



See you Monday at the Spring Fling

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

Dear IAH Members,

We start off this week with one of IAH's favorite annual events - **IAH Spring Fling**.

Join us tomorrow in celebrating our amazing IAH volunteers and the joy of Spring!



The event is held in appreciation of members and non-members who volunteer their time and efforts during the course of the year to provide services, organize programs and oversee the administration of the organization.

This will be a great opportunity to mingle with your neighbors and enjoy the ample food and wine.

A special thanks goes out to Janet Harper for hosting this event in her beautiful garden and to Mary Kaplan for organizing the Spring Fling.

We hope to see you all there!

In addition to our regular events, we have several special ones that you should not miss in the next 2 weeks.

Come to the Cabaret!
with Alva Anderson and Frank Duval

Friday, May 5th 4-5:15PM

90 N. Shelmore

Don't miss an evening celebrating that most iconic American art form: jazz. Alva Anderson has a reputation for wowing Charleston jazz lovers.



Alva sang with Carmen MacRae, Dizzy Gillespie, Tito Puente and more. And she now performs regularly at Charleston's Forte Jazz Lounge.

Alva's accompanist, Frank Duvall, toured with Buddy Greco and now divides his time between performing throughout the southeast on both bass and piano and teaching at College of Charleston.

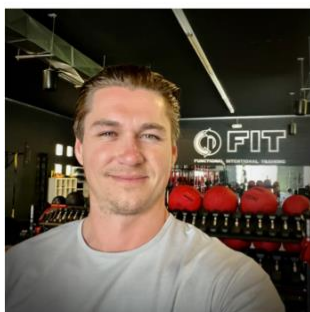
Sit back and enjoy this talented duo for an evening of jazz from Gershwin and Porter to selections from the Great American Songbook Vol. 2.



A CHOICES Event - Practical Exercises for Improved Mobility, Flexibility and Balance

Tuesday, May 9th 2:00PM

CD FIT, 1320 Stuart Engels Boulevard, Mt Pleasant



Personal trainer, Andrew Howard, returns – this time in person! We'll join Andrew at his gym for a 90-minute lecture and exercise class.

This training will focus on functional training – training that improves everyday physical movements – standing, sitting, walking, bending down, reaching up, walking. Functional training enhances one's ability to live life – rise from bed, shop for groceries, work in the garden, walk the neighborhood.

This practical approach to exercising will remind us of the importance of strength training, mobility and balance – at any age! We'll leave this class with a clear understanding of how to exercise – at home or anywhere – safely and productively.

Move it or lose it. True!

BLACK WATER RIVER INITIATIVE: LECTURE ON THE NEW AND EXCITING EXPANSION

Wednesday May 10th 4-5:00PM

222 N. Shelmore



Please join us on May 10th for a presentation by Michelle Sinkler, a twenty-two year resident of I'On and the Director of Special Projects with the Open Space Institute (OSI) to learn about the exciting Black River Initiative - a community-led effort to create a riverine park system comprising hiking, biking, and water trails as well as camping spots along 70 miles of this state designated scenic river in Williamsburg and Georgetown Counties.

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.

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



FREE

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



FREE

WED 05 / 10 / 2023 AT 4:00 PM

BLACK WATER RIVER INITIATIVE: LECTURE ON THE NEW AND EXCITING EXPANSION!

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
10



FREE

THU 05 / 11 / 2023 AT 3:00 PM

WRITING WORKSHOP

I'On At Home Event

Members only (login required)

RSVP required

Thursday
11



FREE

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



FREE

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



FREE

FRI 05 / 19 / 2023 AT 5:00 PM

COCKTAILS AND CONVERSATION

I'On At Home Event

Members only (login required)

RSVP required

Friday
19

LADIES OF THE
CANYON



FREE

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



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.***