

November 2nd through November 7th

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!



Participants are encouraged to invite friends and family!

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, November 2nd 4:00p-5:00p

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

Click here to preregister







Team Healthy Week 5

Tuesday, November 3rd 10:00a-11:30a Thursday, November 5th 10:00a-11:00a

Join us for week 5 of **Team Healthy**, a derivative of the 14 Weeks to a Healthier You program.

In week 5, we focus on the "rainbow of fruits!"

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, November 3rd 3:00p-3:30p Thursday, November 5th 3:00p-3:30p

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





Two sessions covering the same material are available! This week, we continue focusing on drumming exercises! Bring something to drum with!

Click here to preregister for Tuesday

Click here to preregister for Thursday



Racker Do-It-Yourself Tuesday, November 3rd 3:30p-4:30p

Learn how to make sanitizing wipes at home!

Recommended Ingredients

Distilled water (2 cups)
Isopropyl alcohol (70-91%
concentration)
Dawn dish soap (1 tablespoon)
(optional)
Tea tree oil (2-3 drops) (Optional)
Paper towels (1 roll)

Click here to preregister



*Music Class with Tom Knight

Wednesday, November 4th 10:30am

Hosted by the South Hadley Family Center (MA), This is a free ZOOM music class for young Children.

*Please note, this is a free, public event hosted by the South Hadley Family Center. You will have the ability to enable your camera during the event, but if you would prefer to keep it disabled, you are more than welcome to do so. No registration is required.





Animals in Art

Wednesday, November 4th 11:00am-11:45am

Join Carol and Andrea of Cornell Johnson Museum of Art and explore dogs and cats in art! Participants are encouraged to invite their own pets to this virtual event or share a photo of a cat or dog in their lives.

Click here to preregister



Bingo Wednesdays

Wednesday, November 4th 1:30p-3:30p

Join us to play bingo!

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

Click here to preregister



Pantry Cooking

Wednesday, November 4th 4:00p-5:30p

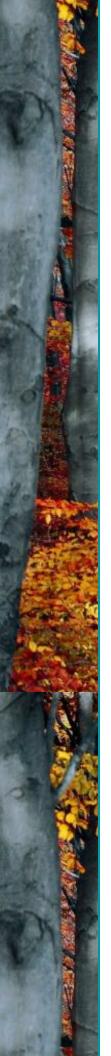
Learn how to make baked garlic Parmesan chicken and butternut squash!

Recommended Ingredients

Salt (1/4 teaspoon)

Garlic Parmesan Baked Chicken

Chicken (1-1.5 lbs., trimmed and cut)
Parmesan cheese (1/4 cup)
Breadcrumbs (1/4 cup)
Basil (1 teaspoon)
3 garlic cloves or garlic powder
Olive oil (1/4 cup)



Pepper (1/4 teaspoon)

Butternut Squash

Butternut squash (1 large/medium) Olive oil (2 tablespoons) Salt (1/4 teaspoon) Pepper (1/4 teaspoon)

Click here to preregister



Food for Thought

Thursday, November 5th 11:00a-12:00p

Food for Thought appears in a new time slot! Learn how to make cucumber sushi!

Cucumber (2 medium)
Avocado (1/4)
Pepper (1/2)
Carrots (2)
Mayonnaise (1/3 cup)
Soy sauce (1 teaspoon)

Click here to preregister



Scavenger Hunt

Thursday, November 5th 1:30p-2:30p

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

Click here to preregister

Guided Relaxation

(Orientation)
Tuesday, November 3rd
4:30p-5:30p
Thursday, November 5th





4:30p-5:30p

Learn about the benefits of mindfulness, yoga, and other relaxation techniques!

There are two sessions per week covering the same material!

Click here to preregister for Tuesday

Click here to preregister for Thursday



Virtual Shopping

Friday, November 6th 11:00a-1:30p

Learn how to shop online and learn the ins and outs of comparison shopping! This session will also teach the functions of online pick-up/delivery for stores near you! We will also showcase how to locate hard-to-find D-I-Y and Pantry Cooking supplies!

Click here to preregister



Bingo Fridays

Friday, November 6th 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, November 7th



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 (10-15 sheets)

Click here to preregister

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

