



Total
Recreation
And
Independent
Living
Services

Activities this week
March 30-April 6
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



Two very fun but quite different events highlight this week. Saturday March 30, join a fun run/walk along the "Blue Line" marking the tsunami-safe zone through town. Tuesday evening, enjoy a lovely free concert at I&O performed by the Homer Youth String Orchestra. Also, birds are returning, so brush up on shorebird identification on Monday, and report sandhill crane sightings to Kachemak Crane Watch at 235-6262 or reports@cranewatch.org; note date, time, location, behavior, and number of cranes if possible. And of course, Friday April 5 is First Friday. Busy week!

| Activity | Date, time, location | Host, address, contact |
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| Tsunami Blue Line Fun Run/Walk | Saturday, March 30, register 9 am, start 10:00 am, FREE, Know if you should "stay or go" when the tsunami siren sounds—join a fun 2.66-mile run/walk along the blue, tsunami-safe-zone line from Homer Elks Lodge to Ben Walters Lane and back | Presented by City of Homer, start at Homer Elks Lodge, 215 Jenny Way, for more information call (907) 321-1569 |
| Square and Contra Dance | Saturday, March 30, 7:30-10:00 pm, \$10, Laura Patty will call to music by the Boat House Boys; beginners welcome | Sponsored by Homer Community Recreation Program, at West Homer Elementary; bring clean soft-soled shoes; for more info call 235-6090 |
| Paint a Plate for Bunnell's annual fundraiser | Throughout the week, call for times, FREE, Paint an art plate and add to creativity nourishing this town; Bunnell has painting supplies and plates | Bunnell Street Art Center, 106 West Bunnell Street, for more information call 235-2662 |
| Community art call for "Cardboard Constructs" | To April 2, noon-5:00 pm, FREE, Create something strange, wondrous, funny, provocative, whatever, out of up-cycled cardboard and bring your creation to HCOA for their April gallery exhibit | Homer Council on the Arts, 355 W. Pioneer Ave., for more information call 235-4288 |
| Identifying Shorebirds | Monday, April 1, 5:00-6:30 pm, FREE, The Birds are coming! Aaron Lang will share photos and tips on identifying shorebirds | Kachemak Bay Birders host at Islands & Ocean Visitor Center, 95 Sterling Hwy, for info, call 435-7969 |
| Making Sense of Medical Decisions | Tuesday, April 2, 6:00-8:00 pm, FREE, Dr. Giulia Tortora, Chief of Staff at South Peninsula Hospital, shares ways to make medical decisions, including using Five Wishes principles to choose treatments, level of comfort, what to share, etc. | Kachemak Bay Campus, Pioneer Hall Rooms 201-202; for more information call 235-0970 |
| Spring Concert Homer Youth String Orchestra Club | Tuesday, April 2, 6:30-8:00 pm, FREE, Join in honoring four seniors as HYSOC celebrates their musical accomplishments with mysterious, thrilling music from throughout the world | Alaska Islands & Ocean Visitor Center, 95 Sterling Highway, for more information call 399-6108 |
| Lunchtime Learning—Seabirds of the Aleutians and Bering Sea | Thursday, April 4, noon-1:00 pm, FREE, UAA biology professor Doug Causey shares his research "Environmental Change and the Breeding Seabirds of the Aleutians and Bering Sea. | Sponsored by the Alaska Maritime National Wildlife Refuge at Kachemak Bay Campus, Pioneer Hall Room 212; for info call 235-7743 |
| Thriving Thursday—Re-awaken the Attributes of Connection | Thursday, April 4, 6:00-8:00 pm, FREE, Who would you be if you were optimally connected to yourself, the community, the natural world? Educator Zach Fairbanks explores connection practices and shares Jon Young's 8 Shield Model | SVT Health & Wellness, 880 E. End Road, for more information call 226-2228 |
| Walk with a Doc | Saturday, April 6, 9:00-10:00 am, FREE, Physician's Assistant Rebecca Plymire helps walkers explore and improve their gait for healthier walking and running; free blood pressure screening | SPARC, 600 Sterling Highway, for more information call 299-5115 |