

# Racker

## *Virtual Activities Calendar* *September 28th through October 3rd*

### *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 28th  
4:00p-5:00p

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

[Click here to preregister!](#)



## Other Voices in the 607



## 14 Weeks to a Healthier You (Orientation)

### ***Fourteen Weeks to a Healthier You (Orientation)***

Monday, September 28th  
3:30p-4:00p

*Provided by NCHPAD (the National Center on Health, Physical Activity, and Disabilities), this Program is designed to create a healthier you!*

*In this orientation, we will explain the roadmap of the Program and explore the included exercise regimen and nutritional aspects!*

*Welcome packets will be mailed to interested participants after the orientation!*

[Click here to preregister!](#)

### ***Stay Active***

Tuesday, September 29th  
3:00p-3:30p

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

[Click here to preregister!](#)



**Stay  
Active**

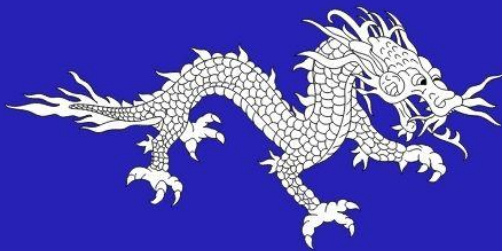


**Racker  
D-I-Y**

***Racker Do-It-Yourself***  
Tuesday, September 29th  
3:30p-4:00p

*Our host of the week presents  
information about safe, lawn care!*

[Click here to preregister!](#)



**Museum  
Menagerie**

***Museum Menagerie***  
Wednesday, September  
30th  
11:00a-11:40a

*Chinese dragons are symbols of power  
and strength. They can be visible or  
invisible and vary greatly in size.*

*Hosted by Cornell Johnson Museum of  
Art, this event explores these mythical  
creatures. Bring your pencil and paper -  
this session includes a dragon-making  
activity!*

[Click here to preregister!](#)

***Bingo Wednesdays***



## Bingo Wednesdays

Wednesday, September  
30th

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  
30th

4:00p-5:30p

*Learn how to make a Waldorf Salad!*

#### **Recommended Ingredients**

*Mayonnaise (6 tablespoons)*

*Lemon juice (1 tablespoon)*

*Salt (1/2 teaspoon)*

*Black pepper (1 pinch)*

*Sweet apples (2)*

*Red, seedless grapes (1 cup)*

*Celery (1 cup)*

*Walnuts (1 cup)*

*Lettuce*

[Click here to preregister!](#)



## Scavenger Hunt

### ***Scavenger Hunt***

Thursday, October 1st

1:30p-2:00p

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

[Click here to preregister!](#)



## Food for Thought

### **Food For Thought**

Thursday, October 1st

2:00p-3:00p

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

#### **Recommended Ingredients**

*Apples (6 cups)*

*Sugar (3/4 cup)*

*Flour (2 tablespoons)*

*Cinnamon (3/4 teaspoon)*

*Salt (1/4 teaspoon)*

*Nutmeg (1/8 teaspoon)*

*Lemon juice (1 tablespoon)*

*Refrigerated pie crust (1 box)*

[Click here to preregister!](#)



## Stay Active

### **Stay Active**

Thursday, October 1st

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!](#)



## Self Direction Participants Q & A

### **Self Direction**

### **Participants Q&A**

Thursday, October 1st

4:00p-4:45p

*This Question and Answer is for families who are currently enrolled in Self Direction through a Racker Fiscal Intermediary. With Medicaid's Electronic Visit Verification (EVV) deadline approaching, this Self Direction Q&A session will focus on what EVV is, how it works, and what it means for you and your staff.*

Additionally, join us in welcoming our new Fiscal Intermediary, Raimona Rowe!

[Click here to preregister!](#)



## Bingo Fridays

### ***Bingo Fridays***

Friday, October 2nd

3:15p-5:15p

*Join us to play bingo!*

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

[Click here to preregister!](#)



## Comic Book Design

### ***Comic Book Design***

Saturday, October 3rd

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!](#)

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Racker's Family Resource Program  
For more info | [DustinZ@racker.org](mailto:DustinZ@racker.org)