

Racker

Virtual Activities Calendar *December 28th through January 2nd*

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 28th
4:00p-5:00p

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



[Click here to preregister](#)



STAY
ACTIVE

Stay Active

Tuesday, December 29th
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](#)



GUIDED
RELAXATION

Guided Relaxation

Tuesday, December 29th
4:30p-5:30p

Learn about the benefits of mindfulness, yoga, and other relaxation techniques! It is said that laughter is the best medicine. Join us for a variant of yoga - laughter yoga!

[Click here to preregister](#)

Team Healthy

Wednesday, December
30th
10:00a-11:30a

Join us for Team Healthy, a derivative of

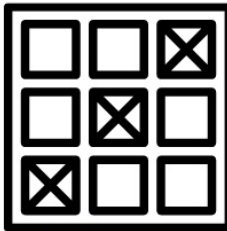


TEAM
HEALTHY

the 14 Weeks to a Healthier You program!

In Week 11, learn about the essential nature of dietary fiber!

[Click here to preregister](#)



BINGO
WEDNESDAY

Bingo Wednesdays

Wednesday, December

30th

1:45p-3:45p

Join us to play bingo!

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

[Click here to preregister](#)



PANTRY
COOKING

Pantry Cooking

Wednesday, December

30th

4:30p-5:30p

Learn how to make pizza rolls!

Recommended Ingredients

Pepperoni

String cheese (sticks)

Crescent rolls (refrigerated)

Butter

Garlic seasoning

Italian seasoning

Parmesan cheese

[Click here to preregister](#)

Game Night

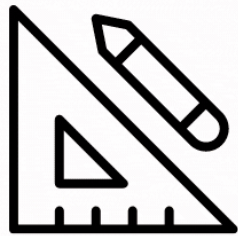


GAME
NIGHT

Thursday, December 31st
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, January 2nd
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