



**Dear IAH Members,**

*IAH offers members an array of Programs and Services.*

**Programs** have been designed to engage members in a wide range of social activities from bocce ball to current events. Over the years, IAH has produced historical tours, lectures, visits to museums and art galleries, musical concerts, flower arranging classes and much more.

**Member Services** are varied. Rides to the airport are quite popular but changing light bulbs and simple handyman projects are also in demand. Quite recently, a new service was introduced - Loan Zone. This is a lending service for occasionally needed items such as walkers, baby seats, folding chairs, etc.

*Last year a third feature was added to the IAH membership experience called:*



# CHOICES

***Programs focused on healthy living, emotional wellbeing  
& technology support***

Since its inception, CHOICES has offered fifteen programs to members.

The topics have ranged from The Aging Body and the Importance of Diet, Exercise, Lifestyle to a vegan Nordic cooking class to How to Work Smarter, Safer and More Efficiently with Technology. Lecturers have included medical doctors, personal trainers, business owners and a fire captain. Feedback from these programs has been, on the whole, very positive.



In the Fall, IAH will welcome back Marie Kuczmarksi PhD, a nutrition scientist, and will re-visit Strength and Recovery, a local business, that addresses physical well being with athletic training, physical therapy and Chinese medicine. Also planned are talks on home security, the power of laughter and the secrets of living longer.



We encourage you to be vocal! Let us know what topics interest you. We are always on the look-out for good speakers.

Please email me with your ideas: [mfhiggins2310@gmail.com](mailto:mfhiggins2310@gmail.com)

Thank you, Peg Higgins  
CHOICES Leader

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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.

## JULY 2023



FREE

### **MEN'S BOCCE**

MON 07 / 17 / 2023 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

17



FREE

### **BOARD MEETING**

TUE 07 / 18 / 2023 AT 3:00 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Tuesday

18



FREE

### **HAPPY HOUR AT COMMUNITY TABLE**

TUE 07 / 25 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday

25



FREE

### **DRIVEWAY, GARDEN DRINKS**

THU 07 / 27 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

27



FREE

**THE SECRET TO LIVING LONGER MAY BE YOUR SOCIAL LIFE**

MON 07 / 31 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**31**

**AUGUST 2023**



FREE

**WEEKLY IAH BIKING GROUP THURSDAYS - AUG. 3, 10, 17, 24 & 31**

THU 08 / 03 / 2023 AT 8:00 AM

Interest Group

Members only (login required)

No RSVP required

Thursday  
**03**



FREE

**BOARD MEETING**

TUE 08 / 15 / 2023 AT 3:00 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Tuesday  
**15**



FREE

**COCKTAILS AND CONVERSATION**

THU 08 / 24 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
**24**



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

