



Total
Recreation
And
Independent
Living
Services

Activities this week
October 6-13
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 full week—highlights include an Open House on Wednesday to meet Rehab staff from South Peninsula Hospital, and a talk on Thursday about the Green Dot program. TRAILS has arranged free tickets for Friday's show at the Mariner. Call if you're interested. And don't forget the Alaska Food Hub online market: alaskafoodhub.localfoodmarketplace.com/.

Activity	Date, time, location	Host, address, contact
Walk with a Doc	Saturday, October 6, 9:00-10:00 am, FREE Join Minda Morris, Physical Therapist specializing in pelvic health at South Pen. Hospital, then walk at your own pace while chatting and asking questions; free blood pressure screenings	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more info, call 235-0970 or click https://www.sphosp.org/
October Fair at Homer Middle School	Saturday, October 6, 9:30 am-5:00 pm, FREE Enjoy 40 booths of fun (including costumes & gifts), plus free kid booth to make holiday masks, and an hourly drawing for prizes	Homer Middle School, 500 Sterling Highway, for more info, call 907-414-8180
Public Skating Kevin Bell Arena	Throughout the week, \$5 admission, \$1 skate rental 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 calendar for skate times
Sewing Bees for "boomerang bags"	Monday, October 8, 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
Open House – Meet the REHAB Team South Pen. Hospital	Wednesday, October 10, 4:30-6:30 pm, FREE Meet 18-member team of therapists and support staff for Physical Therapy, Occupational Therapy, Speech & Language Pathology, and Pediatric Therapy at South Pen. hospital; free voice screenings, balance & grip assessments; ice cleats given away while supplies last	South Peninsula Hospital Rehabilitation Department, 4300 Bartlett Street; for more info, call 235-0370.
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 Follow Dean Sundmark through 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 Green Dot Program	Thursday, Oct. 11, 6:00-8:00 pm, FREE Amy Woodrush describes a program to help create a community where messages of nonviolence develop norms preventing violence; learn how to intervene in difficult situations.	SVT Wellness Center, 880 East End Rd.; for more information, call 226-2228
Lunch lecture -- paralytic shellfish poisoning (PSP)	Friday, Oct. 12, 12:00-1:00 pm, FREE Kim Schuster, Kasitsna Bay Lab shares ongoing research about PSP and what it means for fish & food webs	Kachemak Bay Campus, 533 E. Pioneer Ave.; for more info, call 235-7743
Author Reading—David Stevenson	Friday, Oct. 12, 6:30-7:30 pm, FREE David Stevenson, UAA creative writing instructor, reads from <i>Letters from Chamonix</i> and <i>40 Crows</i>	Kachemak Bay Campus, 533 E. Pioneer Ave.; for more info, call 235-7743
TRAILS goes to the Mariner Theater ALAXSXA Alaska	Friday, Oct. 12, 7:00-9:00 pm, TRAILS has FREE tickets, Yup'ik drumming, dance, puppets, & multimedia show Western contact with Natives	Sponsored by Bunnell Street Art Gallery, 235-2662, performed at Mariner Theater, 600 E. Fairview