



Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week

**May 18-25**

**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)

**Talk about a week full of plants! And the plantiest thing of all is the opening of Homer's wonderful Farmers Market on Saturday, May 25 at 10 am!**

For other spring-plant-themed activities, check out a Bonsai presentation on Sunday, the Homer Garden Club's annual plant sale next Saturday, and strolling through the Pratt Museum's beautiful outdoor and wheelchair-friendly trail system during the Pratt's Grand Re-Opening Celebration, which is also next Saturday. Spring has sprung!



<b>Activity</b>	<b>Date, time, location</b>	<b>Host, address, contact</b>
<b>Walk with a Doc (last one till fall)</b>	<b>Saturday, May 18, 9:00-10:00 am, FREE,</b> 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
<b>Family PhysiFun</b>	<b>Saturday, May 18, 10:00 am-noon, FREE</b> Check out health and wellness exercises based on circus arts, aerial silks, and AcroYoga; parents, please stay with kids under 12	Cirque Therapy, 1230 Ocean Drive, Suite 2, for more information call 907-756-3715 or contact <a href="mailto:office@cirquetherapy.com">office@cirquetherapy.com</a>
<b>Homer Pottery Tour</b>	<b>Saturday &amp; Sunday, May 18 &amp; 19, 10:00 am-5:00 pm, FREE,</b> Take yourself on a magical tour of potters' studios: see new work, meet artists, ask questions, and make connections; pick up tour maps at Bunnell or at <a href="http://www.homerpotters.com">www.homerpotters.com</a> .	Self-guided tour, pick up map at Bunnell Street Arts Center, 106 W. Bunnell Ave. or <a href="http://www.homerpotters.com">www.homerpotters.com</a> , visit Facebook page and follow on Instagram at @homerpotterytour
<b>Bonsai – Homer Garden Club monthly meeting</b>	<b>Sunday, May 19, 2:00-4:00 pm, FREE</b> Noted Alaskan teacher Paul Marmora demonstrates how to prune an Alaskan tree to exhibit Bonsai principles of harmony, peace, order, and balance	Best Western Bidarka Inn, 575 Sterling Highway, for more information go to <a href="http://www.homergardenclub.org">http://www.homergardenclub.org</a>
<b>Dance and Movement for EveryBODY!</b>	<b>Thursdays weekly, 10:30-11:30 am, FREE</b> Join Tess Dally for an hour of fun dance and movement designed for all people—any age and ability, no experience needed	Homer Council on the Arts has graciously made their space available—donations are welcome; 355 W. Pioneer Ave.
<b>TRAILS Qi Gong and Tai Chi</b>	<b>Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership</b> 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
<b>The Power of HeartMath – Thriving Thursday</b>	<b>Thursday, May 23, 6:00-7:00 pm, FREE</b> Learn to manage stress, anxiety, depression and poor sleep; Zach Fairbanks, educator, will share steps to optimize healing and what has worked for him, including HeartMath, Wim Hof method, and more	SVT Health & Wellness, 880 E. End Road, for more information call 226-2228
<b>Annual Homer Garden Club Plant Sale</b>	<b>Saturday, May 25, 10:00 am-noon, FREE</b> Everyone's invited to the annual HGC plant sale; come early for coffee and muffins	Hosted by Homer Garden Club at the Homer Chamber of Commerce, 201 Sterling Hwy, for more info: 235-7740
<b>Pratt Museum's Grand Re-opening Celebration</b>	<b>Saturday, May 25, 10:00 am-4:00 pm, FREE,</b> See what's new at Homer's museum, with family-friendly activities and music happening in an open-house setting; hot dogs, popcorn, and cotton candy will be available for sale as you walk Pratt trails!	Presented by Homer Society of Natural History at the Pratt Museum, 3779 Bartlett Street, for more information call 235-8635