



Total
Recreation
And
Independent
Living
Services

Activities this week
January 12-19
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!

There's too much going on this week to fit on 1 page! Please use last week's calendar to look up events that are the same each week, like public skating (here's a link to the rink's schedule: <https://www.kevinbellarena.org/calendar>), the Art of Falling and Rising (every Saturday), WYNNter Sundays Fun-days, TRAILS Qi Gong Tai Chi (Thursdays), and Move to the Groove. And you can always find TRAILS calendars at: <http://peninsulailc.org/TRAILS-Activities>. Here's what fits!

Activity	Date, time, location	Host, address, contact
Iron Jawed Angels FREE MOVIE Homer Library	Saturday, Jan.12, 3:00-5:30 pm, FREE View a riveting drama set in 1910s & 20s about the Women's Suffrage Movement efforts to pass the 19th Amendment giving women the Right to Vote	Hosted by Kenai Peninsula Votes at the Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Lunch with a Council Member	Monday, Jan.14, 12:00-1:00 pm, FREE Chat informally with a different city council member each month to ask questions and share ideas and concerns, today: Donna Aderhold	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Tuesday Night Lights—making Gravlax	Tuesdays weekly, 6:30-8:00 pm, FREE Gravlax is THE ultimate easy-to-make luxury food; join Sharon Roufa (of Two Sisters Bakery) to learn how to replicate her recipe at home—YUM!	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Estate Planning 101	Wednesday, Jan.16, 12:00-1:00 pm, FREE Bring lunch and hear Attorney Lindsay Wolters explain Trusts, Wills, General Powers of Attorney, and Health Care Directives, also charitable giving and what happens without estate documents	Homer Public Library, 500 Hazel Ave., for more information call 235-3180
Animal Superheroes and Villains	Wednesday, Jan.16, 2:30-4:30 pm, FREE This Discovery Lab at the Islands and Ocean Visitor Center explores animal superheroes and villains through interactive activities—fun for all ages!	Sponsored by Alaska Maritime NWR, Center for Alaskan Coastal Studies, Pratt Museum, Nature Rocks Homer, and Kachemak Bay National Estuarine Research Reserve; held at I&O, 95 Sterling Highway
Living Well Alaska Workshop	Wednesday, Jan.16, 4:30-6:30 pm, \$10 for the whole 6-week workshop! These workshops—developed by Stanford—help adults with an ongoing health condition learn strategies for managing and putting LIFE back into life! This weekly class runs through February 20	Homer Medical Center, 4136 Bartlett Street, to register and for more information call 235-0285
BIG READ conversation at Homer Senior Center	Thursday, Jan. 17, 4:00-5:00 pm, FREE Big Read discussions address different themes and audiences; the question for this chat is: do you think <i>Can't We Talk About Something More Pleasant?</i> is a funny book? Conversation is co-facilitated by Jerri Nagaruk and Mercedes Harness	Homer Senior Citizens, 3935 Svedlund Street, for more information call 235-7765
Thriving Thursdays Bowen Technique	Thursday, Jan. 17, 6:00-8:00 pm, FREE Michaela Baumgartner will teach us about Australian Tissue Therapy to help with lots of kinds of acute and chronic health issues	SVT Wellness Center, 880 East End Rd.; for more information and to sign up, please call Patty at 435-3215
Walk with a Doc— SAD (Seasonal Affective Disorder)	Saturday, Jan. 19, 9:00-10:00 am, FREE Join SPH and Homer private practice counselor Bobbi Cleary to learn about SAD and ways to cope; then walk and talk at your own pace	SPARC (South Peninsula Athletic and Recreation Center), 600 Sterling Highway, for more information call 299-511 (bring clean indoor shoes)
Square and Contra Dancing	Friday, Jan 19, 7:30-10:00 pm, \$10 or FREE if you help check in dancers (kids < 16 FREE) Dance to Spit City Slickers and caller Rich Kleinfelder—beginners welcome	Presented by City of Homer Community Recreation, at West Homer Elementary, for more info call 235-6090, bring clean indoor shoes