



Independent Living Center of Seward Alaska

October 2018



T.R.A.I.L.S. activities are for people of all abilities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2	3	4 ARTS and CRAFTS 3:00 at ILC office		6
7	8	9	10	11 ARTS and CRAFTS 3:00 at ILC office	12	13
14	15 Walk and Roll 1PM	16	17 Ceramics at AVTEC	18 	19	20 Ceramics at AVTEC
21	22 Walk and Roll 1PM	23	24 Ceramics at AVTEC	25	26	27 Ceramics at AVTEC
28	29 Walk and Roll 1PM	30 	31 Halloween Carnival Fund Raiser 4pm-9pm 			

Please call 224-8711 or 491-0481 for information or suggestions. TRAILS activities are not a substitute for personal care services.