



# *Thank You IAH Volunteers!*

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

## ***Neighbors helping neighbors...the heart of I'On At Home***



*Last Monday the sun shined on our annual Spring Fling as we joined together to honor our amazing IAH volunteers who give their time and efforts throughout the year to provide services, organize programs and oversee the administration of the organization. We couldn't do it without them!*

*Here are your IAH volunteers, say hello and thank them for being there for us.*

Jean Anglin  
Barbara Adams  
Lori Bate  
Rich Bennett  
Barry Blackwell  
Dick Bondy  
Margie Bondy  
Rob Brokaw  
Charlie Chitty  
Kay Chitty  
Francine Christiansen  
Stephan Christiansen  
Kathy Coffman  
Barbara Cole  
Carol Degnen  
Steve Degnen  
Jayne Eastman  
Libby Eble  
Lydia Engelhardt

Greg Ewell  
Jill Ewell  
Jennifer Falconer  
Joe Fanelli  
Jim Feehan  
Lori Feehan  
Karen Fisher  
George Fisher  
Craig Ferrer  
Barbara Fowler  
Joe Gaddy  
Bill Gangi  
Janet Gertz  
Kathie Haas  
Bob Hardie  
Janet Harper  
Elizabeth Hazard  
Becky Head  
Jim Head

Peg Higgins  
Louise Howell  
Anne Janas  
Janice Johnson  
Paul Johnson  
Mary Kaplan  
Tom Martin  
Susan Miller  
Amy Minella  
Cathy Mooney  
Linda Moser  
David Mylrea  
Bob Pitts  
Cheryl Pitts  
Mary Ellen Raphael  
Karen Rathbun  
Sally Raver  
Anne Register  
Cathy Remington

Andrea Rose Rosseaux  
Suzanne Rutledge  
Amy Sage  
Katherine Salmons  
Marilyn Schultz  
Mary Swenson  
Ben Tennille  
Myrto Tsavalas  
Yannis Tsavalas  
Brenda Uttaro  
Jerry Uttaro  
Becky Van Wie  
George Watt  
Rob Weiboldt  
Fred White  
Herb White  
Don Wilbur  
Mary Wilbur



***The week ended with an amazing backyard concert by two local Jazz masters, Alva Anderson and Frank Duval.***

*A special thanks goes out to Louise Howell for opening her beautiful garden for this event.*

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***We have several not-to-miss events in the next 2 weeks***



***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!***

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## **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.

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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.



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

MON 05 / 15 / 2023 AT 3:00 PM

**MEN'S BOCCE**

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**15**



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.**

