



Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week  
**December 8-15**  
**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!

OK, ~~so this could be your you could do all this TOMORROW (crazy-Saturday) in one day~~—learn to fall and rise, ~~then~~ trim a tree for wildlife, ~~then~~ make DIY holiday crafts, ~~and then~~ go see the Nutcracker ballet—~~all in one day~~. Only in Homer!! Check out ALL the other stuff to do this week too! And the beautiful Garden of Lights begins Friday at Bear Creek Winery. (Hopefully it will fit on [NEXT week's calendar!](#))

Activity	Date, time, location	Host, address, contact
<b>The Art of Falling and Rising</b>	<b>Saturdays, 10:30 am-12:00 pm, FREE for 1st Class</b> , Dottie Harness-Foster leads movements that teach balance and the art of landing softly	Skeletal Connections, 1231 Ocean Drive (next to All Seasons Honda), for more information, call 299-6789
<b>Trim a Tree for wildlife</b>	<b>Saturday, Dec 8, 2:00-3:30 pm, FREE</b> , Enjoy learning to decorate trees with edible ornaments that wildlife will love	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-6546.
<b>DIY Holiday Craft Lab</b>	<b>Saturday, Dec 8, 2:30-4:30 pm, FREE</b> , Make a homemade card, a personalized gift bag, or custom gift wrap; just bring your imagination!	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
<b>Nutcracker Ballet</b>	<b>Saturday and Sunday, Dec 7-8, call Homer Bookstore for times and tickets</b> , Enjoy Homer's delightful version of the Nutcracker ballet starring local kids, friends, and neighbors. See you there!	Mariner Theater, Homer High School, 600 E. Fairview Ave.; tickets available at Homer Bookstore, 235-7496
<b>Meet 'n Greet Senator Stevens &amp; Representative Vance</b>	<b>Tuesday, Dec. 11, 6:00-8:00 pm, FREE</b> , Meet Alaska Senator Gary Stevens and newly elected Representative Sarah Vance; enjoy refreshments and discuss legislative priorities	Homer Chamber of Commerce, 201 Sterling Highway; for more info call 235-7740
<b>Learn to identify winter birds</b>	<b>Wednesday, Dec 12, 6:00-7:00 pm, FREE</b> , Learn to identify birds from longtime local birding expert Dave Erickson; a great class for beginners	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 399-9477
<b>Body Moves</b>	<b>Thursday, Dec 13, 10:30-11:30 am, FREE for 1st class, scholarships available</b> , Join Dotti Harness to "move to the groove" with live piano music; increase confidence, fluidity, strength endurance, balance, and stability in a helpful group	Homer Council on the Arts, 355 W. Pioneer Ave., for more information call 235-4288
<b>TRAILS Qi Gong and Tai Chi</b>	<b>Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership</b> , Join Dean Sundmark as he teaches slow, gentle movements that build strength and stamina and improve joint function, balance, and bone density	Homer Senior Center, 3935 Svedlund Street; for more information call Dean, 235-7911
<b>Thriving Thursdays Make your own SKIN CARE products</b>	<b>Thursday, Dec 13, 6:00-8:00 pm, FREE</b> , Join Jackie Smith and Patty Dolese, <u>from</u> SVT Health & Wellness to learn how to make body care products—scented and unscented— <u>using</u> familiar home ingredients; great idea for holiday gifts	SVT Wellness Center, 880 East End Rd.; for more information call 226-2228
<b>Homestead Kids—Tales from the North Fork</b>	<b>Thursday, Dec 13, 6:30-8:00 pm, FREE</b> , Hear pioneer stories from folks who grew up on North Fork homesteads: Terry Epperson Harrington, Al Poindexter, Mary Haakenson Perry, and Joyce Anderson Turkington	Presented by Kachemak Heritage Land Trust at Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-5263
<b>Walk with a Doc</b>	<b>Saturday, Dec. 15, 9:00-10:00 am, FREE</b> , Hear West Wing midwife and care provider Julie McCarron's brief talk, then walk and chat informally; free blood pressure screenings, prizes, and snacks	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more information call 235-0970 or click <a href="https://www.sphosp.org/">https://www.sphosp.org/</a>
<b>Author Reading with Rebecca Snow</b>	<b>Saturday, Dec 15, 2:30-3:30 pm, FREE</b> , Enjoy <u>Hearing-listening to</u> Rebecca Snow read from her novel <i>Glassmusic</i>	Presented by Friends of the Homer Public Library, 500 Hazel Ave., for more information call 435-3195

Formatted: Font color: Auto

Formatted: Indent: Left: -0.04", Line spacing: Exactly 11 pt