



# *Thank You IAH Members!*

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

## ***Greetings I'On At Home members,***

*At IAH we all have a lot to celebrate...our friendships, the opportunity to share in interesting and fun activities and also to be able to help each other when needed. The support of our membership makes this all happen.*

*The high percentage of recent membership renewals is both impressive and very appreciated. Your loyalty allows us to continue providing great benefits and actively developing a robust IAH community.*

*Thank you,*

*Your IAH Board of Directors*

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## ***I'On At Home at Sea***



*A group of intrepid IAH sailors left the Charleston Harbor in cloudy skies and were rewarded as the sun poked out and prepared to set. It turned out to be a wonderful evening sail on Charleston's only 3-mast tall ship, the Schooner Pride.*





***A CHOICES Event - Learn to control inflammation and start moving better and feeling better!***

Wednesday, June 21<sup>st</sup>, 10:30AM

STRENGTH & RECOVERY - 910 Johnny Dodds

*It is sometimes noted that inflammation is the root of all diseases. It seems to be a condition that is more common as we age. Symptoms of inflammation (swelling, headaches, muscle pain, etc.) tell you that your body is working to heal itself! However, these aches and pains can be uncomfortable. The good news is, there are interventions that can decrease, or even eliminate, inflammation.*



*Join us this Wednesday and tour Strength & Recovery's facility and learn more about modalities offered on site which include physical therapy, assisted stretching, guided gym workouts, infrared sauna, acupuncture, massage therapy and CyroTherapy.*

***As a bonus, you can sign up for a free assessment which will provide you with a couple of exercises to do at home. Start moving better and feeling better!***

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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.*



## JUNE 2023



### HAPPY HOUR AT COMMUNITY TABLE

TUE 06 / 20 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
20



### A CHOICES EVENT – STRENGTH AND RECOVERY

WED 06 / 21 / 2023 AT 10:30 AM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday  
21



### MEN'S BOCCE

MON 06 / 26 / 2023 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
26



### ARE YOU GAME?

TUE 06 / 27 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
27



FREE

### JUDY BLUME FOREVER

THU 06 / 29 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
**29**

## JULY 2023



FREE

### WEEKLY IAH BIKING GROUP THURSDAYS - JULY 6,13, 20 & 27

THU 07 / 06 / 2023 AT 8:00 AM

Interest Group

Members only (login required)

No RSVP required

Thursday  
**06**



FREE

### LET'S TALK BOOKS, TV SHOWS AND MOVIES

MON 07 / 10 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**10**



FREE

### BROS N' BREWS AT NAUTI MONKEY

THU 07 / 20 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
**20**



FREE

### DRIVEWAY, GARDEN DRINKS

THU 07 / 27 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
**27**



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

