



Total
Recreation
And
Independent
Living
Services

Activities this week
January 14-20
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 to participate you need assistance because of a disability, contact TRAILS! Recreation is for EveryBODY!

Monday, Jan 15—the 3rd Monday in January—is Martin Luther King Jr. Day to celebrate and honor the civil rights leader's contributions and legacy. This year, MLK day actually falls on King's birthday.

Don't miss this week's chance to join Anette Avant's **FREE Feldenkrais lessons** at 1231 Ocean Drive (235-0687). Learn **Awareness through Movement** for a happier, healthier, more aligned body. Free sessions are: **Mon. Jan. 15 at 6:30 pm**; **Tues. Jan. 16 at 12:00 pm**; **Wed. Jan. 17 at 4:00pm**; **Thurs. Jan. 18 at 2:00 pm**. Wear loose, comfy clothes.

Activity	Date, time, location	Host, address, contact
How Native Plants feed our Salmon	Sunday, Jan 14, 2:00-4:00 pm, FREE Meet at Center for Alaskan Coastal Studies to learn how Kachemak Bay plants feed salmon, light refreshments provided	Sponsored by Homer Native Plant Society & Center for Alaskan Coastal Studies (CACS), 708 Smokey Bay Way, for more info, call 235-9344
WYNNter SUNDAY FUNDAY	Sunday, Jan 14, 2:00-4:00 pm, FREE Wynn Nature Center guide leads a walk to see which animals are active in winter	Wynn Nature Center, Mile 1.5 East Skyline Drive, for more info, call 235-6746
Kevin Bell Ice Arena Public Skating	Throughout week -- public skate \$5.00 Call for schedule, skate rental is \$1	Kevin Bell Ice Arena, 3150 Homer Spit Road; for info, call 235-2647 or click http://www.kevinbellarena.org/calendar
MLK CIVIL RIGHTS DAY Hunting & fishing rights in AK villages	Monday, Jan 15, 6:30-7:30 pm, FREE Tim Troll, Bristol Bay Heritage Land Trust, discusses Native hunting and fishing rights in Alaskan Native villages	Kachemak Bay Campus, 533 E. Pioneer Ave., for more info, call 235-7743
Tuesday Night Lights	Tuesday, Jan 16, 6:30-8:00 pm, FREE Fun weekly winter gatherings at Center for Coastal Studies; this week naturalist and artist Conrad Field will tell us all about SEALS	Center for Alaskan Coastal Studies (CACS), 708 Smokey Bay Way, for more info, call 235-6746
Sustainable Movement	Wednesday, Jan 17, 10:30-11:30 am, Gentle movement at HCOA; \$8 for TRAILS	Homer Council on the Arts, 355 W. Pioneer Ave., for info, call 235-6226
The 2016-2017 ERUPTION of Mt Bogosloff	Wednesday, Jan 17, 12:00-1:00 pm, FREE lunch talk at I&O—biologist Nora Rojek describes effects of this eruption on wildlife	Alaska Maritime NWR Islands and Ocean Visitor Center, 95 Sterling Hwy, for more info, call 235-6546
PRE-TRIP meeting for Challenge Alaska trip	Wednesday, Jan 17, 1:00 pm Attend this pre-trip meeting if signed up for Jan 19-21 trip	Pre-trip meeting at Independent Living Center, 265 E. Pioneer Ave., 235-79112
TRAILS Bowling at Kachemak Bowl	Wednesday weekly, starts at 3:00 pm, \$4.25 per game, shoe rental free for TRAILS	Kachemak Bowl, 672 East End Rd. (next to Boss Hogz); TRAILS folks—please sign TRAILS sign-in sheet
CYCLES of LIFE Discovery Lab	Wednesday, Jan 17, 3:00-5:00 pm, FREE Explore our connections to bird migrations, moon phases, seasonal climate and other cycles of life	Alaska Maritime NWR Islands and Ocean Visitor Center, 95 Sterling Hwy, for more info, call 235-4799
TRAILS Qi Gong and Tai Chi	Thursday, Jan 18, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership	Homer Senior Center, 3935 Svedlund St., for info, call Dean, 235-7911
SVT THRIVING THURSDAYS	Thursday, Jan 18, 6:00-8:00 pm, FREE Sarah LaQue, Massage Therapist, shows how Cranial Structural Therapy helps headaches, joint pain, TMI, sciatica, neck and back pain, concussions, autism, pre-Alzheimer's & more.	SVT Wellness Center, 880 East End Rd., for more information, call 226-2228
TRAILS Challenge Alaska trip to Alyeska	Friday-Sunday, Jan 19-21, If you're signed up, the pre-trip mtg is Wed, Jan 17, at 1 pm	Pre-trip meeting at Independent Living Center, 265 E. Pioneer Ave., 235-79112
WALK with a DOC at SPARC	Saturday, Jan 20, 9:00-10:00 am, FREE Walk & talk with Dr. Christy Martinez as she shares ways to lower cholesterol; wear clean indoor shoes; free blood pressure screenings, refreshments, & prizes!	South Peninsula Athletic & Recreation Center (SPARC), 600 Sterling Hwy., for more info, call 235-0285