



Total  
Recreation  
And  
Independent  
Living  
Services

Activities this week  
**February 8-15**  
**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! Find the latest TRAILS calendar at [peninsulailc.org/TRAILS-Activities](http://peninsulailc.org/TRAILS-Activities) and ILC swag at [peninsulailc.org/Donate-&-Purchase](http://peninsulailc.org/Donate-&-Purchase).



The **WINTER CARNIVAL PARADE** is Feb. 8! Details are below. Valentine's Day is this week, and if you want to share camaraderie with Veterans, their friends and families, join the **VALENTINE'S for VETS** potluck on February 14 at the College from 6-8. You can also join **Tibetan Buddhist meditation** with Mingyu Chokyi Osel Rinpoche Tuesday evening at the college; text 435-1655 for more information. Finally, Skiff Chicks is putting on **art classes Feb 21 and 22 to help you create art to submit to the Disability Art Show**. For information, check out the [Skiff Chicks FB page](#).

<b>Activity</b>	<b>Date, time, location</b>	<b>Host, address, contact</b>
<b>Homer Winter Carnival PARADE</b>	<b>Saturday, February 8, noon-1:00 pm, FREE,</b> The family-friendly parade celebrates 50 Years of Winter Wilderness in honor of Kachemak Bay State Park's 50 <sup>th</sup> 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 <a href="https://www.homer.alaska.org/winter-carnival-parade.html">https://www.homer.alaska.org/winter-carnival-parade.html</a>
<b>Arctic Daughter Free FILM</b>	<b>Saturday, February 8, 2:30-4:00 pm, FREE,</b> This documentary layers historic footage, vivid photographs, high-definition video, and original music to portray Jean Aspen's amazing Arctic life	Islands and Ocean Visitor Center, 95 Sterling Highway
<b>Join in reading Shakespeare's Midsummer Night</b>	<b>Sunday, February 9, 1:00-5:00 pm, FREE,</b> Join free, readings of the Bard's works; open to anyone who wants to read or simply listen; no experience needed; books and beverages provided	Kachemak Bay Campus, 533 E. Pioneer Ave., for more information call 235-7743
<b>Wynnter Sunday Family FUNdays</b>	<b>Sunday, February 9, 2:00-4:00 pm, FREE,</b> Enjoy naturalist-led winter activities followed by s'mores and cocoa by the fire	Wynn Nature Center, Mile 1.5 East Skyline Drive, for more information call 235-6667
<b>Afternoon Public Skating</b>	<b>Saturday &amp; Sunday, 4:30-6:00 pm, Monday &amp; Friday, 3:00-4:15 pm, Thursday, 2:30-4:00 pm, \$5 includes skate rentals,</b> enjoy public skating at Kevin Bell Arena	Kevin Bell Arena, 3150 Homer Spit Road, for more information call 235-2647
<b>Tuesday Night Lights -- Simple Sourdough Bread Making</b>	<b>Tuesday, February 4, 6:30-8:00 pm, FREE,</b> Join Nicole McKinney to learn how to make a simple sourdough bread with 3 steps & 4 ingredients--YUM! Bring a large bowl to get started on a loaf	Center for Alaskan Coastal Studies, 708 Smokey Bay Way, for more information call 235-6746
<b>Move to the Groove</b>	<b>Thursdays weekly, 10:30-11:30 am, 1<sup>st</sup> class FREE, \$15/class, call about scholarships,</b> 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 <a href="http://InsightfulBodyMoves.com">InsightfulBodyMoves.com</a>
<b>TRAILS Qi Gong and Tai Chi</b>	<b>Thursday, Feb.13, 3:00-4:00 pm, \$6, \$3 for Senior Center members,</b> 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
<b>Community Conversation about Anesha (Duffy) Murnane</b>	<b>Thursday, Feb. 13, 5:30-7:00 pm, FREE,</b> Hear from the Homer Police Department about ongoing efforts to find Duffy; ask questions and find out how you can help	Islands and Ocean Visitor Center, 95 Sterling Highway, for more information call 435-7969
<b>Thriving Thursday Compassionate Communication</b>	<b>Thursday, Feb. 13, 6:00-8:00 pm, FREE,</b> Join Michelle Waclawski to explore how to speak and listen from the heart and connect with ourselves and others in a way that brings natural compassion	SVT Health & Wellness, 880 E. End, for more information call 226-2228
<b>Walk with a Doc— Preventing Cancer</b>	<b>Saturday, February 15, 9:00-10:00 am, FREE,</b> Dr. Jason Parks, radiation oncology, will talk about preventing cancer with the HPV vaccine and after-ward walk and talk informally; blood pressure testing	SPARC, 600 Sterling Highway, for more information call 299-5115