Total Recreation And Independent Living Services

Activities this week
October 19-26
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

Lots of cool events this week—check out this Saturday's open house at Homer Medical Clinic's West Wing and get a FREE 5-minute professional photo shoot! (See www.homermedical.org/west-wing-open-house/.) Sunday's speaker at the Garden Club will talk about green communities. And look at all the things going on this Thursday—I couldn't even fit in Thursday's benefit show of *The Public*—at 6 pm (see trailer) at Homer Theater: A group of homeless folks try to stay safe and warm in the public library—the showing will be followed by a community conversation about homelessness. And finally, you can still get local fresh produce through the alaskafoodhub.org, check it out. Phew!

Activity	***Date, time, location***	***Host, address, contact***
Walk with a Doc	**Saturday, Oct. 19, 9:00-10:00 am, FREE,** Feldenkrais practitioner Dottie Harness-Foster and PT assistant Rich Kleinleder will share how exercising to music helps mobility issues, including PD, then walk and talk informally; free blood pressure checks	SPARC, 600 Sterling Highway, for more information call 235-0285; bring clean walking shoes
Farmers Market informally	**Saturdays & Wednesdays through Oct, FREE,** See what produce is still for sale on Saturdays 10-3 and Wednesdays 2-5.	1155 Ocean Drive
Homer Medical Center West Wing OPEN HOUSE	**Saturday, Oct. 19, 11:00 am-1:00 pm, FREE,** Meet and visit with West Wing midwives and tour the center—enjoy kids activities, a drawing for a car seat, and a FREE 5-minute professional photo shoot	Homer Medical Center West Wing Clinic, 4117 Bartlett Street, for more information call 435-3040 or see link at top of page
Father Fred Bugarin on Green Communities presented by Homer Garden Club	**Sunday, October 20, 2:00-4:00 pm, FREE,** After the Garden Club meeting, Father Fred Bugarin talks about green communities, ecovillages, and his work creating a permaculture farm; "It is about making peace with the land, the people around me, and all that lives and moves."	Sponsored by Homer Garden Club at the Aspen Hotel Conference Room, 91 Sterling Highway
FREE Drop-In Evening Classes at K Bay Campus	**Mondays and Wednesdays until Dec. 11, 5:00-6:30 pm, FREE,** Work toward your GED, improve language skills, get help applying for jobs, and more—KBC can personalize a plan for you!	Kachemak Bay Campus Student Learning Center, Bayview Hall, 533 E. Pioneer (entrance on Heath St.) for more information call 235-7743
Body Moves: Moving to the Groove	**Thursdays weekly till Nov. 21, 10:45-11:45am, first class FREE, call about scholarships,** Dottie Harness and Rich Kleinleder lead movements for strength and balance and to engage the brain; live music with a supportive group makes exercising fun	Homer Council on the Arts, 355 W. Pioneer Ave., for more information call 235-4288
TRAILS Qi Gong and Tai Chi	**Thursday, Oct. 24, 3:00-4:00 pm, $6, or $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
Kachemak Moose Habitat, Inc.	**Thursday, October 24, 5:00-7:00 pm, FREE,** The public is welcome to attend the annual meeting of KMH, Inc., a non-profit that helps maintain moose populations on the lower peninsula through conservation and enhancement of moose habitat	Kachemak Bay Research Reserve Building, 2181 Kachemak Drive, for more information call 267-2281
Thriving Thursday—Hospice of Homer	**Thursday, October 24, 6:00-8:00 pm, FREE,** Join Morgan Laffert and Carol Dee to tour Hospice and learn what Hospice offers in community services and medical equipment loans; after the tour, Morgan and Carol will lead a discussion on compassion and practicality in living and dying	SVT Health & Wellness, 880 E. End, for more information call 226-2228
BOOK and PLANT Sale	**Saturday, October 26, 10:00 am-6:00 pm, FREE,** Check out the biannual Book & Plant sale at the library—you can donate plants Oct. 24 and 25	Homer Public Library, 500 Hazel Ave., for more information call 235-3180; library member pre-sale Oct 25