



Total
Recreation
And
Independent
Living
Services

Activities this week
October 5-12
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



Homer has been enjoying the chance to walk and talk with local doctors and other health care professionals for 2 active years, thanks to South Peninsula Hospital—enjoy the **2-year Walk-aversary** this Saturday for a fun and healthy good time. Also, as we slide from fall→winter, check out the **City of Homer Community Recreation Guide, Fall-Winter 2019-2020**, download the guide at <https://www.cityofhomer-ak.gov/recreation/2019-2020-fall-winter-activity-and-recreation-guide>, or ILC has a printed copy you can thumb through. And to explore city parks and trails now that they're less crowded, check out the downloadable map at: <https://www.cityofhomer-ak.gov/recreation/homer-trails-park-map>. Finally ice is in at **Kevin Bell Arena**. The rink calendar is at <https://www.kevinbellarena.org/calendar>, public skating is only \$5, or how about learning to curl at **Drop-in Curling** for \$10 on Saturdays from 8-10 pm. Stay ACTIVE!

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Activity	Date, time, location	Host, address, contact
Walk with a Doc – 2-year Anniversary Celebration	Saturday, Oct. 5, 9:00-10:00 am, FREE , Dr. Rob Downey, Director of SPH's Functional Medicine Clinic, will talk about "The Exercise Prescription: Aerobic & Interval Exercise Recommendations;" then join in walking and talking informally; enjoy healthy treats and extra prizes	SPARC, 600 Sterling Highway, for more information call 299-5115; bring clean walking shoes
Farmers Market informally	Saturdays and Wednesdays through Oct., FREE , Although the market is officially closed, some vendors still sell produce on Saturdays 10-3 and Wednesdays 2-5, so check it out. And learn how to store crops without a root cellar by clicking here	1155 Ocean Drive
Lunch with City Councilmember Caroline Venuti	Monday, October 7, noon-1:00 pm, FREE , Bring a lunch and chat informally with City Councilmember Caroline Venuti to share your ideas	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
FREE Drop-In Evening Classes at K Bay Campus	Mondays and Wednesdays until Dec. 11, 5:00-6:30 pm, FREE , Work toward your GED, improve language skills, get help applying for jobs, etc.—KBC can personalize a plan for you	Kachemak Bay Campus Student Learning Center, Bayview Hall, 533 E. Pioneer (entrance on Heath St.) for more information call 235-7743
Sewing Bees for "boomerang bags"	Wednesdays weekly, Oct 9, 5:30-7:30 pm, FREE , Have fun making reusable bags for Homer—no experience needed; ALL ages can help	Center for Alaskan Coastal Studies, 708 Smokey Bay Way; for more information call 235-6746
Body Moves: Moving to the Groove	Thursdays weekly, Oct. 3-Nov. 21, 10:45-11:45 am, cost varies—first class FREE , call about scholarships, Dottie Harness and Rich Kleinleder lead movements for strength, balance and to engage the brain; live music with a fun group	Homer Council on the Arts, 355 W. Pioneer Ave., for more information call 235-4288
CACS annual meeting and talk about Alaska Peninsula Bears	Thursday, Oct. 10, 6:00-8:00 pm, FREE , Learn what Center for Alaskan Coastal Studies has done this year and plans for next, then enjoy a talk by Bear Viewing Guide Drew Hamilton, President of Friends of McNeil River Bears, snacks provided	Presented by Center for Alaskan Coastal Studies at Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-6746
Alaska Book Week Cassandra Windwalker reading	Thursday, Oct. 10, 6:00-8:00 pm, FREE , Celebrate Alaska Book Week at a reading of new books by Cassandra Windwalker -- <i>Preacher Sam</i> is a murder mystery, <i>Almost-Children</i> is a poetry collection; book signing will follow the reading	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
From Loss to Love: Ways to Deal with Grief Thriving Thursday	Thursday, Oct. 10, 6:00-8:00 pm, FREE , Michaela Baumgartner—who has helped herself & thousands of others deal with grief—will share breath techniques and movement exercises to help our bodies and minds navigate loss and its trauma	SVT Health & Wellness, 880 E. End, for more information call 226-2228