



Total
Recreation
And
Independent
Living
Services

Activities this week
September 22-29
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!**

TRAILS has planned a fun **KAYAK event that's so LAST MINUTE it will happen Monday OR Wednesday—depending on the weather.** If you're interested in joining us at the Kachemak Bay Water Trail launch site (behind Pier 1 Theater), let me know so that I can give you the details. We're not gonna paddle anywhere in particular, but we ARE gonna try out a few kayaks and learn to launch at the water trail launch site. High tide determines timing, so we'll be there starting at 4 pm. And we'll be taking video to help highlight TRAILS activities and the Kachemak Bay Water Trail, so wear your biggest smile!

Also, the **Homer Documentary Film Festival runs from September 20-27.** And check out more activities below.

Activity	Date, time, location	Host, address, contact
Homer FARMERS MARKET	Saturdays, 10:00 am-3:00 pm, FREE, Wednesdays, 2:00-5:00 pm, FREE Find fresh produce, yummy food, crafts, & entertainment; on SATURDAY: chef at the market 10-12 with Brandon Thomas preparing humus and naan	1155 Ocean Dr., for more info, call 299-7540 or visit www.homerfarmersmarket.org
Public Skating again Kevin Bell Arena	Sundays, 4:00-5:45 pm, \$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
TRAILS—a little taste of Kayaking	Monday OR Wednesday, 4:00 pm—the day depends on weather, FREE Join TRAILS in learning how to launch a kayak at the Kachemak Bay Water Trail launch site, then enjoy a chance to try out a few different kayaks	Kachemak Bay Water Trail launch site (at the water trail pavilion and rock, behind Pier 1 Theater); call Devony at 299-3244 to be notified of day
LUNCH and LEARN—life on remote Alaskan islands	Tuesday, Sept 25, 12:30-1:30 pm, FREE Hear Refuge bio techs Ryan & Stacie describe what it's like to live and work on remote islands—St. Paul and St. Lazaria—conducting seabird research	Islands and Ocean Visitor Center, 95 Sterling Highway, for more info call 235-6546
Cuban Cinema through the lens of Tomás Gutiérrez Alea (“Titón”)	Wednesday, Sept 26, 6:30-8:00 pm, FREE Alvaro Pérez Abrahantes from Havana, Cuba, screens film excerpts and discusses Titón's work in relationship to Cuban history	Kachemak Bay Campus, 533 E. Pioneer Ave.; for more info, call 235-7743
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 guides participants through slow, gentle movements that build strength and stamina while improving joint function, balance, and bone density	Homer Senior Center, 3935 Svedlund St., for info, call Dean, 235-7911
Thriving Thursdays Cycle Logical Bike shop and fat tire tours	Thursday, Sept 27, 6:00-8:00 pm, FREE Derek & Catriona Reynolds talk about bike equipment, options for local trips, and year-round biking in the Homer area	Meet at SVT Wellness Center, 880 East End Rd. to carpool; for more information, call 226-2228
Alzheimer's Disease—Myth, Facts, and Future	Friday, Sept 28, 6:00-7:30 pm, FREE Dr. John Kauwe, Senior Editor of the journal <i>Alzheimer & Dementia</i> , will share current research and information and answer questions	Sponsored by South Peninsula Hospital, held at Homer Public Library, 500 Hazel Ave.; for more info, call 235-0970