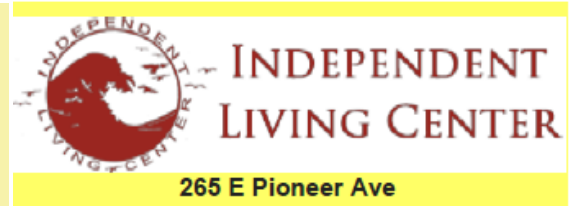




Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week  
**October 6-13**  
**TRAILS**  
**235-7911**  
<http://www.peninsulailc.org/TRAILS-Activities>



**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 the Middle School October Fair this Saturday, an Open House to meet Rehab staff from South Peninsula Hospital, and a talk by Priscilla Russell on how Native villagers use local plants for food and healing. TRAILS is trying to arrange free tickets for Friday's show at the Mariner—I'll keep you posted. And don't forget that the Alaska Food Hub is an online farmers market until November: <https://alaskafoodhub.localfoodmarketplace.com/>.

Activity	Date, time, location	Host, address, contact
<b>Walk with a Doc</b>	<b>Saturday, October 6, 9:00-10:00 am, FREE</b> 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 <a href="https://www.sphosp.org/">https://www.sphosp.org/</a>
<b>October Fair at Homer Middle School</b>	<b>Saturday, October 6, 9:30 am-5:00 pm, FREE</b> 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
<b>Public Skating Kevin Bell Arena</b>	<b>Throughout the week, \$5 admission, \$1 skate rental</b> 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: <a href="http://www.kevinbellarena.org/home">www.kevinbellarena.org/home</a> and check calendar for skate times
<b>Sewing Bees for "boomerang bags"</b>	<b>Monday, October 8, 6:00-8:00 pm, FREE</b> 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
<b>Open House – Meet the REHAB Team South Pen. Hospital</b>	<b>Wednesday, October 10, 4:30-6:30 pm, FREE</b> 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.
<b>Dinner Support Group – dealing with domestic violence</b>	<b>Wednesday, weekly till Nov. 21, 6:00-8:00 pm, FREE</b> 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 <a href="mailto:admin@havenhousealaska.org">admin@havenhousealaska.org</a>
<b>TRAILS Qi Gong and Tai Chi</b>	<b>Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership</b> 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
<b>Thriving Thursdays Native Plants for food and medicine</b>	<b>Thursday, Oct. 11, 6:00-8:00 pm, FREE</b> Priscilla Russel, author of books on Native plant lore, shares knowledge from years in Native villages learning about edible & medicinal plants	SVT Wellness Center, 880 East End Rd.; for more information, call 226-2228
<b>Lunch lecture -- paralytic shellfish poisoning (PSP)</b>	<b>Friday, Oct. 12, 12:00-1:00 pm, FREE</b> 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
<b>Author Reading—David Stevenson</b>	<b>Friday, Oct. 12, 6:30-7:30 pm, FREE</b> 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
<b>TRAILS goes to the Mariner Theater ALAXSXA   Alaska</b>	<b>Friday, Oct. 12, 7:00-9:00 pm, TRAILS may have FREE tickets</b> Show combines Yup'ik drum & dance puppets, video, & recording to portray historical meetings of Natives & newcomers	Sponsored by Bunnell Street Art Gallery, performed at Mariner Theater, 600 E. Fairview, for info, call 235-2662