



Total
Recreation
And
Independent
Living
Services

Activities this week

Jan.26-Feb 2

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

It's almost February—no wonder the days seem so much longer! And there are lots of ways to enjoy this last week of January—for one thing, you can hear **TRAILS** talk about what we can do to make this town more accessible for EveryBODY (see Tuesday Night Lights). (And don't forget TRAILS qi gong and Tai Chi Thursdays at 3 at the Senior Center.) You can also learn to tell your story in cartoons, experience new ways to move, find out about shorebirds or effects on humans of colonization (and ways to decolonize), or improve your thyroid health. Or enjoy a FREE showing of the animated movie "UP" at the Homer Theatre. AND it's First Friday—so check out the many galleries in town. Phew!

Activity	Date, time, location	Host, address, contact
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
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.
WYNNter Sundays Family Fun Days	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
TRAILS at Tuesday Night Lights—“accessible Homer”	Tuesday, Jan. 29, 6:30-8:00 pm, FREE Devony Lehner from the ILC TRAILS inclusive recreation program will share what TRAILS is doing to make Homer more accessible for EveryBODY	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Estimating Breeding Shorebird Populations in the Yukon	Wednesday, Jan. 30, 12:00-1:00 pm, FREE Bring your lunch and enjoy hearing biologist Kristine Sowl from the Alaska Maritime National Wildlife Refuge explain how they estimate breeding shorebird populations	Alaska Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-6546
Root Causes of Hypothyroidism	Wednesday, Jan. 30, 6:00-7:00 pm, FREE You could have thyroid issues and not even know it! Hear Dr. Rob Downey explain factors affecting thyroid function and lifestyle behaviors contributing to optimal thyroid health	Kachemak Bay Campus, 533 E. Pioneer, for more information call 435-3070
DeColonizing the Mind	Wednesday, Jan. 30, 6:00-9:00 pm, FREE Hear Michael Yellow Bird, PhD, a visionary on decolonization and a citizen of the Sioux Nation, talk about Indigenous Peoples' health, effects of colonization, and methods of decolonization, including decolonizing social work, mind-body approaches, neurodecolonization, and traditional mindfulness and contemplative practices	Presented by MAPP's Resilience Coalition and Bunnell Street Gallery, at Homer United Methodist Church, for more information call 235-0570
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
Thriving Thursday—“UP” watch FREE at the Homer Theatre	Thursday, Jan. 31, 6:00-8:00 pm, FREE As part of the DeStig film series, watch the movie “Up,” an animated comedy about grief, loss, and relationships	SVT hosts this showing for the DeStig film series, Homer Theatre, 106 W. Pioneer, for more information call 226-2228