



Total
Recreation
And
Independent
Living
Services

Activities this week

May 11-18

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



Kachemak Bay Shorebird Festival will be in full swing this weekend. With over 100 events, there's something for everyone! See a list of events at <https://kachemakshorebird.org/2019-program-of-events-and-registration/>.

Also, join citizen scientists tracking Homer's sandhill cranes. Nesting starts soon, so watch for pairs appearing one at a time, which indicates one is on the nest. An accurate count of nesting cranes helps track local populations. Report nesting cranes to Kachemak Crane Watch at reports@cranewatch.org or by calling 235-6262. Leave name and contact information, including pair location and date when nesting started.



And **EveryBODY-stress-free pickleball** MIGHT be happening this coming Friday 2:30-3:30, so call TRAILS for more information about that.

Activity	Date, time, location	Host, address, contact
Annual Shorebird Pancake Breakfast	Saturday, May 11, 7:30 am-noon, \$5-10 , Friends of Kachemak Bay State Park make a delicious all-you-can-eat breakfast to celebrate shorebirds and raise funds for the park we all love.	Friends of KBSP at Homer United Methodist Church, 770 East End Rd., for more information call 299-0852
Kachemak Bay Quilters Show	Saturday & Sunday, May 11 & 12, 10:00 am-4:00 pm, \$2 , See over 100 quilts and buy a variety of quilted goodies; proceeds support quilts for local fire victims and Haven House Women's Shelter	Presented by Kachemak Bay Quilters at Homer Elks Lodge, 215 Jenny Way, for more information, call (907) 321-1569
Homer Rocks Painting Circle	Sunday, May 12, 12:00-2:00 pm, FREE Join the Kindness Movement to paint and hide rocks; all ages and skills welcome; bring rocks and paints or use provided supplies	Portside Coffee, 175 E. Pioneer Ave., Please sign up ahead on Events section of Homer Rocks Facebook page or contact 435-7969
Free testing for Pressure Canner Dial Gauges	Tuesday May 14, 11:00 am to 2:00 pm, FREE Get your pressure canner dial gauge tested—either on or off the canner lid (weighted gauges don't need checking); be sure you're canning safely	Homer Homemakers and Cooperative Extension Service offer testing at Ulmer's Hardware, 51122 Polaris Way, for more info call 907-262-5824
Preserving Your Summer Harvest	Tuesday, May 14, 6:00-7:00 pm, FREE Linda Tannehill, Kenai Peninsula Health, Home and Family Development Extension Agent, will teach this free class on ways to preserve harvests	Kachemak Bay Campus, 522 E. Pioneer Ave., for more info call 235-7743; pre-register with CES at 907-262-5824 or 1-800-478-5824
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
How to Avoid Probate	Thursday May 16, 6:00-7:00 pm, FREE This final seminar on estate planning focuses on How to Avoid Probate (the proving of a will)	Presented by Friends of Homer Library at Homer Library, 500 Hazel Ave., for more info, call 235-3180
Thriving Thursday: Recovery and Hope	Thursday, May 16, 6:00-8:00 pm, FREE , Annie and Rob Wiard, Parent-To-Parent Support Group, offer insights on a child's addiction and its effects on families; the Wiards speak from experience	SVT Health & Wellness, 880 E. End Road, for more information call 226-2228
Walk with a Doc (last one till fall)	Saturday, May 18, 9:00-10:00 am, FREE , Dr. Hall Smith shares lessons learned in nearly 40 years of emergency medicine; afterwards walk and talk informally; free blood pressure screenings	SPARC, 600 Sterling Highway; for more information call 299-5115, please bring clean indoor walking shoes