



Total
Recreation
And
Independent
Living
Services

Activities this week
Nov 4 to 11
TRAILS
235-7911
<http://www.peninsulailc.org/TRAILS-Activities>



**INDEPENDENT
LIVING CENTER**

265 E Pioneer Ave

As usual, LOTS and LOTS of fun stuff to do this week! Tomorrow morning, enjoy another **Walk with a DOC** at SPARC, this time with Dr. Sarah Roberts. Other highlights this week include the **Winter Gear Swap** on Wednesday, the **Empty Bowl** Food Pantry fundraiser on Friday, talks on Thursday evening at the library and at SVT that provide information for better health, and a couple of great evening lectures on Thursday and Friday, one on Viet Nam and one on Tides. ENJOY!

Activity	Date, time, location	Host, address, contact
Walk with a Doc at SPARC – “Traveling Well”	Saturday Nov 4, 9:00-10:00 am, FREE Learn about “traveling well” from Dr. Sarah Roberts, then walk at your own pace with her on hand to offer guidance & answer questions	SPARC building, 500 Sterling Hwy (next to Homer Middle School), for more info, call Bonita Banks, 235-0285
Alaska in WWII FREE Films at I&O	Saturday Nov 4, 1:30-2:30 pm, FREE This series features films about WWII in Alaska; this Sat: <i>Report from the Aleutians</i>	Alaska, Maritime NWR, Islands & Ocean Visitor Center, 95 Sterling Hwy., for info, call 226-4675
Kevin Bell Ice Arena Public Skating	All week, After-school and Public skate call for schedule, \$5; skate rental \$1	Kevin Bell Ice Arena, 3150 Homer Spit Road; for info, call 235-2647
after-school E.C.O. Kids or Backyard	Mondays, Wednesdays, Fridays to Dec 20, 2:30-5:30 pm, \$18/day, \$45/week; a fun, safe after-school place for kids at CACS	Center for Alaskan Coastal Studies (CACS), 708 Smokey Bay Way, for info, call 235-6746
Knitting Circle	Monday weekly, 1:30-4:30 pm, FREE All levels knit together; Homer Public Library	Homer Public Library, 500 Hazel Ave., for info, call 235-3180
Body Moves with Dotti Harness-Foster & Cathy Stingley	Wednesday Nov 8, 10:30-11:45 am, 5- or 10-week session at HCOA; \$20 drop ins, scholarships available for TRAILS participants	Homer Council on the Arts, 355 W. Pioneer Ave., scholarships available; for info, call 235-4288
TRAILS Bowling at Kachemak Bowl	Wednesday weekly, starts at 3:00 pm, \$4.25 per game, shoe rental free for TRAILS	Kachemak Bowl, 672 East End Rd. (next to Boss Hogz); TRAILS folks—please sign TRAILS sign-in sheet
WINTER GEAR SWAP	Wednesday Nov 8, 5:30-8:00 pm, FREE Swap skis, poles, boots, skates, snowshoes, and other winter gear—Get ready for SNOW!	Homer High School, 600 E. Fairview Ave., for info, call: 299-6425
Have blood test results? KNOW Your Numbers	Wednesday Nov 8, 6:30-8:30 pm, FREE Dr. Tanner helps you make sense of your blood test numbers, Homer Public Library	Homer Public Library, 500 Hazel Ave., for info, call 235-3180
SHUT UP and WRITE	Thursday weekly, 5:00-8:00 pm, FREE Join writers upstairs at Alice’s Champagne Palace to write in the company of others	Alice’s Champagne Palace; for info, call 907-435-7969
SVT THRIVING THURSDAYS	Thursday weekly, 6:00-8:00 pm, FREE SVT Thriving Thursdays; Willow Jones shows how to make healthy, delicious sauerkraut and kefir, SVT Wellness Center	SVT Wellness Center, 880 East End Rd., for info, call 226-2228
FOOD PANTRY EMPTY BOWL Lunch	Friday, Nov 10, 11:00 am-2:00 pm, \$10 Help raise funds for Homer Food Pantry by buying a delicious bowl of soup (and maybe a bowl too), Homer Methodist Church	Homer United Methodist Church, 770 East End Rd., for info, call 235-8528
Stories from VIET NAM	Thursday, Nov 9, 6:30-8:00 pm, FREE Since 1997, Wendy Erd and Peter Kaufman have traveled, lived, and worked in Viet Nam; hear stories of Vietnamese life and culture	Homer Public Library, 500 Hazel Ave., for info, call 235-3180
TIDES: The Science and Spirit of the Ocean with Jonathan White	Friday, Nov 10, 6:30-7:30 pm, FREE Author Jonathan White shares photos and excerpts from his book, taking us across the globe to discover the science and spirit of ocean tides	Homer Public Library, 500 Hazel Ave., for info, call 235-3180
Alaska in WWII FREE Films at I&O	Saturday Nov 11, 1:30-3:00 pm, FREE This series features films about WWII in Alaska; this Sat: <i>Alaska’s Bloodiest Battle</i>	Islands & Ocean Visitor Center, 95 Sterling Hwy., for info, call 226-4675