



Total
Recreation
And
Independent
Living
Services

Activities this week

Feb. 16-23
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! Click [here](#) for the latest **ILC newsletter!** Find the latest TRAILS calendar at peninsulailc.org/TRAILS-Activities

Next Friday and Saturday, you can enjoy a special evening of dance in the **"Tiny Dances" Salon Series at Homer Council on the Arts**. This event is more costly (\$20) than what you typically find in these highlights, but it's included because you'll see a number of **TRAILS folks among the performers**. Tess's dance is sure to be a highlight. A number of **BIG READ** events happen this week; the biggest is next Saturday, (Feb. 23) when Roz Chast—author of *Can't We Talk About Something More Pleasant?*—gives a talk at Islands and Ocean. There're lots more to do this week—including enjoying ultimate frisbee, experiencing having dementia (tomorrow, call to register), or learning how to help your soil.

Activity	Date, time, location	Host, address, contact
Walk with a DOC—Anti-inflammatory "Golden Milk"	Saturday, Feb. 16, 9:00-10 am, FREE, Hear Dr. Downey's brief talk on anti-inflammatory "Golden Milk" and spend the rest of the hour walking and asking questions; free blood pressure testing	SPARC (South Peninsula Athletic and Recreation Center), 600 Sterling Highway, for more information call 299-5115 (bring clean indoor shoes)
Experience what it's like to have dementia	Saturday, Feb. 16, 10:00 am-4:00 pm in 20-minute blocks, FREE, Janice Downing from Alzheimer's Resource of Alaska helps participants experience having dementia; call to reserve a spot	Presented by Friends of Homer Library, Homer Public Library, 500 Hazel Ave., call 435-3195 to reserve a spot
Ultimate Frisbee competition on Bishop's Beach	Saturday, Feb. 16, 3:30-6:30 pm, FREE, Come play or watch ultimate frisbee on Bishop's Beach; bring athletic shoes and warm layers--no experience needed to play	At Bishop's Beach; register at 3:30, competition starts at 4.
The science & art of making healthy soil	Sunday, Feb. 17, 2:00-4:00 pm, FREE Join Homer Garden Club to hear Casey Matney from Cooperative Extension Service explain how to improve your soil with organic matter & nutrients	Best Western Bidarka Inn, 575 Sterling Highway, for more information go to www.homergardenclub.org
WYNNter Funday Sunday GBBC!	Sundays weekly, 2:00-4:00 pm, FREE, Join the national Great Backyard Bird Count (GBBC) with a naturalist at Wynn; binoculars provided, and s'mores by the fire end the outing	Hosted by Center for Alaskan Coastal Studies at the Wynn Nature Center, Mile 1.5 East Skyline Dr., for more information call 235-6667
Shut UP & WRITE	Tuesday, Feb. 19, 5:00-7:15 pm, FREE, Don't stare at your same old walls when writing; join friendly writers in a fun setting—and just write	Alice's Champagne Palace, 195 E. Pioneer, for more information call 435-7969
Tuesday Night Lights—learn about Homer's Inspiration Ridge soundscape	Tuesday, Feb. 19, 6:30-8:00 pm, FREE, Learn how Inspiration Ridge on Skyline Dr. will be monitored with sound and discuss other innovative ideas for this beautiful landscape	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Move to the Groove with Dottie Harness-Foster	Thursday, 10:30-11:30 am, 1st class FREE, Standing or seated, learn to move with more ease and comfort while listening to live piano music	Homer Council on the Arts, 355 W. Pioneer Ave., for more information call 235-4288
Thriving Thursday—Therapeutic Yoga Practices for Child Bearing	Thursday, Feb. 7, 6:00-8:00 pm, FREE Join Kayla Spann to learn yoga postures, breathing, and meditation to relax and be present before, during, and after giving birth	SVT Wellness Center, 880 East End Rd.; for more information call 226-2228
Salon Series—Tiny Dances	Friday & Saturday, Feb. 22 & 23, 8-10 pm, Tiny Dances allows dancers to explore the possibilities of dances that fit onto a 4' by 8' stage with no walls and surrounded by audience	Homer Council on the Arts, 355 W. Pioneer Ave., for more information, call 235-4288
Keynote talk by Roz Chast—author of this year's BIG READ	Saturday, Feb. 23, 6:00-7:30 pm, FREE Roz Chast, author of <i>Can't We Talk About Something More Pleasant?</i> will speak informally about her creative life and work	Presented by Friends of Homer Library at Islands and Ocean Visitor Center, 95 Sterling Highway, for more information, call 235-6961