



Total
Recreation
And
Independent
Living
Services

Activities this week
Feb. 29-March 7
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.



Submissions to the Disability Art Show for EveryBODY are due 5 pm this Monday, March 2. Remember that artwork should be ready to hang or otherwise display. Call us if you need the artists' submission form to submit with artwork. Homer's 1st annual **Disability Art Show opens this Friday, March 6, 5-7 pm.** It's gonna be fun—with artist talks, refreshments, live music, and more. Join us! Next Saturday, Walk with a Doc while your kids play in the free **BOUNCE HOUSE!**

An ART SHOW for EveryBODY!

Activity	Date, time, location	Host, address, contact
Kids and Families Ice Fishing Day	Saturday, Feb. 29, 11:00 am-2:00 pm, FREE, Learn to use different ice fishing rods, tackle, and ice augers; fishing holes will be pre-drilled; tackle, bait, & hot chocolate will be provided	Homer Bridge Creek Reservoir; dress warm, bring bucket to sit on, bag or cooler for catch; adults 18 and older bring sport fishing license
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	Kevin Bell Arena, 3150 Homer Spit Road, for more information call 235-2647
Wynnter Sunday FUNdays – Build a Shelter	Sunday, March 1, 2:00-4:00 pm, FREE, Learn from a naturalist how to build a winter shelter, then enjoy hot dogs, s'mores, and cocoa by the fire	Wynn Nature Center, Mile 1.5 East Skyline Drive, for more information call 235-6667
Disability Art Show -- Deadline to Submit Art	Monday, March 2, 5:00 pm, FREE, Drop off ready-to-hang/display artwork; be sure to include an artists' submission form (call ILC if you need a copy)	Homer Council on the Arts, 355 W. Pioneer Ave. or Independent Living Center, 265 E. Pioneer Ave.
Tibetan Buddhist Meditation Class	Tuesdays till April 27, starts 5:30 pm, FREE, Mingyur Chokyi Rinpoche provides instruction and then leads a 20-minute sitting meditation	Kachemak Bay Campus, 533 E. Pioneer Ave., for information call 235-7743
Tuesday Night Lights -- Honeybees	Tuesday, March 3, 6:30-8:00 pm, FREE, Ana and James Reid, Stoked Beekeeping Co., will describe beehive dynamics and offer honey tasting	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
KBNERR Community Council meeting	Wednesday, March 4, 12:00-3:00 pm, FREE, Catch up on news and projects from staff at Kachemak Bay National Estuarine Research Reserve	Islands & Ocean Visitor Center, 95 Sterling Hwy; for information call 235-4799
TRAILS on trails Challenge (Snow or shine!)	Wednesday, March 4, meet at ILC at 1:30 pm, FREE, Join us to stroll on the Spit and collect rocks for March 18 rock painting festivities at HCOA	Meet at ILC parking lot at 1:30, 265 E. Pioneer Ave., for more information call TRAILS, 235-7911
TRAILS Qi Gong and Tai Chi	Thursday, March 5, 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
Reawakening Yoga Nidra – Thriving Thursday	Thursday, March 5, 6:00-8:00 pm, FREE, Join Justine Mae to practice Yoga Nidra (aka “yoga of sleep”); this passive, potent practice promotes rest and release and physical, mental, emotional healing	SVT Health and Wellness, 880 East End Rd., for more information call 226-2228
Tour City of Homer Harbormaster's Office	Friday, March 6, 12:15-1:15 pm, FREE, See the inner workings of the City of Homer—this tour is limited to 30; accessibility at the Harbormaster's office is limited to public entry spaces	RSVP at www.cityofhomer.ak.gov/citymanager/city-facility-tours-jan-feb-and-march-2020-sign-here ; or call Rachel Friedlander 435-3102
Disability Art Show First Friday Opening	Friday, March 6, 5:00-7:00 pm, FREE, Attend the opening of Homer's first Disability Art Show—hear artist presentations, help decorate a wheelchair, and enjoy refreshments and live music	Homer Council on the Arts, 355 W. Pioneer Ave., for more information call TRAILS, 235-7911, or HCOA, 235-4288
Walk with a Doc and BOUNCE HOUSE!	Saturday, March 7, 9:00-10:am, FREE, Sarah Roberts, MD, will give advice on keeping kids sun safe, then walk and talk informally—meanwhile, kids can play in a BOUNCE HOUSE!	SPARC, 600 Sterling Highway, for more information call 235-0970