

Racker

Virtual Activities Calendar October 5th through October 10th

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

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Monday, October 5th

4:00p-5:00p

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

[Click here to preregister!](#)



Team Healthy

Team Healthy Week 1

Tuesday, October 6th

Thursday, October 8th

10:00a-11:30a

*Join us for week 1 of **Team Healthy**, a derivative of the 14 Weeks to a Healthier You program. In week 1, we focus on warm-ups, cool-downs, and the best ways to equip yourself for physical activity!*

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

Stay Active

Tuesday, October 6th

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 6th

3:30p-4:00p

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

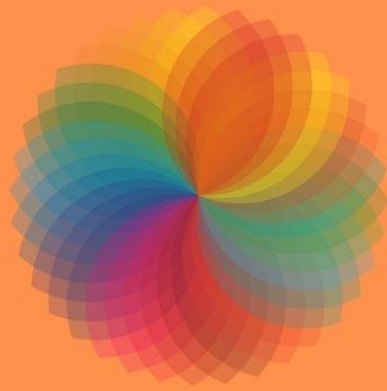
[Click here to preregister!](#)

The Impact of Color

Wednesday, October 7th

11:00a-11:40a

This event was exclusively developed by Cornell Johnson Museum of Art for Racker's Virtual Activities! Explore the world of color and the feelings that certain colors may invoke! Come



The Impact of Color

prepared to share your favorite color as well as items that include it.

[Click here to preregister!](#)



Bingo Wednesdays

Bingo Wednesdays Wednesday, October 7th 1:30p-3:30p

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 7th 4:00p-5:30p

Learn how to make classic chili!

Recommended Ingredients

Extra virgin olive oil (3 tablespoons)

Medium onion (1 cup)



Pantry Cooking

*Carrot (1)
Red bell pepper (2-3)
Salt
Garlic cloves (2 teaspoons)
Chili powder (2 tablespoons)
Ground cumin (1 teaspoon)
Ground turkey (1 pound)
Chicken stock (3 cups)
Dried oregano (1 teaspoon)
Bay leaf (1)
Tomato paste (1 tablespoon)
Cider or white vinegar (1 tablespoon)
Black beans (2 cans)
Ground black pepper*

[Click here to preregister!](#)



Scavenger Hunt

Scavenger Hunt
Thursday, October 8th
1:30p-2:00p

Join us as we explore cinema in this week's Scavenger Hunt! Use your powers of observation and get creative!

[Click here to preregister!](#)

Food For Thought
Thursday, October 8th
2:00p-3:00p

The aromas of Fall recipes are in the air! Learn how to make pumpkin pie



Food for Thought

oatmeal!

Recommended Ingredients

Milk (1/2 cup)

Rolled oats (1 cup)

Canned pumpkin (1/4 can)

Brown sugar (2 teaspoons)

Pumpkin spice (1 teaspoon)

Ground cinnamon (1 teaspoon)

Butter (1 tablespoon)

Graham cracker (1)

Salt

[Click here to preregister!](#)



Stay Active

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Thursday, October 8th

3:00p-3:30p

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

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Bingo Fridays

Friday, October 9th

3:15p-5:15p

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



Bingo Fridays

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

[Click here to preregister!](#)



Comic Book Design

Comic Book Design
Saturday, October 10th
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

