



**Activities this week**

**May 19-26  
TRAILS  
907-235-7911**

<http://peninsulailc.org/>



**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!

And email contact information [here](#) to receive updates on ILC developments, community happenings, hot topics, & more!

It must be GROWING SEASON, because Homers Fabulous Farmers Market opens NEXT Saturday, May 26. Stroll in for fresh produce, tasty food, varied crafts, and fun entertainment—including the Kenai Peninsula Brass Band at 1 pm. And since plants are budding out and greening up, this week you can buy plants (THIS Saturday) and learn how to make nettle tea and fruit leathers. Something for everyBODY!

Also this is a great week for listening to (and even telling) stories—check out events at the Homer Public Library on Saturday and Monday.

And finally, if you haven't yet checked out the fun "One Hit Wonders" outings planned this summer by the ILC TRAILS program, take a look at the OTHER calendar attached this week.

<b>Activity</b>	<b>Date, time, location</b>	<b>Host, address, contact</b>
<b>Walk with a Doc— "It's my hemorrhoids!"</b>	<b>Saturday, May 19, 9:00-10:00 am, FREE</b> Dr. Paul Davis will share information, answer questions, and then chat informally while walking	Hosted by South Peninsula Hospital at SPARC, 600 Sterling Hwy (by Homer Middle School), for info, call 235-0970
<b>Homer Garden Club Plant Sale</b>	<b>Saturday, May 19, 11:00 am-12:00 pm, FREE</b> Plant sale starts 11am; coffee and garden garage sale starts 10 am; perennials from local gardens are available—plants go quickly, so come early	Homer Garden Club, at Homer Chamber of Commerce, 201 Sterling Hwy, for more info, call 235-7740
<b>Homer Storytelling Circle</b>	<b>Saturday, May 19, 3:00-5:00 am, FREE</b> Join the storytelling circle to tell and listen to stories on a different theme each month	Homer Public Library, 500 Hazel Ave., for more info, call 907-220-0187; to find out themes or sign-up for monthly newsletter, email <a href="mailto:homerstorytellers@gmail.com">homerstorytellers@gmail.com</a>
<b>How The Raven Got His Crooked Nose</b>	<b>Saturday, May 19, 4:00-5:00 pm, FREE</b> Barbara and Ethan Atwater read their new picture book <i>How the Raven Got His Crooked Nose</i> , a retelling of a Dena'ina tale; questions and book signing follow	Homer Public Library, 500 Hazel Ave., for more info, call 235-3180
<b>Making Nettle Tea</b>	<b>Sunday, May 20, 1:00-3:00 pm, FREE</b> Join ethnobotanists to learn how and where to harvest nettles and how to use this amazing local plant for food and medicine; wear rubber boots and bring light plastic gloves	Meet at Kachemak Bay Research Reserve parking lot, across from Homer Air on Kachemak Drive; for more info, call 235-9344 or email <a href="mailto:jwoodring50@gmail.com">jwoodring50@gmail.com</a>
<b>Ruthless River— author talk with Holly Fitzgerald</b>	<b>Monday, May 21, 6:00-7:00 pm, FREE</b> Holly Fitzgerald talks about her book <i>Ruthless River</i> , the true story of a young couple who survive a plane crash only to have to raft hundreds of miles across Peru and Bolivia down a river in the thick of the Amazon Basin—a thrilling adventure	Homer Public Library, 500 Hazel Ave., for more info, call 235-3180
<b>TRAILS Qi Gong and Tai Chi</b>	<b>Thursdays weekly, 3:00-4:00 pm, \$3-\$6 cost</b> dependent on Senior Center membership	Homer Senior Center, 3935 Svedlund St., for info, call 235-7911
<b>SVT Thriving Thursdays— Making Fruit Leathers</b>	<b>Thursday, May 24, 6:00-8:00 pm, FREE</b> Fay Kilcher shows how to make tasty, low sugar fruit leather from berries and orchard fruits; making fruit leathers is a great way to preserve fresh fruit for healthy snacks	SVT Wellness Center, 880 East End Rd., for more info, call 226-2228
<b>Homer Farmers Market</b>	<b>Saturday, May 26, 10:00 am-3:00 pm, FREE</b> Enjoy fresh produce, crafts, and entertainment at Homers fabulous Farmers Market; KP Brass Band plays at 1 pm; credit cards accepted for market coins useable at most booths; SNAP, WIC, and Senior Benefits accepted; please leave dogs at home; designated bike parking available	1155 Ocean Dr., for more info, call 299-7540 or visit <a href="http://www.homerfarmersmarket.org">http://www.homerfarmersmarket.org</a>