

# Racker

## *Virtual Activities Calendar December 21st through 26th*

### **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, December 21st  
4:00p-5:00p

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



[Click here to preregister](#)



### ***Virtual Activities Holiday Party***

Monday, December 21st  
6:30p-8:00p

*Ring in the holidays with us! Bring your holiday spirit and participate in holiday-themed bingo, karaoke, ornament making, and more!*

#### **Recommended Supplies**

Felt or comparable fabric  
Candy cane (1)  
"Googly" eyes  
Holiday spirit

[Click here to preregister](#)



### ***Stay Active***

Tuesday, December 22nd  
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 for Tuesday](#)

### ***Guided Relaxation***

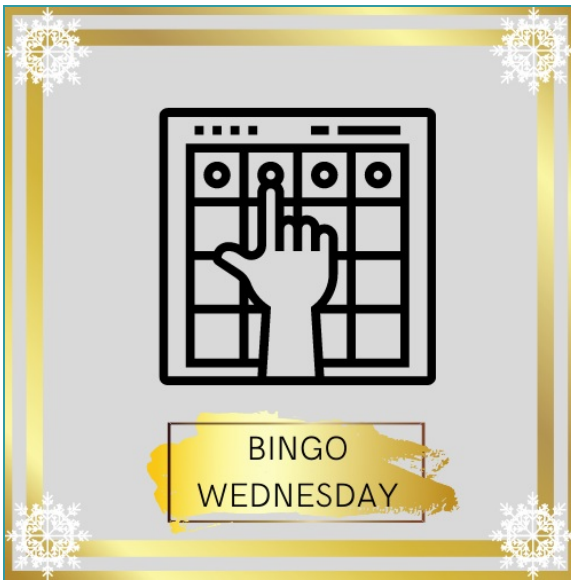


Tuesday, December 22nd

4:30p-5:30p

*Learn about the benefits of mindfulness, yoga, and other relaxation techniques! This week, we are inviting you to get cozy with us! Bring hot cocoa or another comforting beverage and explore some guided imagery.*

[Click here to preregister for Tuesday](#)



### ***Bingo Wednesdays***

Wednesday, December

23rd

1:45p-3:45p

*Join us to play bingo!*

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

[Click here to preregister](#)



### ***Pantry Cooking***

Wednesday, December

23rd

4:30p-5:30p

*Learn how to make blueberry banana muffins!*

#### **Recommended Ingredients**

*Bananas (3)*

*Sugar (3/4 cup)*

*Egg (1)*

*Butter (1/3 cup)*

*Blueberries (1 cup)*

*Baking soda (1 teaspoon)*

*Baking powder (1 teaspoon)*

*Salt (1/2 teaspoon)*

*Flours (1 and 1/2 cups)*

[Click here to preregister](#)





GAME  
NIGHT

## **Game Night**

Wednesday, December

23rd

5:45p-6:30p

*Join us for "Guess Who?," lip-reading, and other exciting games!*

[Click here to preregister](#)



COMIC BOOK  
DESIGN

## **Comic Book Design**

Saturday, December 26th

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)**