



Total
Recreation
And
Independent
Living
Services

Activities this week
April 28-May 5
TRAILS
907-235-7911
<http://peninsulailc.org/>



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!

Spring must be here, because the City of Homer 2018 Spring-Summer Community Recreation Guide is out. You can pick up a copy at the Community Recreation office at Homer High School or check it out online: https://www.cityofhomer-ak.gov/sites/default/files/fileattachments/parks_amp_recreation/page/31631/2018_spring-summer_2018_color.pdf. And if you want to help with the town's annual pre-Shorebird clean up May 5, see the flyer that follows this week's calendar.

But here's something really exciting, **join TRAILS and sign up for the Independent Living Center TEAM in the "Step Up" challenge.** Come to WKFL Park from 3 to 5 pm on Monday to sign up and receive a free pedometer that will count your steps; or sign up online: <https://www.sphosp.org/homerstepsup2018/>. Then start stepping! At the end of May, individuals and teams who've taken the most steps can win prizes. So join the ILC TEAM—the more who join, the more steps our team will collect. Devony will be at WKFL Park on Monday to sign up for the ILC team and to cheer on others signing up. So STEP UP EveryBODY! (Hey Dean and Tela, I challenge YOU for ILC bragging rights! Do you think I can also get a pedometer for my dog?)

Activity	Date, time, location	Host, address, contact
SAFE and HEALTHY KIDS FAIR and BIKE RODEO	Saturday, April 28, 10:00 am-2:00 pm, FREE Visit over 30 booths & activities, including circus arts, teddy bear clinic, hearing tests, face painting, and sign-ups for summer programs. Visit the Book-mobile. Door prizes awarded, including tricycle and bicycle at 1:30. Join bike rodeo in parking lot 10 am to 1:00 pm (bring a helmet or buy one on site); kids can get a free bike inspection.	Homer High School, 600 East Fairview, for more info, call Red Asselin at Sprout, 235-6044
Homer Storytellers	Saturday, April 28, 3:00-5:00 pm, FREE Share and listen to favorite childhood stories; laugh, be entertained, and have a good time	Homer Public Library, 500 Hazel Ave, for info, call 235-3180
Knitting Circle	Mondays weekly, 1:30-4:30 pm, FREE All levels knit together at Homer Public Library	Homer Public Library, 500 Hazel Ave., for info, call 235-3180
Homer Steps Up Community Walking Challenge	Monday, April 30, 3:00-5:00 pm FREE Get healthy by walking more every day; kick-off and sign up for Community Walking Challenge; prizes awarded weekly for taking the most steps;	South Peninsula Hospital hosts sign up at WKFL Park, Pioneer Ave at Heath St, for info, call 235-0790 or https://www.sphosp.org/homerstepsup2018/
TRAILS Bowling at Kachemak Bowl	Wednesday weekly, starts at 3:00 pm, \$4.25 per game, shoe rental free for TRAILS	Kachemak Bowl, 672 East End Rd. (by Boss Hogz); TRAILS folks—please sign TRAILS sign-in sheet
TRAILS Qi Gong and Tai Chi	Thursdays weekly, 3:00-4:00 pm, \$3-\$6 cost dependent on Senior Center membership	Homer Senior Center, 3935 Svedlund St., for info, call 235-7911
SVT Thriving Thursdays	Thursday, May 3, 6:00-8:00 pm, FREE SVT's first Thriving Thursday of May, call for info	SVT Wellness Center, 880 East End Rd., for info, call 226-2228
TRAILS Train TRIP through Alaska's Heartland	Friday-Sunday, May 4-6, Meet at 9:30 am If you're signed up for the TRAILS train trip, meet at the ILC parking lot Friday at 9:30 am	Homer Independent Living Center, 265 E. Pioneer Ave. (Devony will pick up folks as pre-arranged.)
FIRST FRIDAY at Homer Art Galleries	Friday, May 4, 5:00-7:00 pm, FREE Enjoy presentations and exhibits at galleries throughout town	Stroll the galleries on Pioneer Ave., Bunnell St., and Bartlett St.
Walk with a Doc	Saturday, May 5, 9:00-10:00 am, FREE Walk with Pediatric Nurse Practitioner Devry Garity and learn about asthma in children	SPARC, 600 Sterling Hwy (next to Homer Middle School), for info, call (907) 201-1766
Annual Community Clean Up Day	Saturday, May 5, 10:00 am-2:00 pm, FREE The week before Shorebird Festival, help clean up the town during the Chamber's Annual Clean-Up Day. Volunteers bring in trash and recyclables, then enjoy a free hot dog & hamburger BBQ	Sponsored by Homer Chamber of Commerce and their partners, for info, call 235-7740, see attached flyer for locations to pick up trash bags

2018 CLEAN-UP DAY



DROP-OFF: 201 STERLING HWY 235-7740



Free Hamburgers & Hot Dogs

DONATE

MEAT

FISH

NON-PERISHABLES

FREEZER CLEAN OUT

CLEAN-UP

TRASH

RECYCLABLES

E-WASTE (SPENARDS)

PRIZES

FAMILY

GROUP

RECYCLABLES

INDIVIDUALS

EVENT PARTNERS

COOK INLETKEEPER

HOWL

OHLSON MOUNTAIN MINERAL

SPRINGS H2O

KARE

KBBI

PIONEER REVITALIZATION

STATE FARM

AMERICASCUISINE

HOMER FOOD PANTRY

PICK-UP YELLOW TRASH BAGS AT:

THE CHAMBER OF COMMERCE

SAVE U MORE

ULMER'S DRUG & HARDWARE

THE KACHEMAK GEAR SHED

FRITZ CREEK GENERAL STORE

HOMER SHORES OFFSHORE STORE



WWW.HOMERALASKA.ORG