



Total
Recreation
And
Independent
Living
Services

Activities this week
October 20-27
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!

Another week of Homer-style fun, from sewing bees to author readings to contra dancing! With the **Rotary Health Fair coming November 3 to Homer High**, you can get a blood test on weekdays from 8 to 10:30 am for only \$40. Schedule tests online: <https://www.sphosp.org/> (here's the direct scheduling link <https://instant-scheduling.com/sch.php?kn=670528>). And check out **City of Homer Parks and Recreation Fall-Winter activity guide**: https://www.cityofhomer-ak.gov/sites/default/files/fileattachments/parks_amp_recreation/page/37971/fall-winter_2018-19_pdf.pdf. Finally, the end-of-season **TRAILS** visit to horses at Bay Ridge Ranch will be re-scheduled when we have a window of nice weather.

Activity	Date, time, location	Host, address, contact
1-yr Walk-A-Versary for Walk with a Doc	Saturday, Oct. 20, 9:00-10:00 am, FREE Join Dr. Downey, MD, IFMCP, to celebrate 1 yr of Walk with a Doc; Dr. Downey will talk about insulin resistance, then walk and chat; free blood pressure screenings and refreshments	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more info call 235-0970 or click https://www.sphosp.org/
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
Candidate Forum—Paul Seaton and Sarah Vance	Saturday, Oct. 20, 4:00-5:30 pm, FREE Paul Seaton and Sarah Vance participate in a Candidate Forum for House District 31	Homer Public Library, 500 Hazel Ave.; for more information call 235-3180
Sewing Bees for "boomerang bags"	Monday, October 22, 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
Center for Alaskan Coastal Studies annual meeting	Wednesday, Oct 24, 5:30-8:30 pm, FREE Join CACS for an entertaining review of the many ways they've connected thousands of folks to nature this year for learning and fun	Hosted by Center for Alaskan Coastal Studies at Islands and Ocean Visitor Center, 95 Sterling Highway; for more information call 235-6746
Dinner Support Group – dealing with domestic violence	Wednesday, weekly till 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 and childcare available; transportation within Homer available; agency staff present	Haven House, 3776 Lake Street; for more info call 235-7712 or click on admin@havenhousealaska.org
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
Thriving Thursdays Managing diabetes with a low-carb diet	Thursday, Oct. 25, 6:00-8:00 pm, FREE Jason Davis and Matt Smith share info on diets that help kids with Type 1 diabetes; example sugar- and grain-free desserts will be provided	SVT Wellness Center, 880 East End Rd.; for more information, call 226-2228
FACT, FABLE, and Natural History	Thursday, Oct. 25, 6:00-8:00 pm, FREE Ray Hudson reads from his new novel about the Aleutians, <i>Ivory and Paper: Adventures In and Out of Time</i> ; join him and honor the 75th Anniversary of the Battle of Attu, the only WWII ground battle on American soil	Islands and Ocean Visitor Center, 95 Sterling Highway; for more information call 235-6546
Homer Library Book & Plant Sale	Saturday, Oct. 27, 10:00 am-6:00 pm, FREE It's time to stock up on books and surround yourself with plants from the biannual library sale	Homer Public Library, 500 Hazel Ave.; for more info call 435-3195 (member pre-sale Friday, membership is \$10)
Square and Contra Dance	Saturday, Oct. 27, 7:30-10:00 pm, \$10 (\$8 kids)—call Devony for TRAILS discount Enjoy David Stutzer calling to music by The China Pooters; beginners welcome	Sponsored by Homer Parks & Rec at West Homer Elementary School, 995 Soundview; for info call 235-6090; bring clean soft-soled shoes to dance