



Total
Recreation
And
Independent
Living
Services

Activities this week
December 1-8
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!

Nutcracker Faire and **Ballet** is a BIG highlight December 1-2. But you'll find lots of other things in this week's calendar to help you feel holiday happy—like how about decorating a tree for wildlife or using bees wax to wrap gifts!

<i>Activity</i>	<i>Date, time, location</i>	<i>Host, address, contact</i>
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
Walk with a Doc	Saturday, Dec. 1, 9:00-10 am, FREE Join Clinical Dietician Patte Doran, RDN, to chat about healthy eating during the holidays, then walk and talk informally; free blood pressure screenings, prizes, and refreshments	SPARC building, 600 Sterling Hwy, (next to Homer Middle School); for more information call 235-0970 or click https://www.sphosp.org/
The Art of Falling and Rising	Saturdays, 10:30 am-12:00 pm, FREE for 1st class Dottie Harness-Foster leads movements that teach balance and the art of landing softly	Skeletal Connections, 1231 Ocean Drive (next to All Seasons Honda), for more information call 299-6789
NUTCRACKER FAIRE	Saturday & Sunday, Dec. 1 & 2, 10:00 am-7:00 pm, FREE Enjoy Homer's magical fair of arts, crafts, and edible goodies at the High School Commons—a great chance to get holiday gifts!	Homer Council on the Arts presents the Faire at Homer High School, 600 East Fairview, for more information call 235-4288
Nutcracker Ballet	Saturday, Dec 1, starts 7:00 pm, Enjoy this Christmas highlight—Homer's delightful version of the Nutcracker ballet starring lots of local kids, friends, and neighbors. We'll see you there!	Mariner Theater, Homer High School, 600 E. Fairview Ave. Tickets available at Homer Bookstore, 235-7496
Sewing Bees for "boomerang bags"	Monday, Dec. 3, 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
Kachemak Bay Research Reserve community meeting	Wednesday, Dec. 5, 12:00-3:00 pm, FREE, Find out what KBNERR has been up to and plans in the coming months; refreshments provided	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-4799
Body Moves	Thursday, weekly till Dec 13, 10:30-11:30 am, FREE for 1st class, scholarships available Join Dotti Harness to "move to the groove" with live piano music; increase confidence, fluidity, strength endurance, balance, and stability in a helpful group	Homer Council on the Arts, 355 W. Pioneer Ave., for more information call 235-4288
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 and stamina and improve joint function, balance, and bone density	Homer Senior Center, 3935 Svedlund Street; for more information call Dean, 235-7911
Thriving Thursdays Gift wrap with bees wax!	Thursday, Dec 6, 6:00-8:00 pm, FREE Join Linda Reed, Stoked Honey, to learn how to make bees wax wraps for Christmas gifts; use eco-friendly food wraps instead of Saran Wrap; bring favorite cotton fabric, or supplies will be provided	SVT Wellness Center, 880 East End Rd.; for more information call 226-2228
MAPP community meeting	Friday, Dec. 7, 8:30 am-12:00 pm, FREE Be part of community efforts to make Homer a healthier, happier place to live	Kachemak Bay Campus, 533 E. Pioneer Ave., for more information call 235-0570
Trim a tree For wildlife	Saturday, Dec 8, 2:00-3:30 pm, FREE, Enjoy learning to decorate trees with edible ornaments that wildlife will love	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-6546.