



Total
Recreation
And
Independent
Living
Services

Activities this week
November 17-24
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!

Happy Thanksgiving! **Wednesday noon, TRAILS** will say *Thanks* with a warm fire, pies, and hot drinks at Bishop's Beach. On Thursday, enjoy a Thanksgiving feast compliments of the good folks at Refuge Chapel or Homer United Methodist Church (see times below). And tomorrow, a wonderful Saturday could include watching a free film at Islands and Ocean and then strolling to the library for a storytelling Tellabration. Or if you're a Veteran, start the day at the Veterans Fair. Dance off the pounds on Friday at a Square and Contra dance. For more fun activities, just check below.

Activity	Date, time, location	Host, address, contact
Walk with a Doc	Saturday, Nov. 17, 9:00-10:00 am, FREE Join Dr. Christina Tuomi to learn about colds and flu, then walk and chat; there will be free blood pressure screenings, prizes, and refreshments	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more info call 235-0970 or click https://www.sphosp.org/
Veterans Information Fair	Saturday, Nov. 17, 9:00 am to noon, FREE Presentations, exhibitors, and enrollment info will help you learn about & access benefits for Veterans	SVT Health and Wellness Center, 880 East End Rd., for more info call 226-2228
The Art of Falling and Rising	Saturdays, 10:30 am-12:00 pm, FREE for 1st class Dottie Harness-Foster leads movements that teach balance and the art of landing softly	Skeletal Connections, 1231 Ocean Drive (next to All Seasons Honda), for more information, call 299-6789
FREE FILM: Forever Wild	Saturday, Nov. 17, 2:00-3:00 pm, FREE This 55-minute documentary celebrates America's commitment to wilderness through the stories of citizen volunteers who work tirelessly to preserve public wild lands for all to enjoy	Hosted by the Alaska Maritime National Wildlife Refuge at the Islands and Ocean Visitor Center, 95 Sterling Hwy., for more info, call 235-6546
Storytellers 3rd TELLABRATION	Saturday, Nov. 17, 3:00-5:00 pm, FREE Enjoy hearing stories told by five Homer storytellers	Presented by Friends of HPL at Homer Public Library, 500 Hazel Ave., for more info call 235-3180
Public Skating Kevin Bell Arena	Throughout the week, \$5 admission, \$1 skate rental 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: www.kevinbellarena.org/home and check the calendar
Homer Youth String Orchestra Fall Concert	Tuesday, Nov. 20, 6:00-7:00 pm, FREE Enjoy a performance by HYSO Club—some of the youngest musicians in our musical community	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
TRAILS bonfire (thankful for friends and a warm fire!)	Wednesday, Nov. 21, 12:00-2:00 pm, FREE BRING YOUR OWN LUNCH and TRAILS will provide pies and warm drinks so we can enjoy a warm fire and the company of friends	Bishop's Beach Pavilion, for more information, call 235-8177
Dinner Support Group – dealing with domestic violence	Wednesday, Nov. 21, 6:00-8:00 pm, FREE Join a casual, confidential group for dinner and a focus on support for survivors of domestic violence and sexual assault; dinner provided, childcare and local transportation available	Haven House, 3776 Lake Street; for more info call 235-7712 or click on admin@havenhousealaska.org
FREE THANKSGIVING Dinner	Thursday, Nov. 22, Refuge Chapel starts serving at 2 pm, Methodist Church at 3 pm, FREE Enjoy a delicious Thanksgiving dinner compliments of two generous Homer churches	Refuge Chapel, 397 E. Pioneer Ave., Homer United Methodist Church, 770 East End Rd.
Square and Contra Dancing	Friday, Nov. 23, 7:30-10:00 pm, \$10 or FREE if you'll check folks in for a while (kids under 16 FREE) Dance to music by Spit City Slickers and calling by Dave Stutzer—steps are taught, so you can be a beginner and still have a wonderful time	Presented by City of Homer Community Recreation, held at West Homer Elementary School, for more info, call 235-6090
Music by Fireweed student ensemble	Saturday, Nov. 24, 3:00-5:00 pm, FREE , but donations welcome for Kenai Peninsula Orchestra, Enjoy music by Fireweed student ensemble	K-Bay Caffe, 378 Pioneer Ave.