



Total
Recreation
And
Independent
Living
Services

Activities this week

Feb 2-9
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

Happy **Winter Carnival Week!** The Carnival runs Feb. 7 through 10 and closes with the big **Parade** on Feb. 9. Carnival events are held all around town—so check out the schedule accompanying this week's calendar—you don't want to miss Thursday's "**MR HOMER PAGEANT**," Friday's **free family skating party on Beluga Lake**, **pancake breakfast before the parade**, or any fun Carnival activities. And that's on top of all the other fun things to do this week!

Activity	Date, time, location	Host, address, contact
Walk with a DOC— Exercise and Chronic Pain	Saturday, Feb. 2, 9:00-10 am, FREE , Join SPH Physical Therapist Neil Schott to learn how to exercise despite, and as treatment for, chronic pain, then walk at your own pace and ask Neil questions; enjoy treats and blood pressure screening	SPARC (South Peninsula Athletic and Recreation Center), 600 Sterling Highway, for more information call 299-5115 (bring clean indoor shoes)
Walk-in Tech Help at Homer Library	Saturday, Feb. 2, 10:00 am-noon, FREE Drop in to the library for free tech help with your PC, Mac, or tablet	Homer Public Library, 500 Hazel Ave., for more info, call 435-3195
The Art of Falling and Rising	Saturdays weekly, Feb. 2 and 9, 10:30 am-noon, 1st class free, call for info on costs and scholarships , Learn to stay balanced, fall with softness, and rise comfortably in a variety of ways—curiosity is the key to self-discovery	Register at Homer Council on the Arts, 355 W. Pioneer Ave., class is held at Skeletal Connections, 1231 Ocean Drive, for more information call 299-6789,
WYNNter Fundays Sundays Family Fun Days	Sundays weekly, 2:00-4:00 pm, FREE Art is in Nature and Nature is in Art; find both on trails at Wynn during a naturalist-led walk; EVERY week ends with hot dogs & s'mores around the fire; dress for the weather, snowshoes provided	Hosted by Center for Alaskan Coastal Studies at the Wynn Nature Center, Mile 1.5 East Skyline Dr., for more information call 235-6667
BIG READ Brown Bag Lunch Conversation	Monday, Feb. 4, 12:00-1:00 pm, FREE Join KBC psychology professor Brian Partridge for a conversation about psychology and human development sparked by the BIG READ book <i>Can't We Talk About Something More Pleasant?</i>	Sponsored by Friends of Homer Public Library, held at Kachemak Bay Campus, 533 E. Pioneer Ave., for more information call 235-7743
Shut UP & WRITE	Tuesday, Feb. 5, 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--Natural Indigo Dyeing	Tuesday, Feb. 5, 6:30-8:00 pm, FREE Join Elissa Pettibone, B.S. in Industrial Design from Univ. of the Arts in Philadelphia to learn about dyeing fabric with natural indigo	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Move to the Groove with Dottie Harness-Foster	Thursdays, 10:30-11:30 am, 1st class FREE call for information on costs and scholarships , 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
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
Thriving Thursday-- Making Healthy Soap Products	Thursday, Feb. 7, 6:00-8:00 pm, FREE Join Julie Martushev, Nature's Glo, to learn basics of making soap & healthy skin care soap products	SVT Wellness Center, 880 East End Rd.; for more information call 226-2228
Homer Winter Carnival PARADE— and support our Coasties!	Saturday, Feb. 9, parade starts noon, FREE, but donate what you can to support our Coast Guard ; Enjoy a parade, BBQ hot dogs, and other fun activities to celebrate 50 years of the Coast Guard being in Homer; BBQ starts after the parade	Sponsored by Homer Chamber of Commerce, parade starts at the Homer Fire Station, 604 E. Pioneer Ave., for more information call 235-7740

YOU'RE INVITED TO THE

2019 HOMER WINTER CARNIVAL PARADE

SATURDAY
FEBRUARY 9TH - NOON
PIONEER AVE



COASTING THROUGH WINTER

CELEBRATING THE COAST GUARD'S 50TH ANNIVERSARY IN HOMER

Sponsored by

**WELLS
FARGO**



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WWW.HOMERALASKA.ORG

WEDNESDAY FEBRUARY 6TH

Kachemak Bay National Estuarine Research Reserve

Discovery Lab: Celebrating 20 years of Science. Come join KBNERR celebrate 20 years of research and education with fun hands on learning about past, present, and future research and monitoring projects at Islands and Ocean Visitor Center. Look at plankton samples, dress as a biologist, or check out what is next for KBNERR. This event is free and for all ages.

THURSDAY FEBRUARY 7TH

Land's End Resort

Free Room upgrades on Land's End Getaway Package www.lands-end-resort.com/lodging/getaway-package

Homer High School

Winter Carnival Basketball Tournament
3:00 Girls Seward vs Sitka
4:30 Boys Seward vs Sitka
6:30 Girls Galena vs Homer
8:00 Boys Galena vs Homer

Mr. Homer Pageant

Down East Saloon 9pm. A comedy fundraiser to determine who will be our 2019 Mr. Homer. It's open to anyone who wants to have some fun. daxalaska@yahoo.com

FRIDAY FEBRUARY 8TH

Kachemak Bay Environmental Educators Alliance

Free, family friendly event with snowshoeing/hiking, scavenger hunt, shelter building, and other fun outdoor activities. 1-4pm at Wynn Nature Center

AJ's Oldtown Steakhouse & Tavern

Dine with us between 4-6pm Friday, Saturday or Sunday and be entered to win a \$100 gift card!

Ducks Unlimited

Down East Saloon 8pm. A fundraiser for North America's wetlands. Lots of auctions and great music!

Homer High School

Winter Carnival Basketball Tournament
3:00 Girls Sitka vs Galena
4:30 Boys Sitka vs Galena
6:30 Girls Seward vs Homer
8:00 Boys Seward vs Homer

Ice Skating Party

Ben Walters Park 4-7pm. Homer Kachemak Bay Rotary & PARC presents a free & family friendly ice skating party with music, hot dogs, hot chocolate, cider & more. Potential surprise guests.

SATURDAY FEBRUARY 9TH

Giddy-up Your Step

Walking on ice, through snow and slush, and ever-changing challenging conditions is more than plodding along. Are you curious about discovering ways to walk with ease, with efficiency, with a "giddy-up" to your step? Join us: Saturday, Feb. 9th, 11am - 11:45a at Skeletal Connections, 1231 Ocean Drive. Absolutely FREE. Wear comfortable cloths to walk in. This lesson can be modified to sit. More info: Dotti Harness-Foster 907-299-6789.

Winter Carnival Parade

Parade starts at 12noon down Pioneer Ave For more info call Jan at the Chamber

United Methodist Church

Pancake Breakfast
9-12noon, 770 East End, 235-8528

Homer High School

Winter Carnival Basketball Tournament
2:00 Girls Galena vs Seward
3:30 Boys Galena vs Seward
5:00 Girls Sitka vs Homer
6:30 Boys Sitka vs Homer

Favorite Playground Games for all Ages

SPARC (next to Homer Middle School) 3-5 p.m. Play Four Square, Hop Scotch, Jump Rope, Wiffle ball, Horse, Bump, Kick ball, Freeze Tag, and other favorite playground games at the SPARC. Coast Guard families can play for free!

Indian Dinner

Presented by Girl Scout Troop 1935. Homer United Methodist Church 5-8pm. Warm up with gourmet Indian food at a dinner to support the Ambassador Girl Scout Troop's journey to the Scout World Center in Pune, India. Guest chief and former Indian tiger guide, Jen Chauvet, will lead the high school Scouts in preparing traditional north Indian dishes. \$15; children 12 and under \$10. Dessert auction. All proceeds will fund the trip including charitable work while in India. Vegan and gluten free options.

Cranium Cup Challenge

6pm Alice's Champagne Palace. An evening of Trivia, Fun & Prizes. 399-2432 or www.homerrotary.org

I ♥ 90's

Hosted by Alibi Bar & Cafe and Fractal Theory Productions. 10pm

SUNDAY FEBRUARY 10TH

WYNNter Sunday FUNday

FREE at the Wynn Nature Center, Mile 1.5 E. Skyline Dr. Hands-On, Naturalist-Led Outdoor Exploration on the trails of our 150 Acre Nature Center/Wildlife Preserve. FREE FUN for ALL ages and abilities! Dress for the weather. We'll provide snowshoes if needed AND each afternoon ends with Hot Chocolate, Hot Dogs AND S'mores over the fire!

Free Skate - NOMAR

Kevin Bell Arena 4-5:45pm Free Skate