

Racker

Virtual Activities Calendar *October 19th through October 24th*

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, October 19th
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



Team Healthy

Team Healthy Week 3

Tuesday, October 20th

Thursday, October 22nd

10:00a-11:30a

*Join us for week 3 of **Team Healthy**, a derivative of the 14 Weeks to a Healthier You program.*

In week 3, we focus on proper breathing and the identification of healthy breakfast foods!

There are two sessions per week that cover the same material - Tuesdays and Thursdays!

[Click here to preregister for Tuesday!](#)

[Click here to preregister for Thursday!](#)

Stay Active

Tuesday, October 20th

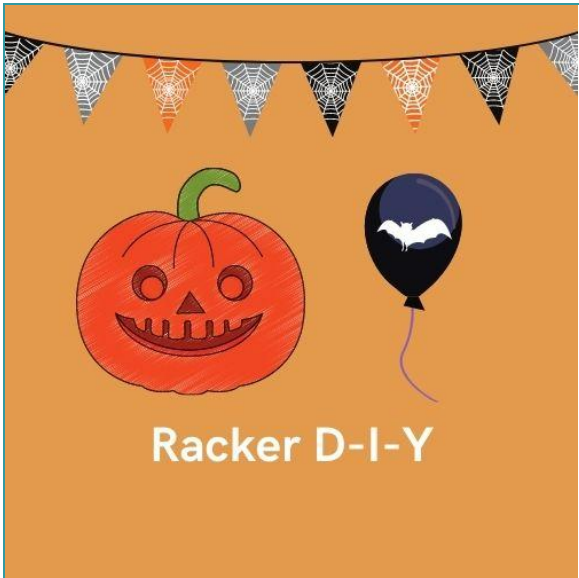
3:00p-3:30p

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, October 20th

3:30p-4:00p

Learn to make a variety of Halloween decorations and crafts - floating spooky faces, light up containers, spider webs, and more!

Recommended Supplies

Pencil or pen

Toilet paper roll cardboard

Fishing line or string

Safety scissors

Glow sticks

Black paper or thin cardboard

Glue (Elmer's or similar)

Milk or water jugs

Orange paint

Orange tissue paper

Permanent black marker

Battery operated tealight or Christmas lights

Yarn or string

Inflated balloon (1)

Liquid glue

Bowl for glue (1)

[Click here to preregister!](#)

Bingo Wednesdays

Wednesday, October 21st

1:30p-3:30p

Welcome to a special, Halloween-



Bingo Wednesdays

themed session of bingo! We'll also be playing in standard format.

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

[Click here to preregister!](#)



Pantry Cooking

Pantry Cooking

Wednesday, October 21st

4:00p-5:30p

Learn how to make banana bread!

Recommended Ingredients

Sugar (1 cup)

Butter or margarine (1/4 cup)

Eggs (2)

Flour (2 cups)

Baking soda (1 teaspoon)

Salt (1/2 teaspoon)

Ripe bananas (3)

Nutmeats (1/2 cup; optional)

[Click here to preregister!](#)



Scavenger Hunt

Scavenger Hunt

Thursday, October 22nd

1:30p-2:00p

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

[Click here to preregister!](#)

Food For Thought



Food for Thought

Thursday, October 22nd
2:00p-3:00p

Learn how to make vegetarian meatballs!

Recommended Ingredients

Black or kidney beans (1 1/4 oz can)

Onion (1/2; medium)

Flax seeds (1 tablespoon)

Breadcrumbs (1/4 cup)

Italian seasoning (1 teaspoon)

Garlic (2 small cloves)

[Click here to preregister!](#)



Stay Active

Stay Active

Thursday, October 22nd
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!](#)



****New York Ballet's Access Workshop for Teens and Adults***

Thursday, October 22nd
6:00p-7:00p

*Join the artists of New York City Ballet for a series of **free** Movement Workshops designed especially for teens and adults with disabilities! Each one-hour workshop will be taught by an NYCB Dancer and will include a warm-up and choreography inspired by the Company's vast repertory.*

Modifications and movement options will be offered throughout, and movers of all abilities are welcome.

**Please note, this is a free, public event hosted by New York Ballet through ZOOM. The registration process is completed through New York Ballet's website. You will have the ability to enable your camera during the workshop but if you would prefer to be off-camera, you are more than welcome to do so.*

For other questions or assistance with registration, [email Dustinz@racker.org](mailto:Dustinz@racker.org).

O'Connor, R. (2020). Access Key Art 5 [Photograph].

Click here for free virtual tickets!



Tompkins Celebration
Thursday, October 22nd
7:00p-8:00p

Each county will have a week-long feature on our social media culminating with a live ZOOM call celebrating our award recipients!

Tompkins Staff Award Recipients

Austin MacRae
Joe Homza
Ashley Siegard
Ethan Carlson
Dawn Crull
Mike Shafer
Doug Firth
Elsie Geno

Click here to join the Celebration!

Bingo Fridays
Friday, October 23rd
3:15p-5:15p

Welcome to a special, Halloween-themed session of bingo! We'll also be playing in standard format.

For cards/prize info, email



Bingo Fridays

Click here to preregister!



****New York Ballet's
Access Workshop for
Children***

Saturday, October 24th
12:00p-12:45p

*Join the artists of New York City Ballet
for a series of **free** Movement
Workshops designed especially for
children with disabilities!*

*Recommended for Children ages 4–12,
each 45-minute workshop will be taught
by an NYCB Dancer and will include a
warm-up and choreography inspired by
some of the Company's most treasured
ballets.*

*Movement options will be offered
throughout, and young movers of all
abilities and their siblings are welcome.*

****Please note, this is a free, public event
hosted by New York Ballet through
ZOOM. The registration process is
completed through New York Ballet's
website. You will have the ability to
enable your camera during the
workshop but if you would prefer to be
off-camera, you are more than welcome
to do so.***

*For other questions or assistance with
registration, [email DustinZ@racker.org](mailto:DustinZ@racker.org).*

Click here for free virtual

tickets!



Comic Book Design

Comic Book Design

**Saturday, October 24th
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