



Total
Recreation
And
Independent
Living
Services

Activities this week
November 3-10
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!**

The **Rotary Health Fair is tomorrow, Saturday, at Homer High**. Also, **TRAILS has arranged for discounted tickets for our consumers for tomorrow night's dance performance at the Mariner**—which looks like it's gonna be amazing. Just call Homer Council on the Arts at 235-4288, and tell them you're a consumer with the TRAILS program at ILC and you'd like to purchase a discounted ticket. You'll be able to buy a ticket for the kids' price of \$11. (And be sure to tell HCOA thank you!). Find out what else is going on this week in the calendar below.

Activity	Date, time, location	Host, address, contact
Rotary Club HEALTH FAIR	Saturday, November 3, 7:30 am-1:00 pm FREE , Over 60 exhibitors will offer various health screenings and services, including blood pressure, vision tests, hearing tests, flu shots, fitness tests and more	Sponsored by Homer Kachemak Bay Rotary Club in cooperation with South Peninsula Hospital; at Homer High School, 600 E. Fairview Avenue; for more info, call 399-3158
Bodyvox dance performance	Saturday, Nov. 3, 7:00 pm, \$11 for TRAILS folks—see top of page for how to get discount Enjoy Bodyvox, a Portland based dance company described as “A kinetic storm of creativity, physicality, and wit.” A wide range of dances will entertain all ages.	Presented by Homer Council on the Arts at Mariner Theater, Homer High School, 600 E. Fairview Avenue; for more info, call 235-4288
Public Skating Kevin Bell Arena	Throughout the week, \$5 admission, \$1 skate rental 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: www.kevinbellarena.org/home and check the calendar
Sewing Bees for “boomerang bags”	Monday, Nov. 4, 6:00-8:00 pm, FREE Help make reusable bags for the community—no experience needed, and ALL ages can help	Center for Alaskan Coastal Studies, 708 Smokey Bay Way; for more info call 235-6746
TRAILS Qi Gong and Tai Chi	Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership 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
Understand your lab results—know your numbers	Thursday, Nov. 8, 6:00-8:00 pm, FREE Dr. Ross Tanner, founder of the Diabetes and Lipid Clinic of Alaska, provides information and leads a Q&A on understanding your lab results	Sponsored by SPH Health & Wellness, held at Homer Council on the Arts, 355 W Pioneer Ave., for more info, call 235-0970
Thriving Thursdays Tibetan Rites	Thursday, Nov. 8, 6:00-8:00 pm, FREE Join Health Coach Catherine Ulmer to learn the Tibetan 5 Rites and how they can enhance flexibility, endurance, and overall vitality while helping increase quality of life and longevity	SVT Wellness Center, 880 East End Rd.; for more information, call 226-2228
Body Moves	Thursday, weekly till Dec 13, 10:30-11:30 am, FREE for 1st class, scholarships available Join Dotti Harness to “move to the groove” with live piano music; gain confidence, improve grace and fluidity, increase endurance, strength, balance, and stability, all within a supportive community	Homer Council on the Arts, 355 W. Pioneer Ave., for more information, call 235-4288
Empty Bowls Fundraising Luncheon	Friday, Nov. 9, 11:00 am-2:00 pm, \$10 Enjoy a delicious bowl of soup while helping raise funds for the Food Pantry	Homer United Methodist Church, 770 East End Rd., for more information, call 235-8528
Christmas Bazaar	Saturday, Nov. 10, 10:00 am-3:00 pm FREE 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