



Strength & Recovery



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



CHOICES has three exciting programs coming up in October. Join us for one - or all three!

October 4th - Strength & Recovery



This is an organization that addresses physical well-being. We'll tour the facility which offers athletic training, physical therapy, Chinese medicine and more. Participants will leave with a certificate for a free 30 minute assisted stretching session.

October 25th - Improve Your Brain

I'On resident, Todd Joye M.D. will share with us his research about Alzheimer's, predictive genes, environmental influences and lifestyles - all of which relate to health and disease. We'll learn about the brain and how to improve brain function



October 27th - Know Your Body.

Marie Fanelli Kuczmarski, PhD returns! A nutrition scientist and registered dietitian, Marie is eminently qualified to talk about essential and non-essential nutrients, polyphenols and the microbiome. Come and learn why this topics are essential to health.



Thank you, Peg Higgins
CHOICES Leader

Mark your calendars for two private AIH guided tours coming your way.



On Wednesday, Oct 11 at 10AM we have a tour of newly opened International AfroAmerican Museum. A special thanks to I'On resident Harriet Ripinsky who helped coordinate this wonderful opportunity.

Thursday Oct 12 at 10:45 AM, we'll be touring VOLVO's new state of the art assembly plant, led by I'On neighbor, David Stenstrom, who is the Vice President of Manufacturing for the Americas. David will discuss how Volvo got started here, what cars are manufactured and future plans.



Announcing IAH Oktoberfest!

*Join your hosts Janet Gertz and Susan Vatterott for a wonderful
Fall celebration with typical German decorations, music and of
course authentic German food and drink.*

It's going to be Wunderbar!

**Save the date:
Oct 20th
IAH Oktoberfest**



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.

OCTOBER 2023



GREAT DECISIONS DISCUSSION GROUP - POLITICAL TRENDS IN LATIN AMERICA

MON 10 / 02 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

02



A CHOICES EVENT – STRENGTH AND RECOVERY

WED 10 / 04 / 2023 AT 11:00 AM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

04



WEEKLY IAH BIKING GROUP THURSDAYS - OCT. 5, 12, 19 & 26

THU 10 / 05 / 2023 AT 8:00 AM

Interest Group

Members only (login required)

No RSVP required

Thursday

05



FREE

ARE YOU THERE GOD? IT'S ME MARGARET.

THU 10 / 05 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
05



FREE

BROADWAY COMES TO I'ON

SAT 10 / 07 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Saturday
07



FREE

TOUR OF THE VOLVO PLANT

WED 10 / 11 / 2023 AT 10:00 AM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
11



\$5.95

GUIDED TOUR OF THE LONG AWAITED INTERNATIONAL AFRICAN AMERICAN MUSEUM- DON'T MISS THIS!

THU 10 / 12 / 2023 AT 10:45 AM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
12



FREE

SUNDAY AFTERNOON CROQUET & COCKTAILS (BYOB)

SUN 10 / 15 / 2023 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday
15



\$15 - PLEASE PAY ANNE JA...

PRIVATE TOUR OF SPECIAL EXHIBITION "THE BITTER YEARS"

MON 10 / 16 / 2023 AT 10:45 AM

I'On At Home Event

Members only (login required)

RSVP required

Monday
16



FREE

BOARD MEETING

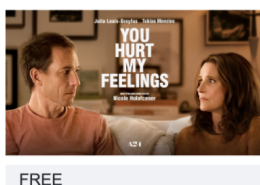
TUE 10 / 17 / 2023 AT 3:00 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Tuesday
17



FREE

FRED'S FILM FORUM: YOU HURT MY FEELINGS

TUE 10 / 17 / 2023 AT 7:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday
17



FREE

BROS N' BREWS AT COMMUNITY TABLE

WED 10 / 18 / 2023 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
18



FREE

ALL ABOARD FOR AFTERNOON GAMES!

THU 10 / 19 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
19



FREE

OKTOBERFEST ON IONSBOROUGH

FRI 10 / 20 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Friday
20



MOVIE TICKET COST

MOVIE, DISCUSSION & DINNER: KILLERS OF THE FLOWER MOON. THE NEW MARTIN SCORSESE FILM WITH LEONARDO DICAPRIO AND ROBERT DENIRO

MON 10 / 23 / 2023 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday
23



FREE

A CHOICES EVENT – IMPROVE YOUR BRAIN HEALTH

WED 10 / 25 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
25



FREE

PORCH COCKTAILS IN SMALL FUN GROUPS. LIMIT 8 PER HOME

THU 10 / 26 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
26



FREE

A CHOICES EVENT - KNOW YOUR BODY

FRI 10 / 27 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Friday
27



FREE

BOCCE AND BOOZE

SUN 10 / 29 / 2023 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday
29

NOVEMBER 2023



FREE

WEEKLY IAH BIKING GROUP THURSDAYS - NOV 2, 9, 16, 23 & 30

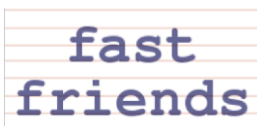
THU 11 / 02 / 2023 AT 8:00 AM

Interest Group

Members only (login required)

No RSVP required

Thursday
02



FREE

FAST FRIENDS!

THU 11 / 02 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
02



25.00 PLUS DINNER

**MOVIE/ BOOK CLUB SPECIAL JOINT EVENT WITH
CHARLESTON LITERARY FESTIVAL: FOREIGN BODIES:
PANDEMICS, VACCINES AND THE HEALTH OF NATIONS**

SAT 11 / 04 / 2023 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Saturday
04



FREE

**GREAT DECISIONS DISCUSSION GROUP - IRAN AT A
CROSSROADS**

MON 11 / 06 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday
06



FREE

DRIVEWAY DRINKS

THU 11 / 09 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
09



\$25 PLUS LUNCH

**MOVIE/ BOOK CLUB SPECIAL JOINT EVENT WITH
CHARLESTON LITERARY FESTIVAL: ALL THE BEAUTY IN
THE WORLD: THE METROPOLITAN MUSEUM OF ART AND
ME**

SAT 11 / 11 / 2023 AT 12:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Saturday
11



FREE

**LET'S VISIT MEPKIN ABBEY AND VIEW THE WONDERFUL
CRECHES!**

WED 11 / 15 / 2023 AT 10:00 AM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
15



\$15 PLEASE PAY ANNE JAN...

**PRIVATE TOUR OF SPECIAL EXHIBITION SOMETHING
TERRIBLE MAY HAPPEN: THE WORKS OF AUBREY
BEARDSLEY AND EDWARD "NED" I.R. JENNINGS**

THU 11 / 16 / 2023 AT 10:45 AM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
16



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