

# Racker

## *Virtual Activities Calendar* *November 9th through November 14th*

### **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 9th***  
***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 6** Tuesday, November 10th 10:00a-11:30a

*Join us for week 6 of **Team Healthy**, a derivative of the 14 Weeks to a Healthier You program. In week 6, we focus on **vegetables** and exercises to strengthen the lower-body!*

[Click here to preregister for Tuesday](#)



## Pantry Cooking Dessert Edition

### **Pantry Cooking Dessert Edition** Tuesday, November 10th 12:00p-1:00p

*Join us for a "sweet" session of Pantry Cooking! This additional event focuses on dessert recipes. Learn how to make **brownies** this week!*

#### **Recommended Ingredients**

*Chocolate brownie mix (1 box)  
Peanut butter (1 jar)  
Vanilla whipped frosting (1 can)  
Eggs (2)  
Vegetable oil (1/4 cup)  
Water (1/3 cup)*

[Click here to preregister](#)





## Stay Active

### **Stay Active**

Tuesday, November 10th

3:00p-3:30p

Thursday, November 12th

3:00p-3:30p

*Join us and get moving! Warmups, skill-based 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](#)



## Game Night

### **Game Night**

Tuesday, November 10th

5:45p-6:30p

*Join us to play some games, including our classic Break Out game and others!*

[Click here to preregister](#)

### **Bingo Wednesdays**

Wednesday, November 11th

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](#)



## Bingo Wednesday



## Pantry Cooking

### ***Pantry Cooking***

Wednesday, November 11th

4:00p-5:30p

*Learn how to make **Impossibly Easy Cheeseburger Pie!***

#### Recommended Ingredients

*Ground beef (Lean; 1 lb.)*

*Onion (1)*

*Salt (1/4 teaspoon)*

*Shredded cheddar cheese (1 cup)*

*Bisquick mix (1/4 cup)*

*Milk (1 cup)*

*Eggs (2)*

[Click here to preregister](#)



## Food for Thought

### ***Food for Thought***

Thursday, November 12th

11:00a-12:00p

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

#### Recommended Ingredients

*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 12th  
1:30p-2:30p

*Join us for a Scavenger Hunt! This week's theme is **thankfulness**! Use your powers of observation and get creative!*

[Click here to preregister](#)



### **Self Direction**

#### **Participants Q&A**

Thursday, November 12th  
4:00p-4:45p

*This Question and Answer is for families who are currently enrolled in Self Direction through a Racker Fiscal Intermediary.*

*With Medicaid's **Electronic Visit Verification (EVV)** deadline approaching, this Self Direction Q&A will focus on what EVV is, how it works, and what it means for you and your staff. We'll also be discussing **Signature Capture** and the manager's role in the oversight of staff time.*

[Click here to join](#)

### **Guided Relaxation**

Tuesday, November 10th

4:30p-5:30p

Thursday, November 12th

4:30p-5:30p

*Learn about the benefits of mindfulness, yoga, and other relaxation techniques! This week, we focus on **guided imagery**.*



## Guided Relaxation

*There are two sessions per week covering the same material - Tuesdays and Thursdays!*

[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)



## Virtual Shopping Session

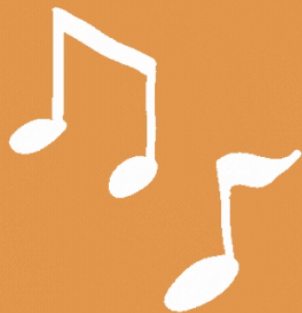
### **Virtual Shopping**

Friday, November 13th

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 Pantry Cooking supplies!*

[Click here to preregister](#)



## All Things Music

### **All Things Music**

Friday, November 13th

2:00p-3:00p

*Explore various genres of music with us. **Karaoke** and other surprises are included in this event!*

[Click here to preregister](#)

### **Bingo Fridays**

Friday, November 13th

3:15p-5:15p



## Bingo Friday

*Join us to play bingo!*

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

[Click here to preregister](#)



## Comic Book Design

***Comic Book Design***  
Saturday, November 14th  
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](#)

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