

Racker

Virtual Activities Calendar *October 26th through October 31st*

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
A 2020 ZOOM
Halloween Party
Monday, October 26th
4:00p-5:00p

Share topics that are important to you and connect with other self-advocates! In this session, we're throwing a Halloween party for Racker participants, age 18 and older!

Activities Included



Other Voices in the 607

[Click here to preregister for
this Party \(18+\)](#)



A Virtual Halloween Party

[Click here to preregister for
this Party \(all ages\)](#)

*Pumpkin decorating
A Halloween costume contest
Halloween-themed games*

For questions: Jenniferf@racker.org

A ZOOM Halloween Party

**Saturday, October 31st
2:00p-4:00p**

*We're throwing a virtual Halloween
party as part of the Virtual Activities!
This party is open to Racker
Participants of all ages.*

Activities Included

*A Halloween snack contest
A Halloween scavenger hunt
Musical chairs
A Halloween quiz
Pumpkin decorating
Halloween-themed games*

For questions: Dustinz@racker.org

Team Healthy Week 4

**Tuesday, October 27th
Thursday, October 29th
10:00a-11:30a**

*Join us for week 4 of **Team Healthy**, a
derivative of the 14 Weeks to a
Healthier You program.
In week 4, we focus on aerobic exercise
and portion/serving sizes!*

There are two sessions per week that

cover the same material - Tuesdays and Thursdays!



Team Healthy

[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)



Stay Active

Stay Active

Tuesday, October 27th

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](#)



Racker D-I-Y

Racker Do-It-Yourself

Tuesday, October 27th

3:30p-4:00p

Prepare for our upcoming Halloween party and decorate a pumpkin!

Recommended Supplies

1 Pumpkin (any size)

Acrylic paint of any color

Paint brushes

Elmer's craft glue or similar

String or ribbon

Glitter (optional)

Stickers (optional)

[Click here to preregister](#)

Bingo Wednesdays

Wednesday, October 28th
1:30p-3:30p



Bingo Wednesday

Welcome to a special, Halloween-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

Wednesday, October 28th
4:00p-5:30p



Pantry Cooking

Learn how to make chicken soup with vegetables!

Recommended Ingredients

Vegetable oil (1 tablespoon)

Onion (1; peeled and chopped)

Celery stalks (2; sliced)

Carrots (2; peeled and sliced)

Low-sodium chicken broth (8 cups)

Brown rice (1/2 cup)

Shredded chicken (2 cups)

[Click here to preregister](#)

Scavenger Hunt

Thursday, October 29th
1:30p-2:00p



Scavenger Hunt

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

[Click here to preregister](#)

Food For Thought

Thursday, October 29th
2:00p-3:00p



Food for Thought

Learn to make some Halloween
Monster Munch!

Recommended Ingredients

Kettle corn (3 cups)

Pretzels (2 cups)

Milk chocolate chips (1 cup)

White chocolate chips (1 cup)

M&Ms (1/2 cup)

[Click here to preregister](#)



Stay Active

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Thursday, October 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](#)



Self Direction

Participants Q&A

Thursday, October 29th
4:00p-4:45p

*This Question and Answer is for families who are currently enrolled in Self Direction through a Racker Fiscal Intermediary. This week's discussion focuses on **Designated Cluster Mitigation** practices in response to COVID-19. Learn about the zone tiers, our practices to ensure safety, and how these may impact Services.*

[Click here to join Q&A](#)



Bingo Friday

Bingo Fridays

Friday, October 30th

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
DustinZ@racker.org.*

[Click here to preregister](#)



Comic Book Design

Comic Book Design

Saturday, October 31st

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