



Dear IAH Members,



As apart of our CHOICES program, last week nine IAH Olympians joined personal trainer Andrew Howard at his gym for a 90-minute lecture and exercise class. We learned and did practical exercises to help improve mobility, flexibility and balance. Afterwards, we all went home for a shower, a well deserved nap and a milkshake!

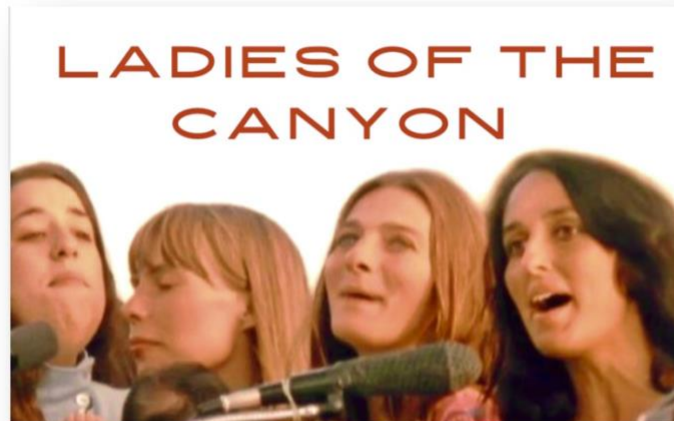
Black River Initiative



Last Wednesday, Michelle Sinkler, the Director of Special Projects with the Open Space Institute (OSI) presented a program 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.

*In case you missed it, [**CLICK HERE**](#) for a video about this important project.*

***In addition to our regular social and outdoor events,
here's one that you will not want to miss!***



***The original Musical Production "Ladies of the Canyon",
is coming to I'On At Home for One Night Only!***

Wednesday, May 24th at 7PM

The story and music of the brilliant female singers and songwriters living and working in Laurel Canyon, presented on the outdoor stage under the stars!

Ladies of the Canyon explores the lives of Cass Elliott, Janis Joplin, Linda Ronstadt, Joan Baez, Judy Collins, Carole King and Joni Mitchell.

All their classic songs are included in this magical night of theatre and music!

Written and directed by Keely Enright and featuring Alex Shanko, Sarah Daniel, Lara Swallen, Melissa Mitchell, Skyler Waddell and Tanner Dieppe.

***Please bring a chair and whatever you wish to drink
while you enjoy the concert.***

Don't miss out - 12 spaces still available!

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

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



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



FREE

SUN 05 / 21 / 2023 AT 2:00 PM

BOCCE AND BOOZE

I'On At Home Event

Members only (login required)

RSVP required

Sunday
21

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

MEN'S BOCCE



FREE

WED 05 / 31 / 2023 AT 3:00 PM

MEN'S BOCCE

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

31

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.***