



Total
Recreation
And
Independent
Living
Services

Activities this week
February 1-8
TRAILS
235-7911
<http://www.peninsulailc.org/TRAILS-Activities>



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! Find the latest TRAILS calendar at peninsulailc.org/TRAILS-Activities and ILC swag at peninsulailc.org/Donate-&-Purchase.



WINTER CARNIVAL PARADE Feb. 8!
See details below.

Watch the **SUPER BOWL** for **FREE** at the Homer Theater, Sunday, starting at 2:30 pm.

Have you figured out what artwork to create for Homer's first **Disability Art Show**? The flyer is attached after the calendar.



Activity	Date, time, location	Host, address, contact
Walk with a Doc— Couch to 5K	Saturday, February 1, 9:00-10:00 am, FREE, Dr. Randy Wiest will help couch potatoes create a personalized path to fitness and a 5k, afterwards walk & talk informally, blood pressure tests available	SPARC, 600 Sterling Highway, for more information call 299-5115
Free Concert— Link-up: the Orchestra Rocks! KP Orchestra and local kids!	Saturday, February 1, 3:00-5:00 pm, FREE Local elementary school kids join the Kenai Peninsula Orchestra for a fun hour of music in a program by Carnegie Hall's Weill Music Institute; students sing, play instruments, and rock with the orchestra	Mariner Theater, Homer High School, 600 East Fairview Ave.
Wynnter Sunday Family FUNdays	Sunday, February 2, 2:00-4:00 pm, FREE, Enjoy a naturalist-led exploration of winter animal tracking followed by s'mores and cocoa by the fire	Wynn Nature Center, Mile 1.5 East Skyline Drive, for more information call 235-6667
Afternoon Public Skating	Saturday & Sunday, 4:30-6:00 pm, Monday & Friday, 3:00-4:15 pm, Thursday, 2:30-4:00 pm, \$5 includes skate rentals, enjoy public skating at Kevin Bell Arena	Kevin Bell Arena, 3150 Homer Spit Road, for more information call 235-2647
Tuesday Night Lights Cool Talk!	Tuesday, February 4, 6:30-8:00 pm, FREE, Taz Tally will share ideas for hikes on peninsula backroads and byways	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
Move to the Groove	Thursdays weekly, 10:30-11:30 am, 1st class FREE, \$15/class, call about scholarships, Join Dottie Harness-Foster and Rich Kleinleder moving to LIVE music for better flexibility and balance	Homer Council on the Arts, 355 W. Pioneer Ave., for more information go to InsightfulBodyMoves.com
TRAILS Qi Gong and Tai Chi	Thursday, Feb.6, 3:00-4:00 pm, \$6, \$3 for Senior Center members, join Dean Sundmark in slow, gentle movements to build strength, stamina, balance, and improve joint function & bone density	Homer Senior Center, 3935 Svedlund Street, for more information call Dean at ILC, 235-7911
Thriving Thursday Yoga!	Thursday, February, 6:00-8:00 pm, FREE, Ramona Pearce will share information about yoga for round and aging bodies	SVT Health & Wellness, 880 E. End, for more information call 226-2228
Behind-the-scenes: City of Homer Public Works	Friday, February 7, 12:15-1:15 pm, FREE, Learn about the inner workings of the City of Homer —this tour is limited to 30; accessibility at Public Works Building is limited to public entry spaces	RSVP online at www.cityofhomer-ak.gov/citymanager/city-facility-tours-jan-feb-and-march-2020-sign-here ; for more information contact Rachel Friedlander at 435.3102
FREE Movie about Bristol Bay -- The Wild	Friday, February 7, 6:00-9:00 pm, FREE, Watch this award-winning film about Bristol Bay and salmon, followed by updates about Pebble Mine and the Back to the Bay project; enjoy salmon chowder	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 235-6546
Homer Winter Carnival PARADE	Saturday, February 8, noon-1:00 pm, FREE, The family-friendly parade celebrates 50 Years of Winter Wilderness in honor of Kachemak Bay State Park's 50 th birthday; watch the fun or sign up to be IN the parade (details at right)	Down Pioneer Ave., info at 235-7740; parade starts at Homer High School; sign up to be in the parade at https://www.homer-alaska.org/winter-carnival-parade.html



Di§ability

Created by Sumana Chamrunworakiat from Noun Project

Art §how

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An ART SHOW for EveryBODY!

- Do you experience a disability?
- Does someone you respect, care for, or love have a disability?
- Does seeing or meeting someone with a disability affect you?
- **RESPOND IN ART**—any media—for the **Di§ability Art Show!**
- Submissions due at **Homer Council on the Arts by March 2.**

Submissions must be for sale. Proceeds from this fundraiser will be divided among the artist, HCOA, and the TRAILS inclusive recreation program of Homer’s Independent Living Center—an organization that provides services to folks with disabilities.

EveryBODY can submit!

Questions? Call TRAILS @ 235-7911



MARCH 6-31 @ HCOA



355 W. Pioneer Ave. | Homer, AK 99603 | 907-235-4288 | homerart.org | Homer Council on the Arts is a 501(c)(3) non-profit organization supported, in part, by a grant from the Alaska State Council on the Arts and the National Endowment for the Arts, and by the City of Homer and The Homer Foundation.