



Total
Recreation
And
Independent
Living
Services

Activities this week
January 4-11
TRAILS
235-7911
<http://www.peninsulailc.org/TRAILS-Activities>



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



Happy First Week of January! BRRRR!

TRAILS on trails every-other-Wednesday walking Challenge is back on track as of January 8 with what should be a relatively easy walk on the Calvin and Coyle trail—see details below. And here are a couple of things that didn't quite fit on this week's calendar: Starting this week, enjoy table top gaming every other Sunday—see the attached flyer. Secondly, on Friday you can get a behind-the-scenes tour of the Homer Fire Station—sign up at <https://www.cityofhomer-ak.gov/citymanager/city-facility-tours-jan-feb-and-march-2020-sign-here>, and for more information call Rachel Friedlander at 435-3102.

FINALLY, don't forget you can support TRAILS by buying **TRAILS SWAG** at: <http://peninsulailc.org/Merchandise>.

Activity	Date, time, location	Host, address, contact
Walk with a Doc	Saturday, January 4, 9:00-10:00 am, FREE, Dr Katie Ostrom, OB/GYN, will give a brief presentation on new ways to prevent the need for narcotics after surgery, then she'll chat informally with walkers; free blood pressure screenings	SPARC, 600 Sterling Highway, bring clean walking shoes
2020's FIRST Get-Out-and-Move Snowshoe or Ski Eveline State Recreation Area	Saturday, Jan. 4, guided treks start at noon, FREE, Join Alaska State Parks and Friends of Kachemak Bay State Park for a guided "first snowshoe or ski" on beautiful trails at Eveline State Recreation Area; hot drinks and gourmet snacks provided! Bring snowshoes or skis	Eveline SRA, sponsored by Alaska State Parks and Friends of Kachemak Bay State Park; 13.8 miles out East End Rd (past McNeil Canyon School), left onto Alpine Meadow Dr. 0.3 miles to trailhead; \$5 donation
Wynnter Sunday Family FUNdays	Sunday, January 5, 2:00-4:00 pm, FREE, Enjoy naturalist-led activities for ALL ages; each week has a different focus but every week ends with Hot Dogs & S'mores over the fire!	Wynn Nature Center, Mile 1.5 East Skyline Drive, for more information call 235-6667
Afternoon Public Skating	Saturday & Sunday, 4:30-6:00 pm, Monday & Friday, 3:00-4:15 pm, Thursday, 2:30-4:00 pm, \$5 includes skate rentals, Skate off holiday lbs at Kevin Bell Arena	Kevin Bell Arena, 3150 Homer Spit Road, for more information call 235-2647
Tuesday Night Lights – Tiny Trees Outdoor Forest School	Tuesday, January 7, 6:30-8:00 pm, FREE, Hanna Young will explore how "Play is the Work of Childhood" and how an environment can be prepared for children's developmental needs	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Kachemak Bay State Park—History and Future	Tuesday, January 7, 7:00-8:00 pm, FREE, Learn a bit about the history and future of Alaska's very first state park, which turns 50 this May	Presented by Friends of Kachemak Bay State Park at Islands and Ocean Visitor Center, 95 Sterling Highway
TRAILS on trails Challenge	Wednesday, Jan. 8, meet at ILC at 1:30 pm, FREE, This week's walk will explore Calvin and Coyle Trail just a mile or so out of town.	Meet at 1:30 am at ILC parking lot, 265 East Pioneer Ave.; we'll carpool to the trailhead—Dress WARMLY
TRAILS Qi Gong and Tai Chi	Thursday, Jan. 9, 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
Thriving Thursday—Alaska Adult Education	Thursday, January 9, 6:00-8:00 pm, FREE, Meet Michelle Waclawski and Shawn Story and discover free services and classes available at the Kachemak Bay Campus Adult Education Program	SVT Health & Wellness, 880 E. End, for more information call 226-2228
Contra Dance	Saturday, January 11, 7:30-10:00 pm, \$10, kids 16 and under FREE, Dave Stutzer will call to the music of the Spit City Slickers, beginners always welcome	Presented by Homer Community Recreation at West Homer Elementary School, for more information call 235-6090

CITY OF HOMER COMMUNITY RECREATION PRESENTS:

Open Table Top Gaming Nights

Every other Sunday 2-6PM starting **January 5, 2020**

Homer High School



\$1 PER PERSON
12 & UNDER MUST BE WITH GUARDIAN
BRING YOUR OWN GAMES TO PLAY
HAVE FUN