



Total
Recreation
And
Independent
Living
Services

Activities this week

Feb 9-16
TRAILS
235-7911

<http://www.peninsulaic.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 peninsulaic.org/TRAILS-Activities

Winter Carnival Parade is tomorrow. And Sunday, enjoy free skating at the Kevin Bell Arena. Next Saturday, there'll be a great Walk with a Doc where you can learn about anti-inflammatory "Golden Milk," and at the library, get a taste of what Alzheimer's feels like, but as often happens in Homer, THIS week's calendar is full full full!

Activity	Date, time, location	Host, address, contact
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
The Art of Falling and Rising	Saturday, Feb. 9, 10:30 am-noon, 1st class free, 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 at Skeletal Connections, 1231 Ocean Drive, for more info call 299-6789
Homer Rocks Painting Circle	Sunday, Feb. 10, 12:00-2:00 pm, FREE, Join the local Kindness Movement spreading joy by painting and hiding cheering rocks around town—all ages & painting skills welcome, bring rocks & paint supplies if you have them, but come regardless	Portside Coffee, 175 E. Pioneer Ave., sign up at Homer Rocks Facebook page at www.facebook.com/groups/1674173206221931/ or call 435-7969
WYNNter Fundays Sundays Explore unfamiliar trails	Sundays weekly, 2:00-4:00 pm, FREE There are probably lots of Wynn nature trails you've never explored; join a naturalist to discover them! 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
FREE Public Skate at Kevin Bell arena	Sunday, Feb. 10, 4:00-5:30 pm, FREE, as part of Winter Carnival and thanks to NOMAR, enjoy free ice skating at the Kevin Bell arena	Sponsored by NOMAR at Kevin Bell Arena, 3150 Homer Spit Rd, for more information call 235-2647
Lunch with a City Councilmember	Monday, Feb. 11, 12:00-1:00 pm, FREE Bring your lunch and chat informally with Caroline Venuti from the Homer City Council	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Shut UP & WRITE	Tuesday, Feb. 12, 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—Wine and Coloring	Tuesday, Feb. 12, 6:30-8:00 pm, FREE A low stress get together to brighten a dark February evening	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—Healthy Chocolate	Thursday, Feb. 14, 6:00-8:00 pm, FREE Join Alisha Mahoney to learn the many health benefits of cold processed cacao—including helping the immune system and reducing inflammation	SVT Wellness Center, 880 East End Rd.; for more information call 226-2228
When does forgetting become a worry?	Friday, Feb. 15, 12:00-1:00 pm, FREE Janice Downing, Alzheimer's Resource of Alaska, describes early signs of dementia and Alzheimer's, as well as different kinds of memory and how to facilitate discussions with your doctor and family	Homer Public Library, 500 Hazel Ave., for more information call 435-3195