



***There are two great opportunities coming up this week to nourish your brain and your body. After all, knowledge is power!***



On Wednesday, Oct 25<sup>th</sup>, our neighbor **Todd Joye, M.D.** will talk about how to improve brain function. He will share his research about Alzheimer's, predictive genes, environmental influences and lifestyle effects on disease.



On Friday, Oct 27<sup>th</sup>, **Marie Fanelli Kuczmarksi, PhD** will address the topic of nutrition, her area of expertise. She'll talk about essential and non-essential nutrients, polyphenols, and the microbiome. Join us for one or both of these CHOICES programs.

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**RESCHEDULED**



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***Note about reserved events:***

***You can be added to a waiting list if an event is full. Just go to the IAH Events calendar to add your name.***

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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.

## OCTOBER 2023



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 1:30 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

### RESCHEDULED OKTOBERFEST ON IONSBOROUGH

FRI 10 / 27 / 2023 AT 6:00 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

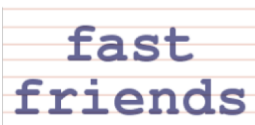
THU 11 / 02 / 2023 AT 8:00 AM

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



FREE

### ECCO ADOPT A FAMILY

FRI 11 / 03 / 2023 AT 11:30 AM

I'On At Home Event

Members only (login required)

RSVP required

Friday  
03



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

**SUNDAY AFTERNOON CROQUET & COCKTAILS (BYOB)**

SUN 11 / 05 / 2023 AT 3:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday  
**05**



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

**A MARITIME HISTORY OF CHARLESTON HARBOR FROM  
1718 - 1888 TOLD THROUGH THE ART OF THE CAROLINA  
YACHT CLUB BY THEIR HISTORIAN**

TUE 11 / 07 / 2023 AT 5:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
**07**



**HAPPY HOUR AT COMMUNITY TABLE**

WED 11 / 08 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday  
**08**



FREE

**DRIVEWAY DRINKS**

THU 11 / 09 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
**09**





FREE

**A CHOICES EVENT - COME JOIN US TO LEARN A NEW FORM OF EXERCISE –QIGONG!**

FRI 11 / 10 / 2023 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Friday  
**10**



\$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

**MEN'S BOCCE**

MON 11 / 13 / 2023 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**13**



FREE

**A CHOICES EVENT - SHOULD A WOULD A COULDA: TEN WAYS WE FORSAKE OURSELVES IN THE FOURTH AGE OF LIFE**

TUE 11 / 14 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
**14**



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**



### ALL ABOARD FOR AFTERNOON GAMES!

THU 11 / 16 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

16



### BROS N' BREWS AT COMMUNITY TABLE

WED 11 / 22 / 2023 AT 4:30 PM

I'On At Home Event

Volunteers only (login required)

RSVP required

Wednesday

22



### THANKSGIVING TOGETHER

THU 11 / 23 / 2023 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

23



### NAPOLEON HAS INVADED THE THEATERS! JOIN THE BOOK / FILM CLUB TO SEE THIS SPECTACULAR FILM

MON 11 / 27 / 2023 AT 11:30 AM

I'On At Home Event

Members only (login required)

RSVP required

Monday

27

## DECEMBER 2023



FREE

### **GREAT DECISIONS DISCUSSION GROUP - CLIMATE CHANGE AND MIGRATION**

MON 12 / 04 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**04**



FREE

### **WEEKLY IAH BIKING GROUP THURSDAYS - DEC. 7, 14, 21 & 28**

THU 12 / 07 / 2023 AT 8:00 AM

Interest Group

Members only (login required)

No RSVP required

Thursday

**07**



FREE

### **YOU'RE INVITED TO MINGLE AND JINGLE! IAH'S ANNUAL HOLIDAY PARTY**

FRI 12 / 08 / 2023 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Friday

**08**



FREE

### **BAKING SPIRITS BRIGHT!**

MON 12 / 11 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**11**



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