



Total
Recreation
And
Independent
Living
Services

Activities this week

Jan. 25-Feb. 1

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! Find the latest TRAILS calendar at peninsulailc.org/TRAILS-Activities and ILC swag at peninsulailc.org/Donate-&-Purchase.

Are you
Homeless
or at risk for being homeless?

If you're HOMELESS or might be—be sure to visit HOMELESS CONNECT this Wednesday—see the calendar listing for details. Free busses will run from Ninilchik and from Fritz Creek General Store and lots of free services will be provided, including a hot lunch from 11am-3pm. (Note, only TRAINED Service Animals are OK on the free busses.)

Don't forget you're invited to submit disability-related artwork to Homer's first Disability Art Show, coming to Council on the Arts in March. Contact TRAILS for information.

Activity	Date, time, location	Host, address, contact
Author Reading—Mia Heavener reads from <i>Under Nushagak Bluff</i>	Saturday, January 25, 6:00-7:00 pm, FREE, Mia Heavener will read from her new novel; Mia is of Norwegian, Polish, Yup'ik heritage and has diverse experiences in rural Alaska (as a civil engineer, she has designed water & wastewater systems for Alaskan villages); she also commercial fishes	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Wynnter Sunday Family FUNdays	Sunday, January 26, 2:00-4:00 pm, FREE, Enjoy a naturalist-led exploration of winter animal tracking followed by s'mores and cocoa by the fire	Wynn Nature Center, Mile 1.5 East Skyline Drive, for more information call 235-6667
Afternoon Public Skating	Saturday & Sunday, 4:30-6:00 pm, Monday & Friday, 3:00-4:15 pm, Thursday, 2:30-4:00 pm, \$5 includes skate rentals, Enjoy public skating at Kevin Bell Arena	Kevin Bell Arena, 3150 Homer Spit Road, for more information call 235-2647
Birds and Other Wildlife of Namibia	Monday, January 27, 5:00-6:30 pm, FREE, After Kachemak Bay Birders' regular meeting, Michelle Michaud will share information on "Birds and Other Wildlife of Namibia, Africa"	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 435-7969
Tuesday Night Lights -- Yoga and Science	Tuesday, January 28, 6:30-8:00 pm, FREE, Learn from Michelle Leffingwell, a trauma-informed Yoga Instructor, how science supports yoga	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
HOMELESS? Or might be?	Wednesday, Jan. 29, 9:00 am-4:00 pm, FREE, Don't miss Homeless Connect —free health services, supplies, childcare onsite, & hot lunch 11-3pm	Homer United Methodist Church, 660 East End Rd., for more information call 399-3158 or 235-7911. Call for info on schedule for free busses.
Move to the Groove	Thursdays weekly, 10:30-11:30 am, 1st class FREE, \$15/class, call about scholarships, Join Dottie Harness-Foster and Rich Kleinleder to move to LIVE music for better flexibility and balance	Homer Council on the Arts, 355 W. Pioneer Ave., for more information go to InsightfulBodyMoves.com
TRAILS Qi Gong and Tai Chi	Thursday, Jan. 30, 3:00-4:00 pm, \$6, \$3 for Senior Center members, Join Dean Sundmark in slow, gentle movements to build strength, stamina, balance, and improve joint function & bone density	Homer Senior Center, 3935 Svedlund Street, for more information call Dean at ILC, 235-7911
FREE MOVIE One Flew Over the Cuckoo's Nest	Thursday, January 30, 6:00-8:00 pm, FREE, Head over to the Homer Theater for a showing of this classic movie as part of the DeStig Film Festival	Homer Theater, 106 West Pioneer Ave., for more information call 235-7701
Thriving Thursday FREE movie: One Flew Over the Cuckoo's Nest	Thursday, January 30, 6:00-8:00 pm, FREE, Join SVT at the De-Stig Film Festival for a free showing of the classic Jack Nicholson movie One Flew Over the Cuckoo's Nest	Sponsored by South Peninsula Behavioral Health Services at the Homer Theater (location information above), for info call 235-7701
Walk with a Doc— Couch to 5K	Saturday, February 1, 9:00-10:00 am, FREE Dr. Randy Wiest will help couch potatoes create a personalized path to fitness and a 5k then walk and talk informally, blood pressure screenings available	SPARC, 600 Sterling Highway, for more information call 299-5115