RSVP required

Monday
17



TUE 04 / 18 / 2023 AT 1:30 PM
PUBLIC AFFAIRS PANEL DISCUSSION
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
18



TUE 04 / 18 / 2023 AT 4:00 PM
HAPPY HOUR AT COMMUNITY TABLE
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
18



FREE

WED 04 / 19 / 2023 AT 3:00 PM
MEN'S BOCCE
I'On At Home Event
Members only (login required)
RSVP required

Wednesday
19



\$5, ADMISSION PAID UPON...

THU 04 / 20 / 2023 AT 11:30 AM
EXPLORING THE HOSPITALITY OF THE TRAPPIST MONKS OF MEPKIN ABBEY
I'On At Home Event
Members only (login required)
RSVP required

Thursday
20



FREE

THU 04 / 20 / 2023 AT 5:00 PM
BROS N' BREWS AT NAUTI MONKEY
I'On At Home Event
Members only (login required)
RSVP required

Thursday
20



FREE

FRI 04 / 21 / 2023 AT 5:00 PM
COCKTAILS AND CONVERSATION
I'On At Home Event
Members only (login required)
RSVP required

Friday
21



FREE

WED 04 / 26 / 2023 AT 7:00 PM
FRED'S FILM FORUM - PALIO
I'On At Home Event
Members only (login required)
RSVP required

Wednesday
26



FREE

THU 04 / 27 / 2023 AT 5:30 PM
"ANYTIME FRIENDS" KICKOFF
I'On At Home Event
Members only (login required)
RSVP required

Thursday
27

MAY 2023



MON 05 / 01 / 2023 AT 5:00 PM
SPRING FLING
I'On At Home Event
Members only (login required)
RSVP required

Monday
01



TUE 05 / 02 / 2023 AT 4:00 PM
GREAT DECISIONS DISCUSSION GROUP - POLITICS IN LATIN AMERICA
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
02



THU 05 / 04 / 2023 AT 8:00 AM
WEEKLY IAH BIKING GROUP THURSDAYS - MAY 4, 11, 18 & 25
Interest Group
Members only (login required)
No RSVP required

Thursday
04



FRI 05 / 05 / 2023 AT 4:00 PM
COME TO THE CABARET!
I'On At Home Event
Members only (login required)
RSVP required

Friday
05



TUE 05 / 09 / 2023 AT 2:00 PM
A CHOICES EVENT - PRACTICAL EXERCISES FOR IMPROVED MOBILITY, FLEXIBILITY AND BALANCE
I'On At Home Event
Open to all
RSVP required

Tuesday
09



THU 05 / 11 / 2023 AT 3:00 PM
WRITING WORKSHOP
I'On At Home Event
Members only (login required)
RSVP required

Thursday
11



TUE 05 / 16 / 2023 AT 4:00 PM
HAPPY HOUR AT COMMUNITY TABLE
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
16



THU 05 / 18 / 2023 AT 5:00 PM
BROS N' BREWS AT NAUTI MONKEY
I'On At Home Event
Members only (login required)
RSVP required

Thursday
18



FRI 05 / 19 / 2023 AT 5:00 PM
COCKTAILS AND CONVERSATION
I'On At Home Event
Members only (login required)
RSVP required

Friday
19



WED 05 / 24 / 2023 AT 7:00 PM
THE ORIGINAL MUSICAL PRODUCTION LADIES OF THE CANYON, IS COMING TO I'ON AT HOME FOR ONE NIGHT ONLY!
I'On At Home Event
Members only (login required)
RSVP required

Wednesday
24

JUNE 2023



THU 06 / 01 / 2023 AT 8:00 AM
WEEKLY IAH BIKING GROUP THURSDAYS - JUNE 1, 8, 15, 22 & 29
Interest Group
Members only (login required)
No RSVP required

Thursday
01



THU 06 / 08 / 2023 AT 3:00 PM
WRITING WORKSHOP
I'On At Home Event
Members only (login required)
RSVP required

Thursday
08



THU 06 / 15 / 2023 AT 5:00 PM
BROS N' BREWS AT NAUTI MONKEY
I'On At Home Event
Members only (login required)
RSVP required

Thursday
15



FRI 06 / 16 / 2023 AT 5:00 PM
COCKTAILS AND CONVERSATION
I'On At Home Event
Members only (login required)
RSVP required

Friday
16



TUE 06 / 20 / 2023 AT 4:00 PM
HAPPY HOUR AT COMMUNITY TABLE
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
20



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

