

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

Dear I'On At Home members,

The IAH biking group or Team I'On has been around for several years now. It's a small group (7) who enjoy biking around the neighborhood throughout the year. We meet at the I'On Club parking lot on Thursday mornings at 8:00 AM and ride 10 miles or so. We ride at a pace that works for all.

It's a friendly, non-competitive group who enjoys various vistas and neighborhoods including Patriot's Point, Remley Point, Pitt Street Bridge, Olde Park, Hobcaw and other routes we make up along the way. We plan our rides carefully to avoid vehicular traffic. One of our memners, Paul Johnson, created a nickname for our riding style: NCIS or "National Culde-sac Inspection Service."

Each November for 5 years running, a few of us have participated in LOWVELO, a biking fundraiser for innovative and lifesaving cancer research at the MUSC Hollings Cancer Center in Charleston, the state's only National Cancer Institute-designated cancer center.

Thanks to many of you reading this newsletter, we've raised more than \$6,000 this past year.

We welcome new riders. Just show up on a Thursday morning and we'll introduce you to our special little group.

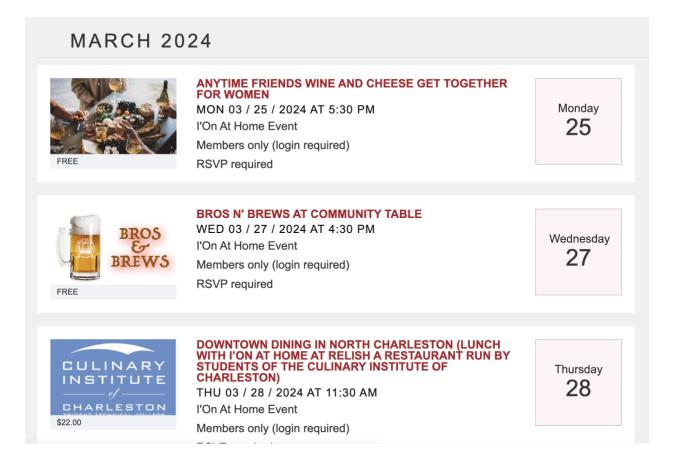
Len Hanson

Team I'On Leader

Our riders from left to right: CJ Pelletier, Paul Johnson, Len Hanson, Jim Head, Dick Stifel & Peg Higgins. Missing is Cynthia Webb.

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	FLOWERS FOR OUR EASTER WEEKEND FRI 03 / 29 / 2024 AT 10:00 AM I'On At Home Event Members only (login required) RSVP required	Friday 29	
APRIL 2024			
GREAT DECISIONS Discussion Group FREE	GREAT DECISIONS DISCUSSION GROUP - SCIENCE ACROSS BORDERS MON 04 / 01 / 2024 AT 4:00 PM I'On At Home Event Members only (login required) RSVP required	Monday 01	
IAH Biking Group	WEEKLY IAH BIKING GROUP THURSDAYS - APRIL 4, 11, 18 & 25 THU 04 / 04 / 2024 AT 8:00 AM I'On At Home Event Members only (login required) No RSVP required	Thursday 04	
FREE	TIPS FOR GROWING ORCHIDS (ORCHIDACEAE) MON 04 / 08 / 2024 AT 2:30 PM I'On At Home Event Members only (login required) RSVP required	Monday 08	
Fred's Film Forum FREE	FRED'S FILM FORUM: AMERICAN FICTION WED 04 / 10 / 2024 AT 7:00 PM I'On At Home Event Members only (login required) RSVP required	Wednesday 10	
\$50 AT DOOR, PLUS COST	SYMPHONY DESIGNER SHOWHOUSE IS BACK! JOIN US FOR A TOUR, SHOPPING AND LUNCH FRI 04 / 12 / 2024 AT 10:30 AM I'On At Home Event Members only (login required) RSVP required	Friday 12	

Santee Delta	OUR SECRET DELTA: A HISTORY OF THE SANTEE DELTA THU 04 / 18 / 2024 AT 6:00 PM I'On At Home Event Members only (login required) RSVP required	Thursday 18
\$13.00	GARDEN AND HISTORY TOUR OF COLONIAL LAKE BY CHARLESTON PARKS CONSERVANCY FRI 04 / 19 / 2024 AT 10:00 AM I'On At Home Event Members only (login required) RSVP required	Friday 19
FREE	LET'S TALK PERSONAL SAFETY AND HOME SECURITY MON 04 / 22 / 2024 AT 4:00 PM I'On At Home Event Members only (login required) RSVP required	Monday 22
FREE CONVERSATIONS	COCKTAILS AND CONVERSATION THU 04 / 25 / 2024 AT 5:00 PM I'On At Home Event Members only (login required) RSVP required	Thursday 25
FREE	VISIT THE CITY GALLERY AND TOUR THE NEW EXHIBIT "UNTITLED PLACES" WITH THE ARTIST NIGEL PARRY FRI 04 / 26 / 2024 AT 11:00 AM I'On At Home Event Members only (login required) RSVP required	Friday 26

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