



Total
Recreation
And
Independent
Living
Services

Activities this week
February 15-22
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 and ILC swag at peninsulailc.org/Donate-&-Purchase.



TOO MUCH is happening! Sign up for 2 fun art classes this week to create art for Disability Art Show. Classes will be at Skiff Chick Feb 21 and 22—a flyer follows the calendar. This Sunday join TRAILS' Michael Gavillot for Table-Top game night. And join the TRAILS walking club at 1:30 on Wednesday, destination TBD. Finally, celebrate Inspiration Ridge becoming part of Homer's permanent wildlife open space—the FREE gathering is Friday at Alice's from 5-8 pm.

An ART SHOW for EveryBODY!

Activity	Date, time, location	Host, address, contact
Walk with a Doc—Preventing Cancer	Saturday, February 15, 9:00-10:00 am, FREE, Dr. Jason Parks, radiation oncology, will talk about preventing cancer with the HPV vaccine and after-ward walk and talk informally; blood pressure testing	SPARC, 600 Sterling Highway, for more information call 299-5115
Drop-In Tech Help	Saturday, Feb. 15, 10:00 am-12:00 pm, FREE, Tomasz Sulczynski helps solve problems with cell phones, tablets, computers, whatever!	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Get help applying for Rasmuson Individual Artist Grant	Saturday, Feb. 15, 11:00 am-5:00 pm, FREE, Bunnell Street Arts Center is happy to assist local artists wanting help to apply for a Rasmuson Individual Artist grant	Contact Bunnell Street Arts Center by Feb. 15 at 235-2662 or brianna@bunnellarts.org
Attracting Pollinators to Your Garden—Homer Garden Club	Sunday, February 16, 2:00-4:00 pm, FREE, Brenda Adams, Gardens by Design, will share ways to attract bees, butterflies, lady bugs, hummingbirds, lacewings, and other pollinators to your garden for better garden health, productivity, and enjoyment	The Aspen Hotel, 91 Sterling Highway, for more information call 235-2351
Open Table-Top Gaming for EveryBODY	Sunday, February 16, 2:00-6:00 pm, \$1.00 Play all kinds of different table top games—you can bring your own or play what's there	Sponsored by Homer Community Recreation, Homer High School, 600 E. Fairview Ave. Be at ILC parking lot 1:45 pm to ride to high school
Wynnter Sunday Family FUNdays	Sunday, February 16, 2:00-4:00 pm, FREE, Enjoy naturalist-led winter activities followed by s'mores and cocoa by the fire	Wynn Nature Center, Mile 1.5 East Skyline Drive, for more information call 235-6667
Arctic to Attu: a Photographer's Tour	Tuesday, February 18, 5:00-6:00 pm, FREE, Lisa Hupp shares her experiences photographing six of Alaska's national refuges—photos help tell the stories of these big, wild, remote Alaskan gems	Sponsored by Friends of Alaska National Wildlife Refuges, Islands & Ocean Visitor Center, 95 Sterling Hwy
Tuesday Night Lights--Gravlax	Tuesday, February 18, 6:30-8:00 pm, FREE, Sharon Roufa (Two Sisters Bakery) will share her skills and recipe for making Gravlax, YUM	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Move to the Groove	Thursdays weekly, 10:30-11:30 am, 1st class FREE, \$15/class, call about scholarships, Join Dottie Harness-Foster and Rich Kleinleder moving to LIVE music for better flexibility and balance	Homer Council on the Arts, 355 W. Pioneer Ave., for more information go to InsightfulBodyMoves.com
TRAILS Qi Gong and Tai Chi	Thursday, Feb.20, 3:00-4:00 pm, \$6, \$3 for Senior Center members, join Dean Sundmark in slow, gentle movements to build strength, stamina, balance, and improve joint function & bone density	Homer Senior Center, 3935 Svedlund Street, for more information call Dean at ILC, 235-7911
Wrestle Like a Girl in Pakistan	Thursday, Feb. 20, 6:30-7:30 pm, FREE, Tela Bacher—Homer's own Olympic wrestler—will share her adventures empowering Pakistani girls through wrestling	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Thriving Thursday FREE DeStig Film	Thursday, Feb. 20, 6:00-8:00 pm, FREE, Girl, Interrupted is part of the DeStig Film Festival	Hosted by So. Pen Behavioral Health Services at Homer Theater, 106 W. Pioneer Ave.

**SKIFF CHICK CUSTOM DESIGNS
&
REDFISH CUSTOM FRAMING AND
DESIGNS**

**WE ARE HOSTING TWO PAINTING CLASSES
FOR THOSE WISHING TO CREATE ART ABOUT
THE TOPIC OF DISABILITY OR FROM ARTISTS
WHO EXPERIENCE A DISABILITY.**

ACRYLIC PAINTING CLASSES

**907 VETS
US MILITARY/VETERANS & FRIENDS AND
FAMILY CLASS**

FEB 21st @ 6:00 PM - 8:00 PM

ANYONE EXPERIENCING A DISABILITY CLASS

FEB 22nd @ 12:00 PM - 3:00 PM

**Classes are located at:
Skiff Chick Custom Designs
200 E. Pioneer Ave., Homer, AK.**

**To reserve, call Skiff Chick's @ 907-226-2170 or
Redfish @ 907-399-3709.**

You can also contact us on FB.

Cost is \$25 per person. (All supplies are included.)



Disability

Created by Susana Chamrunworakiat
from Noun Project

Art Show

Created by Susana Chamrunworakiat
from Noun Project

An ART SHOW for EveryBODY!

EveryBODY can submit art!

All participants from these classes are encouraged to submit their artwork for the DISABILITY ART SHOW.

Note: submission must be for sale with proceeds from the fundraiser being divided among the artist, HCOA and the TRAILS recreation program of Homer's ILC.

Please contact Devony at the Homer ILC office @ 907-235-7911 or dlehner@peninsula.org for more info on the art show.

Disability Art Show
March 6-31 @ HCOA
355 W Pioneer Ave., Homer, AK