



Total
Recreation
And
Independent
Living
Services

Activities this week
Oct. 27-Nov. 3
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 next Saturday, November 3, at Homer High**. You can still 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 tomorrow, you can still make the Library's twice-a-year book and plant sale and then have evening fun contra dancing at West Homer Elementary. Another highlight: Thursday, there's an important movie at the Homer Theater: "The Mask You Live In." Get all the details below on these and other events.

Activity	Date, time, location	Host, address, contact
SAFELY dispose of prescription drugs	Saturday, Oct. 27, 10:00 am-1:00 pm, FREE If you have unused or expired prescriptions, dispose of them safely at the SPH on National Prescription Drug TakeBack Day	South Peninsula Hospital (SPH) Training Center, 203 W. Pioneer Ave., for more info call 235-0258
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 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) 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
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
Kachemak Bay State Park – Learn about the new draft plan and ask questions	Monday, October 29, 6:30-8:30 pm, FREE Public meeting to learn and ask questions about the new plan for Kachemak Bay State Park; share your input on the plan that will shape our park for years to come; to see the plan go to: http://dnr.alaska.gov/parks/plans/kbay/kbayplan.htm	Islands and Ocean Visitor Center, 95 Sterling Highway; for more info call 435-7969
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 The ART of FALLING and RISING	Thursday, Nov. 1, 6:00-8:00 pm, FREE Join Dotti Harness to learn fall prevention, including ways to reduce risks and avoid common falls using Feldenkrais to find and maintain balance; learn how to land with softness and to use gravity and the ground for support getting up	SVT Wellness Center, 880 East End Rd.; for more information, call 226-2228
The MASK YOU LIVE IN Homer Theatre	Thursday, Nov. 1, 6:30-9:00 pm, donation Watch the film and join the discussion; the film shows boys and young men struggling to be themselves while negotiating America's definitions	Presented by the R.E.C Room at the Homer Theatre, 106 W. Pioneer Ave.; for more info, call 235-3436
Rotary Club HEALTH FAIR	Saturday, November 3, 7:30 am-1:00 pm FREE , Over 60 exhibitors will be available to 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