



Total
Recreation
And
Independent
Living
Services

Activities this week

April 14-21

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! And email contact information [here](#) to receive updates on ILC developments, community happenings, hot topics, & more!

Here are just a few fun possibilities this week: this Saturday's Cowboy Cabaret, Tuesday's Attu Island WWII Remembrance, Wednesday's workshop on medical directives, Saturday's plant and book sale or Earth Day gathering and remembrance. And a heads up: the April 21 "Walk with a Doc" at SPARC will be with Dr. Boling.

And anyone signed up for the **TRAILS train trip** May 4-6, be sure to join the 11 am pre-trip meeting Fri, April 20. We'll go over schedules, lodging, food, what to bring, and anything else to make this the best trip EVER!

Activity	Date, time, location	Host, address, contact
Cowboy Cabaret	Saturday, April 14, 5:00-8:30 pm, \$10 per person, \$25 for family Enjoy great grub, live music, cowboy poems, and auction	Hosted by Kachemak Bay Equestrian Assoc. at Alice's Champagne Palace, 195 E. Pioneer Ave, for info, call Tim at 299-2780
HoWL's DiRtBaG Clean up week	Monday-Saturday, April 16-21, 3-5:30 pm, FREE , Kids 8 to 18 join HoWL clean-up week; meet 3 pm in Chamber parking, then teams will clean beaches, streams, sidewalks; free pizza and raffle prizes every evening	Hosted by HoWL (Homer Wilderness Leaders), meet at Homer Chamber of Commerce Visitor Center parking lot, 201 Sterling Hwy, for more info, call 399-4695
Attu Island: Remembrance and Refuge	Tuesday, April 17, 5:00-6:00 pm, FREE Sara Straub—a planner for 75 th commemoration of the Battle of Attu—shares the remarkable story of Attu Island in World War II	Hosted by Friends of Alaska National Wildlife Refuges at Alaska Islands and Ocean Visitor Center, 95 Sterling Hwy, for more information, call 299-0092
Kevin Bell Arena Public Skating	Throughout the week — public skating Call for schedule, \$5; skate rental \$1	Kevin Bell Ice Arena, 3150 Homer Spit Rd., for info, call 235-2647 or click http://www.kevinbellarena.org/calendar
Knitting Circle	Mondays weekly, 1:30-4:30 pm, FREE All levels knit at Homer Public Library	Homer Public Library, 500 Hazel Ave., for info, call 235-3180
Body Moves with Cathy and Dottie	Wednesdays till April 25, 10:30-11:30 am Gentle movement at HCOA to improve balance, mobility, & flexibility, scholarships available	At Homer Council on the Arts, 355 W. Pioneer Ave., call 235-4228 for info on costs and scholarships
TRAILS Bowling at Kachemak Bowl	Wednesdays weekly, starts at 3:00 pm, \$4.25 per game, shoe rental free for TRAILS	Kachemak Bowl, 672 East End Rd. (next to Boss Hogz); TRAILS folks—please sign TRAILS sign-in sheet
Making Sense of Medical Decisions	Wednesday, April 18, 6:00-7:30 pm, FREE Dr Giulia Tortora will explain living wills, POAs, advance care directives, and other tools to help think about and document medical decisions	Pioneer Hall, Kachemak Bay Campus, 533 E. Pioneer Ave., for information, call South Peninsula Hospital, 235-0970
Pratt Museum Behind the Scenes	Thursday, April 19, 2:00-3:00 pm \$5 Behind-the-scenes tour of Pratt collections	Pratt Museum, 3779 Bartlett St., for info, call 235-8635
TRAILS Qi Gong and Tai Chi	Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership	Homer Senior Center, 3935 Svedlund St., for info, call Dean, 235-7911
SHUT UP & WRITE	Thursdays weekly, 5:00-7:00 pm, FREE Write with others upstairs at Alice's	Alice's Champagne Palace, 195 E. Pioneer Ave., for info call 435-7969
Thriving Thursdays Making Bone Broth	Thursday, April 19, 6:00-8:00 pm, FREE Join Sunni Hilts, "soup enthusiast," to learn about bone broth benefits, recipes, storage, etc.	SVT Wellness Center, 880 East End Rd., for more info, call 226-2228
TRAILS Pre-trip meeting for May 4-6 Train Trip	Friday, April 20, 11:00, For those signed up for TRAILS train ride Everyone signed up, meet at ILC for pre-trip planning	TRAILS Program at Homer Independent Living Center, 265 E. Pioneer Ave., for more info, call Devony, 235-7911
Homer Library SPRING Book and Plant Sale	Saturday, April 21, 10:00 am-6:00 pm, FREE Find book and plant treasures at the library's biannual fundraising sale	Homer Public Library, 500 Hazel Ave., for info, call 235-3180; starting April 19 you can bring plants to donate
EARTH DAY with KBCS	Saturday, April 21, 5:00-8:00 pm, FREE Enjoy food, live music, and socializing followed by a presentation honoring Ed Bailey's memory	Hosted by Kachemak Bay Conservation Society at Islands and Ocean Visitor Center, 95 Sterling Hwy, for more information, call Roberta, 235-8214