



Activities this week

April 7-14
TRAILS
235-7911

<http://www.peninsulailc.org/TRAILS-Activities>



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!

Watercolor painting and propagating plants are just two of the intriguing activities you can learn about this week. And SVT's Thriving Thursdays offers a look at a unique and effective new method of identifying and treating pain.

Also, it's time to start collecting small rocks that you'd like to paint. TRAILS's next *Crafts at Captains*—probably May 17—will offer the fun of painting rocks. (And then, if you want, you can hide them around town to surprise and delight other folks in the community.)

Activity	Date, time, location	Host, address, contact
Walk with a Doc at SPARC – Dr. Edson Knapp	Saturday April 7, 9:00-10:00 am, FREE Dr. Edson Knapp talks about breast cancer screenings and then joins walkers for good exercise and conversation	SPARC building, 500 Sterling Hwy (next to Homer Middle School), for more info, call Bonita Banks, 235-0285
Watercolor Painting	Saturday April 7, 1:00-4:00 pm, FREE for members, \$10 for guests Jan Peyton demonstrates painting with watercolor; beginners are welcome	Hosted by Kachemak Bay Watercolor Society (KBWS) at Homer Art and Frame Company, 4001 Lake St., #2, for more info, call Lynda at 435-3999
Homer Garden Club Be a better plant propagator	Sunday April 8, 3:00-5:00 pm, FREE Kit Strange, world traveler and alpine horticulturist from England's Royal Botanic Gardens, Kew (https://www.kew.org/), will share insights about propagating plants, especially bulbs	Hosted by Homer Garden Club at Homer United Methodist Church, 770 East End Rd, for more info check out https://www.homergardenclub.org/
Lunch with YOUR Representatives	Monday, April 9, noon-1:00 pm, FREE Chat during lunch with Homer Councilmember Tom Stroozas and Borough Assemblymember Willy Dunn	Homer Public Library, 500 Hazel Ave., for info, call 235-3180; bring a bag lunch
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
Pratt Museum Behind the scenes	Thursday, April 12, 2:00-3:00 pm \$5 Enjoy a behind-the-scenes tour of museum 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 –a new way of treating pain	Thursday, April 12, 6:00-8:00 pm, FREE Dr. Tim Scheffel will discuss the Fascial Distortion Model: The Language of Pain & New Way to Treat Old Injuries, a unique osteopathic approach to identifying and treating pain	SVT Wellness Center, 880 East End Rd., for more info, call 226-2228