

# Racker

## *Virtual Activities Calendar December 7th through 12th*

### **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!*

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### **Where?**

*All Virtual Activities are offered through the video application, ZOOM!*

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### **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!*

#### ***Tom Knight's Musical Extravaganza***

***Monday, December 7th  
3:00p-3:30p***

*Join Tom Knight for an interactive, musical performance!*

*This event is exclusive to Racker*



Tom Knight's Musical Extravaganza

Participants!

[Click here to preregister](#)



Other Voices in the 607

### ***Other Voices in the 607***

Monday, December 7th

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 8th

2:45p-3:15p

Thursday, December 10th

2:45p-3:15p

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

*This week we're focusing on holiday drumming! Bring something to drum with!*

*Two sessions covering the same material are available - Tuesdays and Thursdays!*

[Click here to preregister for Tuesday](#)



[Click here to preregister for Thursday](#)



Guided Relaxation

### **Guided Relaxation**

Tuesday, December 8th

4:30p-5:30p

Thursday, December 10th

4:30p-5:30p

*Learn about the benefits of mindfulness, yoga, and other relaxation techniques! This week, we're focusing on more mindfulness exercises!*

*Two sessions covering the same material are available - Tuesdays and Thursdays!*

[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)



Team Healthy

### **Team Healthy**

Wednesday, December 9th

10:00a-11:30a

*Tune in to Team Healthy, a derivative of the 14 Weeks to a Healthier You program!*

*In Week 9, learn about your "core" and salt's impact on the body!*

[Click here to preregister](#)

### **Music Class with Tom Knight**

Wednesday, December 9th

10:30a-11:00a

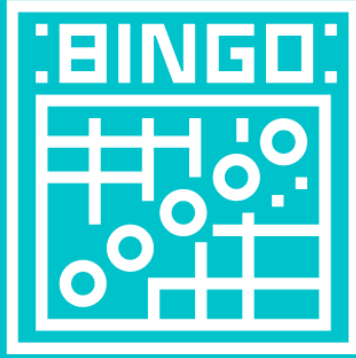


Tom Knight at South Hadley Center

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 be off-camera, you are more than welcome to do so. No registration is required.*

[Click here to join](#)



Bingo Wednesday

### **Bingo Wednesdays**

Wednesday, December 9th  
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

### **Pantry Cooking**

Wednesday, December 9th  
4:30p-5:30p

*Learn how to make ground turkey and rice soup!*

#### **Recommended Ingredients**

*93% lean ground turkey (1 lb.)  
Carrots (3, medium)  
Celery stalks (2)  
Green chiles (1, 4.5 oz. can)  
Yellow bell pepper (1)  
Yellow onion (1, small)  
Chicken broth (reduced sodium) (6 cups)  
Knorr selects rice (any kind)  
Olive oil (2 teaspoons)  
Milk (1 cup)*

[Click here to preregister](#)



Game Night

## **Game Night**

Wednesday, December 9th  
5:45p-6:30p

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

[Click here to preregister](#)



Food for Thought

## **Food for Thought**

Thursday, December 10th  
11:00am-12:00pm

*Learn how to make gingerbread  
pancakes!*

### Recommended Ingredients

Flour (1 and 1/2 cup)  
Baking powder (1 teaspoon)  
Baking soda (1/4 teaspoon)  
Salt (1/2 teaspoon)  
Ground dried ginger (1/2 teaspoon)  
Ground cinnamon (1 teaspoon)  
Egg (1)  
Vanilla extract (1/2 teaspoon)  
Molasses (1/4 cup)  
Water (1 and 1/2 cup)

[Click here to preregister](#)

## **Scavenger Hunt**

Thursday, December 10th  
1:30p-2:30p

*Join us for a holiday-themed Scavenger  
Hunt - riddles and mystery await! Use  
your powers of observation and get  
creative!*

[Click here to preregister](#)





Scavenger Hunt



Self Direction Participants Q&A

## ***Self Direction Participants Q&A***

Thursday, December 10th  
4:00p-4:45p

*This Question and Answer session is for families who are currently enrolled in Self Direction through a Racker Fiscal Intermediary. In this session, we'd like to open the floor to any topics you feel are important, including safety measures in response to COVID-19, management of staffing, Electronic Visit Verification, and housing!*

[Click here to join](#)



## ***New York Ballet Access Workshop for Teens and Adults***

Thursday, December 10th  
6:00p-7:00p

*Explore the music, movement, and themes of George Balanchine's **The Nutcracker®** in these lively one-hour movement workshops. Each workshop will be led by a NYCB dancer and will include a warm-up and choreography inspired by this treasured holiday classic.*

*Modifications and movement options will be offered throughout, and movers*

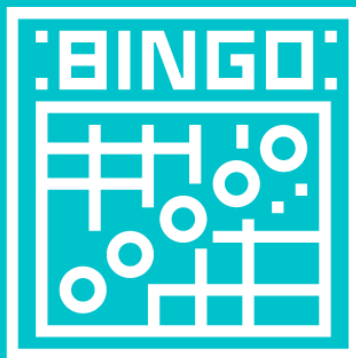
of all abilities are welcome.

*\*Please note, this is a free, public event hosted by New York Ballet through ZOOM. The registration process is completed through New York Ballet's website. You will have the ability to enable your camera during the workshop but, if you would prefer to be off-camera, you are more than welcome to do so.*

*For other questions or assistance with registration, email [Dustinz@racker.org](mailto:Dustinz@racker.org).*

*O'connor, R. (2020). Access Key Art 5 (Photograph).*

[Click here to preregister](#)



Bingo Friday

**Bingo Fridays**  
Friday, December 11th  
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](#)



**New York Ballet  
Children's Access  
Workshop**  
Saturday, December 12th  
12:00p-12:45p

*Journey to the Land of the Sweets in these 45-minute movement workshops exploring the music, movement, and themes of George Balanchine's **The Nutcracker®**. Each workshop will be led by a NYCB dancer and will include a warm-up and choreography inspired by this treasured holiday classic. Movement options will be offered throughout, and young movers of all abilities and their siblings are welcome.*



*\*Please note, this is a free, public event hosted by New York Ballet through ZOOM. The registration process is completed through New York Ballet's website. You will have the ability to enable your camera during the workshop but, if you would prefer to be off-camera, you are more than welcome to do so.*

*For other questions or assistance with registration, email [Dustinz@racker.org](mailto:Dustinz@racker.org).*

**Click here to preregister**



**Michael Hambouz**  
in his Brooklyn Studio with  
recent hand-cut paper collages

## ***Exceptional Artists Foundation Holiday Art Experience*** Saturday, December 12th 2:00p-4:00p

*This Holiday Art Experience is hosted by the Exceptional Artists Foundation! Learn how to create two types of exceptional gifts for your loved ones this holiday season: hand-cut paper collages on blank greeting cards that you can mail to family/friends led by Michael Hambouz, and flower people sculptures that will make everyone smile led by Bogyi Banovich.*

*Become an Exceptional Artist!*

*\*Please note, this is a free, public event hosted by the Exceptional Artists Foundation through ZOOM. You will have the ability to enable your camera during the event but, if you would prefer to be off-camera, you are more than welcome to do so.*

**Email [Dustinz@racker.org](mailto:Dustinz@racker.org)  
to preregister**

## ***Comic Book Design*** Saturday, December 12th 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)**