



Total
Recreation
And
Independent
Living
Services

Activities this week
April 27-May 4
TRAILS
235-7911

<http://www.peninsulailc.org/TRAILS-Activities>



**INDEPENDENT
LIVING CENTER**

265 E Pioneer Ave

TRAILS calendars highlight inclusive activities that are local, interesting to LOTS of folks, and free or inexpensive. If because of a disability you'd like assistance to participate, contact TRAILS! Recreation is for EveryBODY! Find the latest TRAILS calendar at peninsulailc.org/TRAILS-Activities

Looking forward to seeing some of you tomorrow for the **TRAILS spring bike ride from ILC to Cottonwood Horse Park for a picnic**. It's gonna be a BEAUTIFUL day for a ride!! And all this week, HoWL will be cleaning the town up after school, so thanks to this great group of kids! If your Middle School or High School kid wants to join the effort, call HoWL at 399-4695. The town's spring cleaning gets a big boost next Saturday, May 4, with the **21st annual Homer Clean-up Day**; you can pick up yellow trash bags all over town, so call Homer Chamber of Commerce at 235-7740 for more information. And get out and ENJOY the SUN!

Activity	Date, time, location	Host, address, contact
Safe and Healthy Kids Fair	Saturday, April 27, 10:00 am-2:00 pm, FREE This fun event for kids of all ages focuses on safety, health and wellness and offers more than 30 booths and stations with activities, demonstrations & giveaways; annual bike rodeo is 10 am-1:00 pm in the parking lot, kids can get their bikes inspected for free (helmets required for bike rodeo)	Homer High School, 600 E. Fairview Ave., for more information, call Red Asselin at Sprout, 235-6044, or rasselin@sprout.org
Spring Plant and Book Sale	Saturday, April 27, 10:00 am-6:00 pm, FREE Stock up on plants and books at the annual sale at Homer Library	Presented by Friends of Homer Library at Homer Public Library, 500 Hazel Ave.; for info call 235-3180
TRAILS FUN, EASY Spring Bike Ride	Saturday, April 27, starts noon, \$5 donation for picnic, \$20 if you rent a bike at Cycle Logical , Join a bike ride for EveryBODY from ILC to Cottonwood Horse Park & back; TRAILS will provide snacks and support—so give it a go!	Meet at Independent Living Center parking lot, 265 E. Pioneer; for more information, call TRAILS, 235-7911—if you need, we can help organize a bike rental from Cycle Logical
Homer STEPS UP! (You can always join the TRAILS team if you'd like!)	Monday, April 29, 2:00-4:00 pm, FREE , Sign up for the annual walking challenge sponsored by South Peninsula Hospital; get help using the ChallengeRunner app or get a free pedometer (while supplies last!)	WKFL Park, corner of Pioneer Ave. and Heath Street, for more info call 235-0970 or click on https://www.sphosp.org/homepage/homer-steps-up-2019/
Film: Bird of Prey	Tuesday, April 30, 6:30-8:00 pm, \$5 donation Preview the feature film for this year's Shorebird Festival—a film about the world's largest and rarest eagle: the Philippine Eagle	Hosted by USFWS & Friends of AK National Wildlife Refuges at Islands & Ocean Visitor Center, 95 Sterling Highway, for more info call 226-4631
TRAILS Qi Gong and Tai Chi	Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership Join Dean Sundmark as he teaches slow, gentle movements that build strength, stamina, & balance	Homer Senior Center, 3935 Svedlund Street; for more information, call Dean, 235-7911
First Friday at the Art Galleries	Friday, May 3, 5:00-7:00 pm, FREE , New shows open today, so take an evening bike ride or stroll to enjoy new exhibits all over town	Bunnell Street Arts Center, Homer Council on the Arts, KBay Caffe, Ptarmigan Arts, and other galleries
Choir for Peace performance	Friday & Saturday May 3 & 4, 7:00 to 9:00 pm, \$18 but discounts available , Kenai Peninsula Community Chorus and Homer High School Concert Choir sing a concert for peace	Presented by Pier One Theatre at Homer High School Mariner Theatre, 600 E. Fairview Ave., for more information call 299-3599
Walk with a Doc	Saturday, May 4, 9:00-10:00 am, FREE , Dharti Patel, Orthopedic Physician Assistant, explains how to exercise for healthy bones and balance; afterwards walk and talk informally; free blood pressure screenings available	SPARC, 600 Sterling Highway; for more information call 299-5115