



Total
Recreation
And
Independent
Living
Services

Activities this week

August 18-25

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 click [here](#) for the latest **ILC newsletter!**

School classes begin this coming week, so keep an eye out for kids heading to and from school. And for other things to catch your eye and spark your interest, check out this week's calendar.

As the weather cools down, remember to check out activities held regularly in the toasty Homer library. They include knitting, storytelling, and getting feedback on your latest novel. The library's calendar can be found at: https://www.cityofhomer-ak.gov/calendar/month/2018-08?field_microsite_tid=86.

Activity	Date, time, location	Host, address, contact
Estuary walks to Beluga Slough	Saturday, 11:00 am-noon and 1:00-2:00 pm, FREE , Don't miss what may be the last ranger-led walks this season to beautiful, ever-changing Beluga Slough	Meet in lobby of Islands and Ocean Visitor Center, 95 Sterling Hwy, for info, call 235-6961
Homer FARMERS MARKET, with chef at the market & activities for kids	Saturdays, 10:00 am-3:00 pm, FREE, Wednesdays, 2:00-5:00 pm, FREE Find fresh produce, yummy food, crafts, & entertainment; Saturday August 18 —chef at the market: 10-12; kids activities: 11-1:30; Wednesday August 22 —chef at the market: 2-4; use credit cards for market coins; use SNAP, WIC, Senior benefits	1155 Ocean Dr., for more info, call 299-7540 or visit www.homerfarmersmarket.org
Scottish singer-songwriter Gwendolen Chatfield	Saturday, August 18, 7:30-9:00 pm, pay as you can donation , Join in welcoming back Gwennie—former artist in residence at Bunnell	Bunnell Street Arts Center, 106 W. Bunnell Ave., for more information, call 235-2662
Beginners Flow Community Yoga	Monday, August 20, 9:00-10:30 am, \$5-15 suggested donation Join Dr Kay Beach for a weekly yoga class designed for beginners; learn yoga fundamentals and have fun with yoga while being safe and respectful towards your body	Many Rivers Cedar House, 1044 East End Rd., for more information, call 435-7538
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 guides participants through slow, gentle movements that build strength and stamina while improving joint function, balance, and bone density	Homer Senior Center, 3935 Svedlund St., for info, call Dean, 235-7911
Sheryl Maree Reily ReWILDING	Thursday, August 23, 6:00-7:00 pm, FREE See a presentation by multi-disciplinary artist Sheryl Maree Reily, whose work advocates human and environmental health; she is working with an Alaska State Parks art program	Bunnell Street Arts Center, 106 W. Bunnell Ave., for more information, call 235-2662
Thriving Thursdays—Synergy Gardens	Thursday, August 23, 6:00-8:00 pm, FREE Visit with Lori and Wayne Jenkins to tour Synergy Gardens' greenhouse, 4 high tunnels, and 3 fenced open-air plots, these produce a variety of vegetables for sale to Homer Farmers Market and local restaurants	Meet at SVT Wellness Center, 880 East End Rd. to carpool; for more information, call 226-2228