



*Independent Living Center's TRAILS program hosts*  
**Inclusive Community  
Curling**

**Drop in curling for every BODY. All skills welcomed**

Come be part of our inclusive Community Curling Pick-Up!!!!  
Curling is a team sport and is a mix of bowling, shuffleboard  
and bocce, played on the ice!! Come learn about this fun,  
inclusive, fun pass time. Everyone is welcomed. This game can  
be played by anyone and of any abilities, sitting or standing.  
The rink is cool so bring a coat and gloves and a clean pair of  
indoor shoes.

\$5 TRAILS members/ \$10 non members

**WEDNESDAY 9 AND 30TH**

**1:30-2:45**

Call 907-235-7911 for questions

