



Total
Recreation
And
Independent
Living
Services

Activities this week
January 19-26
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

From **walking** with a Doc to **marching** with Women to **skating** (call 235-2647 for times) to square **dancing** (Jan 19, 7:30 at Homer Middle School) to **snowshoeing** with a naturalist to **learning scrimshaw or cartooning**—what a week of possibilities! And BIG READ events continue—check out Tuesday for discussions and next Saturday for learning to tell your story in comics or cartoons. (For all BIG READ info, go to www.cityofhomer-ak.gov/library/big-read-2019.)

Activity	Date, time, location	Host, address, contact
Walk with a Doc—SAD (Seasonal Affective Disorder)	Saturday, Jan. 19, 9:00-10:00 am, FREE Join SPH and Homer private practice counselor Bobbi Cleary to learn about SAD and ways to cope; then walk and talk at your own pace	SPARC (South Peninsula Athletic and Recreation Center), 600 Sterling Highway, for more information call 299-5115 (bring clean indoor shoes)
The Art of Falling and Rising	Saturdays weekly, January 5-February 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 HCOA, 355 W. Pioneer Ave., for more information call 299-6789, held at Skeletal Connections, 1231 Ocean Drive.
3rd annual Women's March—family friendly!	Saturday, Jan. 19, 11:00 am-2:30 pm, FREE Join the NATIONAL Women's March; route goes from the HERC building to WKFL Park; Homer women inspire before the march, and national speakers will be streamed at the college afterwards	Meet at the HERC building, corner of Pioneer and Sterling Highway
WYNNter Sundays Family Fun Days—Play Forest Bingo	Sundays weekly, 2:00-4:00 pm, FREE Enjoy different naturalist-led activities each week, 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
Homer Garden Club	Sunday, Jan. 20, 2 pm, FREE, Brenda Adams shares the history of the Baycrest Gardens and its moods through the seasons—enjoy beautiful photos	Best Western Bidarka Inn, 575 Sterling Highway, more info at homergardenclub.org
Two BIG READ events in a row at the library	Tuesday, Jan. 22, 4:30 pm – Homer Book Club, 6:30 pm – Community conversation for Caregivers, FREE, Join conversations about this year's BIG READ, <i>Can't We Talk About Something More Pleasant</i> (and borrow a copy from the library)	Homer Public Library, 500 Hazel Ave., for more information call 235-3180; all BIG READ events listed at www.cityofhomer-ak.gov/library/big-read-2019
Tuesday Night Lights—Whaling & Scrimshaw Art	Tuesday, Jan. 22, 6:30-8:00 pm, FREE Homer scrimshaw artist and biologist Conrad Field will share stories of whaling history and the art of decorating bones	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
FREE MOVIE—The Women Who Make America	Thursday, Jan. 24, 4:30-8:00 pm, FREE Enjoy a PBS movie about the women who've made America	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Thriving Thursday—Parenting with Love and Limits	Thursday, Jan. 24, 6:00-8:00 pm, FREE Karen Shemet, PLL Specialist & Sue Rennolds, Family Clinician, describe Parenting with Love and Limits, an evidence-based program for families with difficult kids (ages 10-18) to help regain some control and improve family relationships	SVT Health and Wellness, 880 East End Rd., for more information call 226-2228
Tell Your Story with CARTOONS	Saturday, Jan. 26, for ADULTS @ 9:00 am, for KIDS 10-14 @ 5:00 pm FREE :As part of the BIG READ , Lee Post helps all ages discover how to use comics & cartoons to tell their stories	Homer Public Library, 500 Hazel Ave., for more information call 235-3180