



Total
Recreation
And
Independent
Living
Services

Activities this week
January 5-12
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 a fun mix of possibilities this week, like Walking with a Doc to get expert advice on cancer, getting help for an ailing computer or tablet, moving in healthy ways, exploring a woody winter wonderland, or reflecting on past and future—both at Thriving Thursday and at **Friday's BIG READ kick off for the book *Can't We Talk About Something More Pleasant?* (TRAILS will be there,** and since aging is for EveryBODY, the answer is LET'S talk about it.) Enjoy!

Activity	Date, time, location	Host, address, contact
Public Skating Kevin Bell Arena	Throughout the week, \$5 admission, \$1 skate rental Grab your skates or rent a pair and enjoy public skating on the Spit! (Learn to Curl fundraiser on January 12, 8:00-11:00 pm, \$25)	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, Jan. 5, 9:00-10:00 am, FREE Join Dr. John Halligan, Director of Peninsula Radiation Oncology Center, for a brief "Open Mic on Cancer;" then walk while chatting and asking questions; free blood pressure screenings	SPARC (South Peninsula Athletic and Recreation Center), 600 Sterling Highway, for more information call 299-5115
Free walk-in Tech Help	Saturday, Jan. 5, 10:00 am-noon, FREE Need help figuring out your new PC, MAC, tablet, or smart phone, or wondering what's wrong with your old one? Bring your problem tech gear to this free drop-in class every first and third Saturday	Homer Public Library, 500 Hazel Ave., for more information call 435-3195
The Art of Falling and Rising	Saturdays weekly, January 5-February 9, 10:30 am-noon, 1st class free, call for info on costs and scholarships, Learn to maintain balance, land with softness and rise comfortably in a variety of ways. Curiosity is the key to exploring gravity and the ground that supports us.	Register at Homer HCOA, 355 W. Pioneer Ave., for more information call 299-6789, held at Skeletal Connections, 1231 Ocean Drive.
WYNNter Sundays Family Fun Days	Sundays weekly, 2:00-4:00 pm, FREE Enjoy naturalist-led activities with a different focus each week, EVERY week ends with hot dogs & s'mores around the fire; dress for the weather, snowshoes provided	Hosted by Center for Alaskan Coastal Studies at the Wynn Nature Center, Mile 1.5 East Skyline Dr., for more information call 235-6667
Tuesday Night Lights	Tuesdays weekly, 6:30-8:00 pm, FREE Each week learn about an interesting topic from one of the many experts in the Homer area, then join lively follow-up conversations	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Move to the Groove with Dottie Harness-Foster	Thursdays, 10:30-11:30 am, 1st class FREE call for information on costs and scholarships, Whether standing or seated, learn to move with more ease and comfort while listening to live piano music among supportive new friends; increase endurance, strength, balance, and flexibility	Register at Homer HCOA, 355 W. Pioneer Ave., for more information call 235-4288
Thriving Thursdays The Value of Reflection—Looking Back to Move Forward	Thursday, Jan. 10, 6:00-8:00 pm, FREE The New Year provides a natural time to reflect on the past and think about the future—join Michele Waclawski to explore different perspectives on thinking about the past and then moving forward	SVT Wellness Center, 880 East End Rd.; for more information and to sign up, please call Patty at 435-3215
Join TRAILS at the BIG READ community kick-off	Friday, Jan. 11, 7:00-8:30 pm, FREE Help kick off the 2019 Big Read of this year's powerful book, <i>Can't We Talk About Something More Pleasant</i> ; enjoy live music by Burnt Down House and comedic skits by Pier One Theatre	Hosted by Friends of Homer Library at Alice's Champagne Palace, 195 E. Pioneer, for more info call 226-2739