

Racker

Virtual Activities Calendar ***September 21st through 26th*** ***Preregistration is now required***

What?

Racker's Virtual Activities are learning opportunities developed by the Family Resource Program's talented Community Support Professionals. Learn to draw, cook, play games, virtually exercise, and much more! All Virtual Activities are offered through the video application, ZOOM!



Where?

All Virtual Activities are offered through the video application, ZOOM!

How do I preregister and join?

See the event listings below. Click the event icon or the link to preregister for each event.

Once you've registered, you will receive the session link in the next screen and in your email! **Your session link is unique to you - don't forget to save it!**

Other Voices in the 607
Monday, September 21st
4:00pm-5:00pm

*Share topics that are important to you
and connect with other self-advocates!*

[Click here to preregister!](#)



Other Voices in the 607



Stay Active

Stay Active

Tuesday, September 22nd
3:00p-3:30p

Stay Active returns in a new timeslot!

Join us and get moving! Warmups, skill-based techniques, and dancing - it's all here in this virtual exercise regimen!

[Click here to preregister!](#)



Racker D-I-Y

Racker Do-It-Yourself
Tuesday, September 22nd
3:30p-4:00p

Learn how to make your own necklace!

Recommended Supplies

Macaroni (dyed is preferable)

Beads (individual or string)

Yarn or string

Paper clips

Any other creative, household items!

[Click here to preregister!](#)

Comic Book Design

Tuesday, September 22nd
5:00p-6:00p

Let's draw up some stories together!

Recommended Supplies

Prepared panels (3-9)



Comic Book Design

Ruler (1)
Pencils (2-3)
Paper (10-5 sheets)

[Click here to preregister!](#)



Bingo Wednesdays

Bingo Wednesdays
Wednesday, September
23rd
1:30p-3:30p

Join us to play bingo!

*For cards/prize info, email
DustinZ@racker.org.*

[Click here to preregister!](#)



Pantry Cooking

Pantry Cooking
Wednesday, September
23rd
4:00p-5:30p

*In this week's session, we dive into two
culinary creations - tomato sauce and
chicken pot pie!*

Recommended Ingredients

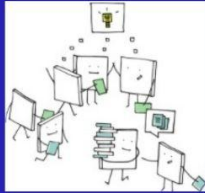
Tomato Sauce

Tomatoes
Olive oil
Basil

Chicken pot pie

Refrigerated pie crust (1 box)
Margarine or butter (1/3 cup)
All-purpose flour (1/3 cup)
Salt (1/2 teaspoon)
Pepper (1/4 teaspoon)
Chicken broth (1 and 3/4 cup)
Milk (1/2 cup)
Cooked chicken/turkey (2 and 1/2 cups)
Mixed vegetables (2 cups)

[Click here to preregister!](#)



Special Education, Advocacy, and Parental Rights

Special Education, Advocacy, and Parental Rights

Thursday, September 24th
12:00p-1:00p

Hosted by Gayle Barton (Family Support Coordinator/Educational Advocate), this presentation will help to answer questions you may have concerning communication with your school district personnel, and the develop of your child's IEP. Information will also be provided relative to the provision of Special Education services during the COVID-19 pandemic. Questions are welcome after the presentation.

[Click here to preregister!](#)



Scavenger Hunt

Scavenger Hunt

Thursday, September 24th
1:30p-2:00p

Join us for a riddle-themed Scavenger Hunt! Use your powers of observation and get creative!

[Click here to preregister!](#)



Food for Thought

Food For Thought

Thursday, September 24th
2:30-3:15p

The aromas of Fall recipes are in the air! Join us and learn how to make cornbread!

Recommended Ingredients

Flour (1 cup)

Cornmeal (1 cup)

White sugar (1/4 cup)

*Baking soda (1 teaspoon)
Salt (3/4 teaspoon)
Nonfat Yogurt (1 cup)
Eggs (2)*

[Click here to preregister!](#)



Stay Active

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Sharing Successes

Sharing Successes

Friday, September 25th
1:00p-2:30p

Join us to play a quiz bowl! Come prepared to share and learn more about each other! Guidelines will be provided at the event.

[Click here to preregister!](#)



Bingo Fridays

Bingo Fridays

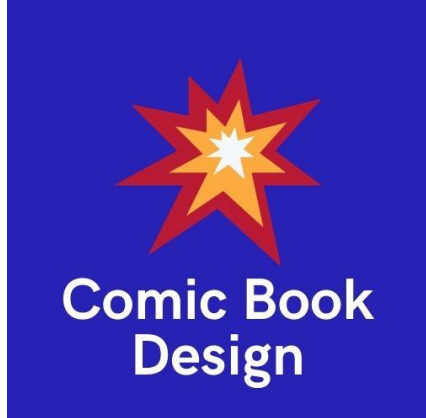
Friday, September 25th
3:15p-5:15p

Join us to play bingo!

*For cards/prize info, email
DustinZ@racker.org.*

[Click here to preregister!](#)

Comic Book Design



Saturday, September 26th
5:00p-6:00p

Saturday is the perfect day for comic book creativity! Join us for a weekend session of Comic Design!

Let's draw up some stories together!

Recommended Supplies

Prepared panels (3-9)

Ruler (1)

Pencils (2-3)

Paper (10-5 sheets)

[Click here to preregister!](#)

Racker's Family Resource Program
For more info | Dustinz@racker.org