



Virtual Activities June 1st through June 7th

Join us for these exciting opportunities through ZOOM! Join topic centric discussions, learn to craft some delectable dishes, play bingo, and far more in this unique programming initiative!

To sign up for these sessions, email DustinZ@racker.org



Interactive Hands with Danielle Monday, June 1st from 4:00PM-4:45PM

Learn and practice American Sign! Newcomers and aficionados welcome!



Self-advocacy Group (*Preregistration Required) Monday, June 1st from 4:00PM-5:00PM

Join the discussion! During this time of social distancing, we invite you to come share topics that are important to you and connect with other self-advocates!

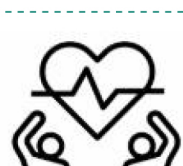
To preregister:

Cortland County, email AmandaH@racker.org
Tioga and Tompkins County, email GayleBarton@racker.org



Food for Thought: Natalie's Notes Tuesday, June 2nd from 1:30PM-2:30PM

Join Natalie for an engaging cooking initiative! Come prepared to utilize your baking talents. This week's session features scones!



Stay Active with Steve Tuesday, June 2nd from 2:00PM-2:30PM Thursday, June 4th from 2:00PM-2:30PM

Join us for an exciting and accessible exercise regimen! Warmups, skill based techniques, and cooldowns - it's all here in this session!



Autism Lending Library Showcase (*Preregistration Required) Tuesday, June 2nd from 3:00PM-4:00PM

Join us and discover the wide array of resources available across Tioga, Tompkins, and Cortland Counties! Explore sensory items, safety products, interactive games, and much more on this tour!

To preregister:

Email AmandaH@racker.org



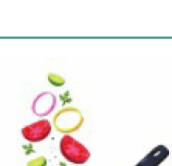
Self Direction Participants Q & A Tuesday, June 2nd from 4:00PM-4:45PM

Hosted by Carol, Gayle, and Laura, this session is for participants enrolled in Self Direction through a Racker Fiscal Intermediary. We welcome questions concerning Telehealth, the management of face to face Services, and anything generally related to Self Direction!



BINGO! Wednesdays with Jenn Wednesday, June 3rd from 2:30PM-5:00PM

Join us for another session of this classic game, this time presented in standard format!



Pantry Cooking with Kathleen Wednesday, June 3rd from 4:00PM-5:30PM

Peer into the pantry! Learn to cook delicious meals with on hand resources. This week's session features beef stroganoff! Join us at the table for a virtual dinner!



Dating, Relationships, and Disabilities: How to Have Confidence and Succeed (*Preregistration Required) Thursday, June 4th from 12:00PM-1:00PM

Amanda, Gayle, and Jennifer are hosting a four part online series regarding self-esteem and confidence building! Join us and garner resources and tools for dating success. This series was developed by Kathy O'Connell of Radiant Abilities. The group is open to those who are 18 years of age or older. Please commit to attend all four weekly sessions, running on Thursdays in June from 12PM-1PM. Bring your lunch and let's learn some new relationship skills together!

To preregister:

Email AmandaH@racker.org



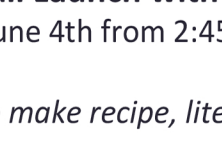
Scavenger Hunt with Mark Thursday, June 4th from 1:00PM-2:00PM

Go on the hunt! Participants are encouraged to exercise their powers of observation in this unique event!



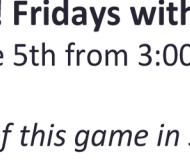
Meatball Launch with Brittany Thursday, June 4th from 2:45PM-3:45PM

Meatballs! - An exciting, easy to make recipe, literature, and even a few surprises!



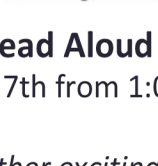
BINGO! Fridays with Natalie Friday, June 5th from 3:00PM-5:00PM

Join us for a couple rounds of this game in standard and emoji formats!



Interactive Read Aloud with Danielle Sunday, June 7th from 1:00PM-1:45PM

Delve into "My Hero is You" and other exciting tales. Participants are encouraged to engage in thoughtful discussion of presented material!



Creative Crafting with Chrystal Sunday, June 7th from 3:00PM-5:00PM

Learn how to repurpose household materials into unique, exciting works of art that can be adapted to any interest. Theme suggestions are invited through communal polling options!

For more info | Email DustinZ@racker.org | Visit Racker.org