



Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week  
**August 17-24**  
**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](http://peninsulailc.org/TRAILS-Activities)



Hope to see you at the Fair this weekend; TRAILS heads up on Sunday with a van full of folks. Other treats this week: Veterans, active military, and their families, head to the **Veteran's Appreciation Picnic this Sunday**. And if you've ever wanted to try out a bunch of different yoga techniques, next Saturday's 12-hour **YogaStatica** might be just the ticket (\$10-12 for unlimited classes).

Activity	Date, time, location	Host, address, contact
<b>Kenai Peninsula Fair</b>	<b>Friday thru Sunday, August 16-18</b> , The Fair opens 10 am and runs till 9 pm Friday and Saturday and 4 pm on Sunday	Ninilchik Fairgrounds, Sterling Hwy., Ninilchik, for more information, click: <a href="http://www.kenaipeninsulafair.com/info">www.kenaipeninsulafair.com/info</a>
<b>Homer Farmers Market</b>	<b>Saturdays 10:00 am-3:00 pm and Wednesdays 2:00-5:00 pm, FREE</b> , Find great fresh produce, delicious prepared food, and delightful vendors at the market! Special activities or events happen every Saturday; this Saturday, kids create bird masks from egg cartons 11am-2pm	1155 Ocean Drive, for this week's produce, food, and craft vendors, go to <a href="http://www.homerfarmersmarket.org/vendors.htm">www.homerfarmersmarket.org/vendors.htm</a> and!
<b>Beluga Slough Ranger-led Walk (wheelchair accessible)</b>	<b>Daily, 11:00 am-noon, also Saturday, Sunday &amp; Thursday at 1:00-2:00 pm, FREE</b> , Join Refuge rangers for a lovely, fun stroll on a wheelchair accessible trail to Beluga Slough	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-6546; meet the ranger or refuge volunteer on the outside patio
<b>Veterans' Appreciation Picnic</b>	<b>Sunday, August 18, noon-3:00 pm, FREE</b> , Veterans, active duty military, and their families are invited to this free picnic. Local Veterans groups will have information on services; don't miss out on BBQ, live music, door prizes and fun!	American Legion Post 16, Mile 2.5 East End Rd., for more information call (925) 895-5556 or 235-8864, or email <a href="mailto:debbiebrahm03@gmail.com">debbiebrahm03@gmail.com</a>
<b>PRATT Jams Food and Music Potluck Series</b>	<b>Wednesday, August 21, 6:00-8:00 pm, FREE</b> , Head to Pratt Museum for the first community potluck to celebrate the tastes and sounds of summer; bring a dish and musical implement (optional); we'll share stories about how food and music are part of our local culture and community	Hosted by Homer Society of Natural History at the Pratt Museum lower classroom—or outside, weather permitting, 3779 Bartlett Street, for more information call 235-8635
<b>Thriving Thursday visits Blood, Sweat, and Food Farm</b>	<b>Thursday, August 22, 6:00-8:00 pm, FREE</b> , Jenny Medley shares the farm's permaculture techniques used in animal rotation and composting to improve soils; the farm provides locally grown produce, animal products, and soil amendments	Meet at SVT Health & Wellness, 880 E. End Road dressed for walking; for more information call 226-2228
<b>A Cosmic Hamlet by the Sea powered by PechaKucha</b>	<b>Thursday, August 22, 7:00-8:00 pm, \$5+</b> PechaKucha 20x20 is a short format for 8-10 speakers to share their passions, stories, or crafts using 20 slides each shown for 20 seconds (= 6 min & 40 sec); subjects will include mental health, guitar building, commercial fishing, and honeybees	Presented by Bunnell Street Arts Center at SPARC, 600 Sterling Highway, for more information call 235-2662
<b>KHLT Volunteer Appreciation Day</b>	<b>Friday, August 23, 5:00-7:00 pm</b> , Kachemak Heritage Land Trust volunteers will receive a personal invitation to this event, but anyone is welcome to join the gathering and learn about Land Trust activities	Hosted by KHLT at Grace Ridge Brewery, 3388 B Street, for more information call 435-7969
<b>YogaStatica</b>	<b>Saturday, August 24, 8:00 am-8:00 pm \$10</b> Sample new instructors and different yoga practices from Homer's talented teaching pool during 12 hours of 45-minute classes; you can try a plethora of yoga options, including Yin, Restorative, Kundalini, Vinyasa, Acro, and Fascia Flow	Organized by Joolee Aurand, held at HCOA building, 355 W. Pioneer Ave., for more information and to register: <a href="http://www.homerart.org/calendar/2019/8/24/yogicstatica">http://www.homerart.org/calendar/2019/8/24/yogicstatica</a> or call 235-4288; bring your own mat if you can (there will be some to borrow)