



Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week  
**Nov. 24-Dec. 1**  
**TRAILS**  
**235-7911**  
<http://www.peninsulailc.org/TRAILS-Activities>



**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!

**Nutcracker Faire** is a BIG highlight December 1-2 (Dec 1 shown below). But there's LOTS more to do this week—performances, geocaching, a mini marine symposium, and more! Check out what's happening below...

<i>Activity</i>	<i>Date, time, location</i>	<i>Host, address, contact</i>
<b>The Art of Falling and Rising</b>	<b>Saturdays, 10:30 am-12:00 pm, FREE for 1st class</b> 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
<b>What the heck is "geocaching"? Have fun finding out!</b>	<b>Saturday, Nov. 24, 2:00-3:30 pm, FREE</b> Geocaching is like an outdoors scavenger hunt for clues; come learn what it's about along Beluga Slough Trail; work individually or with others; all ages welcome and GPS units provided	Meet at Islands and Ocean Visitor Center, 95 Sterling Hwy, for more information call 235-6546
<b>Music by Fireweed student ensemble</b>	<b>Saturday, Nov. 24, 3:00-5:00 pm, FREE</b> , but donations welcome for Kenai Peninsula Orchestra, Enjoy music by Fireweed student ensemble	K-Bay Caffe, 378 Pioneer Ave.
<b>Public Skating Kevin Bell Arena</b>	<b>Throughout the week, \$5 admission, \$1 skate rental</b> It's time to dust off your skates 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>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; increase confidence, fluidity, strength endurance, balance, and stability in a helpful group	Homer Council on the Arts, 355 W. Pioneer Ave., for more information call 235-4288
<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 information call Dean, 235-7911
<b>Thriving Thursdays Health-Centered Dentistry</b>	<b>Thursday, Nov. 29, 6:00-8:00 pm, FREE</b> Join SVT dentist Kirt Touchstone as he shares information about the health of your teeth and whole body, as well as tools to improve sleep, joint pain, and blood pressure.	SVT Wellness Center, 880 East End Rd.; for more information call 226-2228
<b>Marine Biology mini symposium</b>	<b>Friday, Nov. 30, 12:00-6:00 pm, FREE</b> Biology students at our Kachemak Bay campus will give short talks about all sorts of interesting marine topics—from whales and otters to intertidal zones	Kachemak Bay Campus, 533 E. Pioneer Ave., for more information call 235-7743
<b>TRAILS goes to the Nutcracker Ballet</b>	<b>Friday, Nov. 30, show starts 6:30 pm, FREE</b> TRAILS has a number of free tickets for Friday's performance of the Nutcracker Ballet; give us a call!	Mariner Theater, Homer High School, 600 E. Fairview Ave.
<b>Walk with a Doc</b>	<b>Saturday, Dec. 1, 9:00-10 am, FREE</b> Join Clinical Dietician Patte Doran, RDN, to chat about healthy eating during the holidays, then walk and talk informally; there will be free blood pressure screenings, prizes, and refreshments	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more information call 235-0970 or click <a href="https://www.sphosp.org/">https://www.sphosp.org/</a>
<b>NUTCRACKER FAIRE</b>	<b>Saturday, Dec. 1 (&amp; 2), 10:00 am-7:00 pm, FREE</b> Enjoy Homer's magical annual fair of arts, crafts, and edible goodies at the High School Commons—a great chance to get holiday gifts!	Homer Council on the Arts presents the Faire at Homer High School, 600 East Fairview, for more information call 235-4288