



Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week  
**November 10-17**  
**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! And click [here](#) for the latest **ILC newsletter!**

Here are a couple highlights to get you thinking about this weekend: The first Christmas Bazaar of the season is tomorrow at Faith Lutheran Church. And as you know, Sunday is Veteran's Day. A celebration honoring Vets starts 11 am at Lake Street and Pioneer Ave. And since then you're in the area, at 2 pm you can watch Homer participate in the [Worldwide Dance for Kindness](#) at the High School. For lots more things to do, just check below.

<b>Activity</b>	<b>Date, time, location</b>	<b>Host, address, contact</b>
<b>Christmas Bazaar</b>	<b>Saturday, Nov. 10, 10:00 am-3:00 pm, FREE</b> Explore many booths to find creative gifts and decorations for the holidays, as well as baked goods and homemade lefsa; lunch for purchase	Faith Lutheran Church, corner of Soundview Ave. and Sterling Hwy.; for more info, call 235-7600
<b>The Art of Falling and Rising</b>	<b>Saturday, Nov. 10, 10:30 am-12:00 pm, FREE for 1<sup>st</sup> class</b> Dottie Harness-Foster teaches movements that help maintain balance, land with softness, and rise comfortably in a variety of ways	Homer Council on the Arts, 355 W. Pioneer Ave., for more information, call 235-4288
<b>Veterans Day Parade</b>	<b>Sunday, Nov. 11, starts at 11:00, FREE</b> Homer honors Veterans with ceremonies and a parade; the parade culminates at Islands & Ocean.	Celebrations start at the corner of Lake Street and Pioneer Ave. and end at Islands & Ocean
<b>Public Skating Kevin Bell Arena</b>	<b>Throughout the week, \$5 admission, \$1 skate rental</b> Grab your skates or rent a pair and enjoy public skating on the Spit!	Kevin Bell Arena, 3150 Homer Spit Road; for more info call 235-2647 or click: <a href="http://www.kevinbellarena.org/home">www.kevinbellarena.org/home</a> and check the calendar
<b>Dinner Support Group – dealing with domestic violence</b>	<b>Wednesday, weekly till Nov. 21, 6:00-8:00 pm, FREE</b> Join a casual, confidential group for dinner and a focus on support for survivors of domestic violence and sexual assault; dinner provided and childcare available; transportation within Homer available; agency staff present	Haven House, 3776 Lake Street; for more info call 235-7712 or click on <a href="mailto:admin@havenhousealaska.org">admin@havenhousealaska.org</a>
<b>TRAILS Qi Gong and Tai Chi</b>	<b>Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership</b> Join Dean Sundmark as he teaches slow, gentle movements that build strength & stamina & improve joint function, balance, & bone density	Homer Senior Center, 3935 Svedlund Street; for more info, call Dean, 235-7911
<b>Body Moves</b>	<b>Thursday, weekly till Dec 13, 10:30-11:30 am, FREE for 1st class, scholarships available</b> Join Dotti Harness to “move to the groove” with live piano music; gain confidence, improve grace endurance, strength, balance, and stability	Homer Council on the Arts, 355 W. Pioneer Ave., for more information, call 235-4288
<b>Thriving Thursdays Beekeeping in Homer</b>	<b>Thursday, Nov. 15, 6:00-8:00 pm, FREE</b> Join Linda Gorman, owner of Homer Girls Honey, to learn about Homer's honey bees, beekeeping in Homer, and what makes different kinds of honey; Linda has helped transport honey bees to Homer since 2008—in 2018 she transported 91 packages	SVT Wellness Center, 880 East End Rd.; for more information, call 226-2228
<b>Unique Landscapes of Cook Inlet's west side</b>	<b>Friday, Nov. 16, 12:00-1:00 pm, FREE</b> Sue Saue, Director of Science and Research for Cook Inlet Regional Citizens Advisory Council, shares info about the shorelines and marine plants and invertebrates along Cook Inlet's west coast	Presented by Kachemak Bay National Estuarine Research Reserve (KBNERR) at Kachemak Bay Campus, 533 E. Pioneer Ave., for more information, call 235-7743
<b>Walk with a Doc</b>	<b>Saturday, Nov. 17, 9:00-10:00 am, FREE</b> Hear Dr. Tuomi explain what you need to know about colds and flu, then spend the rest of the time walking at your own pace and asking questions; free blood pressure screenings and refreshments	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more info call 235-0970 or click <a href="https://www.sphosp.org/">https://www.sphosp.org/</a>