



Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week

**March 2-9**  
**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! Click [here](#) for the latest ILC newsletter! Find the latest TRAILS calendar at [peninsulailc.org/TRAILS-Activities](http://peninsulailc.org/TRAILS-Activities)

Meet Homer's new Congresswoman, Sarah Vance, this Saturday and let her know what you need from state government. And if you want to be a better advocate for yourself, check out advocacy classes every Monday through March. There are lots of other ways to meet your needs this week in Homer, from needle felting your very own owl to adjusting your body for improved function and health. Check out a 6-week class on living with chronic health issues—all 6 sessions for only \$10.

<b>Activity</b>	<b>Date, time, location</b>	<b>Host, address, contact</b>
<b>Walk with a DOC—Colon Health</b>	<b>Saturday, March 2, 9:00-10:00 am, FREE,</b> Hear Dr. Greg Hough, SPH General Surgeon, talk about colon health, including cancer prevention & lifestyle tips; free blood pressure testing	SPARC (South Peninsula Athletic and Recreation Center), 600 Sterling Highway, for more information call 299-5115 (bring clean indoor shoes)
<b>TOWN HALL with Sarah Vance</b>	<b>Saturday, March 2, starts at 10 am, FREE</b> Meet Sarah Vance, your new Representative in Juneau—hear her thoughts and tell her yours	Kachemak Bay Campus, 533 E. Pioneer Ave.
<b>WYNNter Funday Sunday—Shelter Building</b>	<b>Sundays weekly, 2:00-4:00 pm, FREE,</b> What's more fun than a naturalist-led adventure in a winter wonderland followed by s'mores and hot chocolate around a warm fire!	Hosted by Center for Alaskan Coastal Studies at the Wynn Nature Center, Mile 1.5 East Skyline Dr., for more information call 235-6667
<b>Advocacy Training—be a better advocate for what you care about</b>	<b>Mondays, till March 25, 5:00-7:00 pm, FREE,</b> Learn to argue effectively for what you value; short orientation followed by a write-in; learn to create effective messages contact legislators, write letters to the editor, & use social media	Kachemak Bay Campus, 533 E. Pioneer Ave., for more information call 235-7743
<b>Shut UP &amp; WRITE</b>	<b>Tuesday, March 5, 5:00-7:15 pm, FREE,</b> 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
<b>Tuesday Night Lights—Learn Needle Felting</b>	<b>Tuesday, March 5, 6:30-8:00 pm, FREE,</b> Jules Joy will teach needle felting, and you'll take home the needle felted owl you make	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
<b>Living Well AK—Chronic Disease Self-Management</b>	<b>Wednesday, March 6, 4:30-6:30 pm, \$10</b> This 6-week weekly class is for adults with ongoing health conditions and their families or caregivers. Developed by Stanford University and endorsed by Alaska Department of Health & Social Services	Homer Medical Center, 4136 Barlett St., to register, call the SPH Health & Wellness Department 235-0285 or email <a href="mailto:wellness@sphosp.org">wellness@sphosp.org</a>
<b>Sewing Bees for "boomerang bags"</b>	<b>Wednesday, March 6, 6:00-8:00 pm, FREE</b> Have fun making reusable bags for the community—no experience needed; ALL ages can help	Center for Alaskan Coastal Studies, 708 Smokey Bay Way; for more information call 235-6667
<b>Composer's Talk and Potluck at Bunnell Street Art Center</b>	<b>Thursday, March 7, 6:00-7:00 pm, FREE,</b> Hear Anna Pidgorna talk about her work; she's a Ukrainian-born, Canadian-raised composer and media artist whose works combine sound, visual arts, writing, and carpentry	Bunnell Street Art Center, 106 W. Bunnell Ave., for more information call 235-2662
<b>Thriving Thursday—Gentle Adjustments --Long-term Results</b>	<b>Thursday, March 7, 6:00-8:00 pm, FREE,</b> Ken Domela demonstrates gentle and non-invasive body adjustment techniques. Appropriate for all, Osteomology treats both symptoms and root causes. Ken was trained in New Zealand and is the only Osteomyologist in the United States.	SVT Health & Wellness Wing, 880 E. End Rd., for more information call 226-2228
<b>Feeding Refugees at the Border Wall</b>	<b>Friday, March 8, 6:00-8:00 pm, FREE,</b> Lucas Wilcox talks about <i>Altruist Relief Kitchen</i> , a Homer-grown humanitarian aid organization, from its start to its current work feeding refugees at the border wall in Tijuana	Kachemak Bay Campus, 533 E. Pioneer, for more information call 235-7743