



Total
Recreation
And
Independent
Living
Services

Activities this week

April 6-13
TRAILS
235-7911

<http://www.peninsulaaic.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 peninsulaaic.org/TRAILS-Activities

TRAILS has arranged a super fun activity for Friday—"easy-going-fun-for-EveryBODY-low-stress" pickleball at SPARC. Other noteworthy activities this week include the super goofy Slush Cup Fun-raiser (yes, it's \$10, but what entertainment!), a body awareness class, a Pebble Mine public hearing, a talk remembering the Exxon Valdez oil spill, a fair at Paul Banks, and the 12th annual Cowboy Cabaret (\$10) at Alice's. And remember to report sandhill crane sightings to Kachemak Crane Watch, 235-6262 or reports@cranewatch.org (note date, time, place, behavior, and crane number).

Finally—if you want to use an adaptive cycle of some kind for the **easy TRAILS bike ride April 27**, call TRAILS BEFORE April 20 so we can identify and line up what you need. That'll be the last day to arrange to use a bike from Challenge Alaska's amazing bike fleet.

Activity	Date, time, location	Host, address, contact
Walk with a Doc	Saturday, April 6, 9:00-10:00 am, FREE, Physician's Assistant Rebecca Plymire helps walkers explore and improve their gait for healthier walking and running; free blood pressure screening	SPARC, 600 Sterling Highway, for more information call 299-5115
Slush Cup Fun-raiser	Sunday, April 7, 11:00 am-4:00 pm, \$10 For \$10, you can enjoy costumes, music, prizes, and games, and even try to cross the Slush Pond via any means you think of—it'll be crazy fun	Fundraiser for Alaska Youth Environmental Action (AYEA), held at Homer Rope Tow, Mile 2.5 Ohlson Mountain Road, for more info call 235-7669
Help make Boomerang Bags	Wednesday, April 10, 6:00-8:00 pm, FREE, Help make "boomerang bags" for folks to use at stores all over town; cutters, sewers, stampers all needed—fun for all ages and no experience needed	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6667
TRAILS Qi Gong and Tai Chi	Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership Join Dean Sundmark as he teaches slow, gentle movements that build strength, stamina, & balance	Homer Senior Center, 3935 Svedlund Street; for more information, call Dean, 235-7911
Pebble Mine Public Hearing	Thursday, April 11, 4:30-9:00 pm, FREE, U.S. Army Corps of Engineers will host public hearings on Pebble Mine's draft environmental impact statement; an open mic will be provided for public testimony, and a rally and public speakers will be organized outdoors @ 5:45PM	Homer High School commons, 600 E. Fairview Ave., for information call 235-4600
Thriving Thursday—Body Awareness for a more Balanced Life	Thursday, April 11, 6:00-8:00 pm, FREE, Jessie Dillinger and Zoe Story, both LMTs, will guide us through skills in breathing, mindfulness, stretching, and using tools like tennis balls to release stress and tension	SVT Health & Wellness, 880 E. End Road, for more information call 226-2228
30 years after the OIL SPILL	Friday, April 12, noon-1:00 pm, FREE, Betsi Oliver, outreach coordinator for PWS RCAC, updates us 30 years after the Exxon Valdez oil spill; she will discuss dispersant use and the emerging science of dispersants	Presented by Prince William Sound Regional Citizens' Advisory Council, Kachemak Bay Campus, 533 E. Pioneer Ave., for more information 235-7743
TRAILS Pickleball for EveryBODY	Friday, April 12, 2:30-3:30 pm, \$3, Wanna try pickleball in a super fun, low stress way—then join TRAILS for this easy introduction to pickleball for EveryBODY; we'll even have wheelchairs to try	SPARC, 600 Sterling Highway (next to Homer Middle School), for more information, call TRAILS 235-7911
Paul Banks Vendor Fair	Saturday, April 13, 10:00 am-3:00 pm, FREE, Come enjoy a variety of vendors at this fundraiser Fair at Paul Banks	Sponsored by Paul Banks PTA at Paul Banks Elementary, 1340 East End Rd, for info call 907-756-3393
12th annual Cowboy Cabaret	Saturday, April 13, 5:00-8:00 pm, FREE, Enjoy music, poetry, art, and all things Cowboy and Cowgirl at this fun annual KBEA fundraiser	Fundraiser for K Bay Equestrian Assoc., held at Alice's Champagne Palace, 195 E. Pioneer

TRAILS inclusive recreation

Group Bike Rides for All

April 27 Noon at Cycle Logical

How about an easy, fun, spring bike ride with a group of riders with varied abilities? Come ride with us on Homer's trail system to work out the kinks. Bring your own bike if you have one or we can help you rent from Cycle Logical. If you need a recumbent bike/adaptive cycle for any of your needs let us know and we can arrange for one. Short, fun rides make great training for more challenging outings—so come on out and join us for a ride and a picnic.

Bike rental: \$20

Have your own gear: \$5



Call TRAILS 235-7911 or email mgavillot@peninsulailc.org for more info

