



Total
Recreation
And
Independent
Living
Services

Activities this week
Sept. 29-Oct 6
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!**

It's that time of year—the LAST Farmers Market of the season. Come join the annual **Farmers Market Harvest Party Potluck**. You'll find big pots of soup made with locally grown veggies, as well as live music and lots to see and do. Also, there's a special Thriving Thursday this week, presented by ethnobotanist Priscilla Russell—she will share stories and knowledge about local plant use gained from years of working with Native elders. And finally, Friday is First Friday—so give yourself the pleasure of strolling through local galleries to enjoy the latest art works on display.

Activity	Date, time, location	Host, address, contact
End of Season FARMERS MARKET Harvest Party	Saturday, Sept 29, 10:00 am-3:00 pm, FREE , Find fresh produce, yummy food, crafts, & entertainment; the party starts at noon with a community potluck featuring huge pots of harvest soup made from local veggies, also music by The String Alongs; and there'll be a turkey raffle	1155 Ocean Dr.; for more info, call 299-7540 or visit www.homerfarmersmarket.org
LIGHT the NIGHT walk and bonfire	Saturday, Sept 29, 7:00-8:30 pm, FREE Join MAPP, the local Opioid Task Force, and Bearded Sister to shine a light on addiction—walk from WKFL Park to Homer Chamber of Commerce; celebrate those in recovery and remember those struggling or lost; bring a light or use one provided; enjoy a bonfire and celebration at the end	Meet at WKFL Park (“Wisdom, Knowledge, Faith, and Love”) at the corner of Heath St. & Pioneer Ave.
Public Skating 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
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 guides participants through slow, gentle movements that build strength and stamina while improving joint function, balance, and bone density	Homer Senior Center, 3935 Svedlund Street; for more info, call Dean, 235-7911
Thriving Thursdays Ethnobotanist Priscila Russell	Thursday, October 4, 6:00-8:00 pm, FREE Priscilla Russel, author of books on Native plant lore, will share knowledge gained from many years in Native villages learning about edible and medicinal uses of plants	SVT Wellness Center, 880 East End Rd.; for more information, call 226-2228
FIRST Friday at art galleries	Friday, October 5, 5:00-7:00 pm, FREE Peruse art galleries in town; then check out a new one from 7-9 pm, “The Shop/Kachemak Bay Art Shop” on Bear Creek Court; the Shop provides workshop space and studios and will have family friendly activities and a bonfire	60388 Bear Creek Court; for more info, click http://www.theshopak.com
Walk with a Doc	Saturday, October 6, 9:00-10:00 am, FREE Join Dr. Greg Hough, surgeon, to hear a brief talk on general surgery, then walk at your own pace, chatting & asking questions; free blood pressure screenings, prizes, and refreshments	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more info, call 235-0970 or click https://www.sphosp.org/