



## ***Virtual Activities Calendar***

### ***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\*\*](#)



## Other Voices in the 607



## Team Healthy

### ***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, skill-based techniques, and dancing - it's all here in this virtual exercise regimen!*



Stay Active

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 D-I-Y

### ***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.*

[Click here to join](#)



## Animals in Art

### ***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 Wednesday

### ***Bingo Wednesdays***

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

*Join us to play bingo!*

*For cards/prize info, email  
[DustinZ@racker.org](mailto:DustinZ@racker.org).*

[Click here to preregister](#)



## Pantry Cooking

### ***Pantry Cooking***

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

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

#### **Recommended Ingredients**

***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)*  
*Salt (1/4 teaspoon)*

*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

### ***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

### ***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



## Guided Relaxation

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 Session

### ***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 Friday

### ***Bingo Fridays***

Friday, November 6th

3:15p-5:15p

*Join us to play bingo!*

*For cards/prize info, email  
[DustinZ@racker.org](mailto:DustinZ@racker.org).*

[Click here to preregister](#)

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

Saturday, November 7th

5:00p-6:00p



## Comic Book Design

*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](#)

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