



Activities this week
May 4-11
TRAILS
235-7911
<http://www.peninsulaaic.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 peninsulaaic.org/TRAILS-Activities



The Shorebird Festival comes to town May 9-12. With over 100 events to choose from, there's something for everyone! And some of the offerings look magically wonderful! See a list of all events by clicking [here](#), and you can get full instructions on signing up for things by going here: <https://kachemakshorebird.org/>. Some activities are "drop in"—no registration needed, like Thursday's 5:30 & 7:00 pm showings of the movie *Bird of Prey* (\$5 at Islands and Ocean). There's a wonderful wealth of activities, so check out the schedule!



Also, this Saturday, May 4, is the **21st annual Homer Clean-up Day**; you can pick up yellow trash bags all over town, so call Homer Chamber of Commerce at 235-7740 for more information. And this Saturday evening, HoWL hosts its family-friendly annual DiRtBaG Ball to celebrate the end of its DiRtBaG clean-up week! The free event is 5-7:30 at Alice's, and offers door prizes, live music by the String Alongs, and an ice cream sundae bar!

Activity	Date, time, location	Host, address, contact
Walk with a Doc	Saturday, May 4, 9:00-10:00 am, FREE , Dharti Patel, Orthopedic Physician Assistant, explains how to exercise for healthy bones and balance; afterwards walk and talk informally; free blood pressure screenings available	SPARC, 600 Sterling Highway; for more information call 299-5115
Electronics Recycling Day	Saturday, May 4, 10:00 am-2:00 pm, depends \$15 suggested for TVs and monitors, but all items accepted regardless of ability to pay	Sponsored by Cook Inletkeeper, bring electronics to SBS, 3978 Lake St., for more info call 235-4068
Choir for Peace performance	Friday & Saturday May 3 & 4, 7:00 to 9:00 pm, \$18 but discounts available , Kenai Peninsula Community Chorus and Homer High School Concert Choir sing a concert for peace	Presented by Pier One Theatre at Homer High School Mariner Theatre, 600 E. Fairview Ave., for more information call 299-3599
May Day Celebration	Saturday, May 4, 10:00 am-2:00 pm, FREE Celebrate May Day with music, food, activity booths, games, dessert auction and a Maypole!	Homer High School, 600 E. Fairview Ave., for more information, call Red Asselin at Sprout, 235-6044, or rasselin@sprout.org
World Labyrinth Day Celebration	Saturday, May 4, 11:00 am-2:00 pm, FREE Celebration begins with a litany inside the church, and soup from noon to 2 PM; enjoy a prayer/meditation walk throughout the day; sup-plies will be on hand to make Tibetan prayer flags	St. Augustine's Episcopal Church, 619 Sterling Highway, for more information, call
TRAILS Qi Gong and Tai Chi	Thursdays weekly, 3:00-4:00 pm, \$3-\$6 depending on Senior Center membership Join Dean Sundmark as he teaches slow, gentle movements that build strength, stamina, & balance	Homer Senior Center, 3935 Svedlund Street; for more information, call Dean, 235-7911
Thriving Thursday: The Blue Zone – Lessons for Living Longer	Thursday, May 9, 6:00-8:00 pm, FREE , Renae Blanton, Nurse Practitioner, will share the work of Dan Buetner and other health scientists studying secrets to living long & healthy and how this knowledge can transform communities	SVT Health & Wellness, 880 E. End Road, for more information call 226-2228
TRAILS fun & stress-free Pickleball	Friday, May 10, 2:30-3:30 pm, \$3 Discover how fun pickleball can be when there are no worries about scoring, athletic prowess, or anything stressful—just try it out and have FUN	Hosted by TRAILS at SPARC, 600 Sterling Highway; for more info call 235-7911; wheelchairs available to try playing in a wheelchair!
Kachemak Bay Quilters Show	Saturday & Sunday, May 11 & 12, 10:00 am-4:00 pm, \$2 , See 100 quilts and buy a variety of quilted goodies; help choose the Viewers' choice awards; proceeds support handmade quilts for local fire victims and Haven House Women's Shelter	Presented by Kachemak Bay Quilters at Homer Elks Lodge, 215 Jenny Way, for more information, call (907) 321-1569