



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

**Dear IAH Members,**

We have many wonderful programs and events coming your way in November.

This Tuesday, we have a **private tour of the Carolina Yacht Club's extensive art collection**. David Silliman, art curator of the club, will use the historic marine art to tell the history of the Charleston Harbor from 1718 - 1888.

Autumn cheers will be flowing at **Wednesday's Driveway Drinks and at Thursday's Happy Hour** at Community Table.

For a more cultural experience, attend one or both of the **Charleston Literary Festival events** scheduled for this Friday and Saturday at the Dock Street Theater.



**We have two important CHOICES events planned for the next two weeks covering healthy living and emotional wellbeing.**

**Friday's QiGong event on Maybank Green**

Meet Ramita Bonadonna, who spent years helping MUSC patients deal with emotional responses to physical illness. Since retiring in 2018, Ramita has been a student of QiGong.



QiGong is an aspect of Traditional Chinese medicine that is similar to Tai Chi but is older and simpler. It integrates breathing, slow gentle movements and attention/intention to restore optimal functioning in the body, emotions and mind.

Join us for a 45-60 session that can be adapted to various levels of functional ability.

**Tuesday Nov 14**

**"Shoulda - Woulda - Coulda"**

**10 Ways We Forsake Ourselves in the Fourth Age of Live**



*Join Kathryn McGrew, PhD, as she shares a new way of thinking about our aging futures. In the happy middle of our Third Age lives, generally free from obligations of work and active parenting, we can do ourselves and our loved ones a favor by getting proactive about our possible Fourth Age selves. Using stories and perspectives gathered from her interview-based research, Kathryn will describe the Fourth Age of life and why most of us fail to acknowledge it, communicate about it and prepare for it. She will share helpful strategies to take charge of our lives all the way to the end.*

*Kathryn is a Professor Emerita and a retired research scholar of Gerontology at Miami University in Oxford, Ohio. Her work includes explorations of planning and decision making later in life, retirement and long-term care, family caregiving, quality of caregiver support services and the quality of care.*

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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.*



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



FREE

### 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



FREE

**POP UP OFFER: FREE TICKETS TO CHARLESTON LITERARY FESTIVAL: PAUL MULDOON: WAY WITH WORDS**

FRI 11 / 10 / 2023 AT 4:00 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

**BOCCE AND BOOZE**

SUN 11 / 12 / 2023 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday  
**12**



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 COULD A: 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 JA...

**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



FREE

**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



FREE

**BOARD MEETING**

TUE 11 / 21 / 2023 AT 3:00 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Tuesday

21



**BROS  
&  
BREWS**

FREE

**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**



FREE

**THANKSGIVING TOGETHER**

THU 11 / 23 / 2023 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

**23**



MOVIE TICKET COST

**NAPOLEON HAS INVADDED 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 8:30 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**



FREE

**CSO'S STRING QUARTET LED BY YURIY BEKKER RINGS IN THE SEASON**

TUE 12 / 12 / 2023 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
**12**





**BROS  
&  
BREWS**

FREE

**BROS N' BREWS AT COMMUNITY TABLE**

WED 12 / 13 / 2023 AT 4:30 PM

I'On At Home Event

Volunteers only (login required)

RSVP required

Wednesday

**13**



FREE- BRING 2 BOOKS AN...

**BOOK SWAP: LEARN ABOUT PEOPLES FAVORITE BOOKS  
FROM THE YEAR AND AND OF ALL TIME**

SUN 12 / 17 / 2023 AT 11:30 AM

I'On At Home Event

Open to all

RSVP required

Sunday

**17**



FREE

**COCKTAILS AND CAROLING**

MON 12 / 18 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**18**



FREE

**BOARD MEETING**

TUE 12 / 19 / 2023 AT 3:00 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Tuesday

**19**



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