



The Secret to Living Longer May be Your Social Life



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

Dear IAH Members,

Everyone likes to know a secret. Join us on Monday, July 31st and learn more than just one about living well and longer.

The Secret to Living Longer May be Your Social Life

Monday, July 31st - 4:00 to 5:00PM

24 Nolen Way

Hosted by Mary Wilbur

- ***Social isolation is a real problem, especially as we age.***
- ***Longevity is linked to genes (25%) and lifestyle (75%).***
- ***Why do women live longer than men?***
- ***What are the top predictors of staying alive? Diet? Exercise?
Clean air? Stable blood Pressure?***

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy -- it's their emphasis on close personal relationships and face-to-face interactions.

Join us for a Ted Talk as Susan Pinker reveals how in-person social interactions are not only necessary for human happiness but also could be a key to health and longevity.

After the 15 minute lecture, we will discuss activities that can improve happiness and longevity. Wine will be served.

Susan Pinker is a psychologist, author and social science columnist for The Wall Street Journal. She is a former weekly columnist for The Globe and Mail, and has also written for The New York Times, The Guardian, and The Times of London.

This is a CHOICES event



the
Gibbes
museum
of art



Beverly McIver: Full Circle

**PRIVATE TOUR OF THE GIBBES
MUSEUM OF ART EXHIBIT**
This Monday

Dear Members, I was been able to arrange a private tour of the wonderful Bevelry McIver exhibit at The Gibbes Museum, tomorrow - Monday, July 24, 11am, \$15 tour fee, pay at museum. Sorry for the last minute arrangements; the exhibit closes soon, and I was lucky to be able to book a private guide which is a challenge in July. If you're in town, please join John and me for private viewing of an exhibit that is profound and deeply moving.

*Anne Janas
Programs Committee*

*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



\$15 PAYABLE AT MUSEUM

PRIVATE TOUR OF THE GIBBES MUSEUM OF ART EXHIBIT - BEVERLY MCIVER

MON 07 / 24 / 2023 AT 11:00 AM

I'On At Home Event

Members only (login required)

RSVP required

Monday

24



FREE

MEN'S BOCCE

MON 07 / 24 / 2023 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

24



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.