



### **Dear IAH Members ... Happy Spring!**

As you all know, I'On At Home is about enjoying your friends at entertaining, enlightening and fun events. But we can't forget that an important part of IAH is helping our members live safely in their homes.

So as we prepare for the ritual "Spring Cleaning", here are a few tips on how to do it efficiently and safely.

**Test your carbon monoxide and smoke detectors** - Use the test button to check that they work and replace batteries that are more than six months old. If an entire unit is beyond its printed expiration date, replace it. **And next year, call the IAH Battery Brigade and make your life easier and safer!**

**Check and replace flashlight batteries** - Have fresh batteries so you're prepared for severe weather.

**Check your fire extinguishers** - Most extinguishers have a long shelf life, but be sure to check the expiration date. Also check the pressure gauge to make sure it's in the proper range. Keep your extinguishers where they are easily accessible.

**Manage electrical cords throughout the household** - As you clean each room, make sure power cords and extension cords don't present a tripping hazard or fire hazard. Inspect all cords for fraying or damage and get rid of any cord that is not safe. Electrical cords should not run under rugs or around doorframes; this can damage the cord and create a fire hazard.

**Clean out household chemicals and cleaning supplies** - Go through your cleaning supplies and other household chemicals to check for leaking containers and things you no longer use or need. Click [HERE](#) for disposal information and locations.

**Clean out medicine cabinets and first aid kits** - Dispose of any outdated prescriptions and over-the-counter medications. Check first aid and emergency kits and make sure to replace anything that's been used, and dispose of anything that's expired. **Tidewater Pharmacy, next to Trader Joe's, offers free drug disposal.**

**Go mild** - Limit the use of harsh cleaning or disinfectant products such as bleach and ammonia, and never mix the two – doing so can create toxic fumes.

**Read the label** - Each cleaning or disinfectant product should have a label. Take a minute to read the label and follow the instructions.

**Ventilation is your friend** - When using cleaning or disinfectant products, open windows or a door, and run a fan to help air circulate.

**Get a mop** - When you're cleaning floors, avoid working on your hands and knees, which could cause sprains and strains. Use a mop instead, including when you're cleaning a bathtub.

**Avoid wet floors** - Wet floors are a danger zone for slips and falls. Allow freshly cleaned floors to dry before walking on them.

**Safely store cleaning products** - Keep them in a clean, cool, dry space where children and pets can't get to them.

**Lift with caution** - When lifting or moving furniture and other heavy objects, ask for help. Bend with your knees – not your back – and use your leg muscles to avoid a back injury.

**Hire a Pro** - Power washing, pruning high trees, heavy yard work...nope, you shouldn't do that!

#### **Care for your body:**

- Hydrate often.
- Take breaks at least every hour or so.
- Listen to your body, and don't try to push through back or joint pain.
- Wear a dust mask and gloves as needed.



**When you're done, invite a friend over to admire your amazing, sparkling clean home.**

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



MON 04 / 03 / 2023 AT 4:00 PM  
**GREAT DECISIONS DISCUSSION GROUP - ECONOMIC WARFARE**  
I'On At Home Event  
Members only (login required)  
RSVP required

Monday  
**03**



WED 04 / 05 / 2023 AT 11:30 AM  
**PRIVATE TOUR OF POPULAR EXHIBIT AT THE GIBBES MUSEUM UN/NATURAL SELECTION: WILDLIFE IN CONTEMPORARY ART**  
I'On At Home Event  
Members only (login required)  
RSVP required

Wednesday  
**05**



THU 04 / 06 / 2023 AT 8:00 AM  
**WEEKLY IAH BIKING GROUP THURSDAYS - APR. 6, 13, 20 & 27**  
Interest Group  
Members only (login required)  
No RSVP required

Thursday  
**06**



THU 04 / 13 / 2023 AT 3:00 PM  
**WRITING WORKSHOP**  
I'On At Home Event  
Members only (login required)  
RSVP required

Thursday  
**13**



FREE

FRI 04 / 14 / 2023 AT 4:00 PM

### DRIVEWAY DRINKS

I'On At Home Event

Members only (login required)

RSVP required

Friday

14



\$30.00

MON 04 / 17 / 2023 AT 3:00 PM

### SUSHI MAKING

I'On At Home Event

Members only (login required)

RSVP required

Monday

17



FREE

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



FREE

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



FREE

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



FREE

THU 06 / 08 / 2023 AT 3:00 PM

### WRITING WORKSHOP

I'On At Home Event

Members only (login required)

RSVP required

Thursday

08



FREE

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



FREE

FRI 06 / 16 / 2023 AT 5:00 PM

### COCKTAILS AND CONVERSATION

I'On At Home Event

Members only (login required)

RSVP required

Friday

16



FREE

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.**



