

Racker

 VIRTUAL ACTIVITIES

January 10th through 16th

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!

Metropolitan Museum Discoveries Program Tactile Treasures

***Sunday, January 10th
11:00a-12:30p***

For youth and adults with learning and developmental disabilities and those on the autism spectrum. Join the Metropolitan Museum of Art for a virtual workshop to talk about art and share artwork you have made at home!

Reservations are required and space is limited.

Please note, this is a public event hosted by the Metropolitan Museum of Art. You will have the ability to enable/disable your camera as you see fit.

For question or assistance with reservation, please contact Dustinz@racker.org.

[Click here to make a reservation!](#)



Other Voices in the 607

Monday, January 11th

4:00p-5:00p

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

Click below to watch the commercial!



[Click here to preregister](#)



Stay Active

Tuesday, January 12th

3:00p-3:30p

Thursday, January 14th

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 - Tuesdays and Thursdays!

[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)



Guided Relaxation

Tuesday, January 12th

4:30p-5:30p

Thursday, January 14th

4:30p-5:30p

Learn about the benefits of mindfulness, yoga, and other relaxation techniques! This week, learn how to make a sensory item, a stimulating pinwheel!

Recommended Ingredients

Scrapbook or construction paper

Pencil

Pushpin

Scissors

Glue

Markers or crayons (optional)

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

Wednesday, January 13th

10:00a-11:30a

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

In Week 13, learn about protein's effects on the body and practice a yoga pose or two!



★ TEAM HEALTHY

[Click here to preregister](#)



★ BINGO WEDNESDAY

Bingo Wednesdays

Wednesday, January 13th

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, January 13th

4:30p-5:30p

*Learn how to make a winter classic -
chili and cornbread!*

Recommended Ingredients

Chili

Olive oil (2 teaspoons)

Onion (1)

Garlic (3 cloves)

Red bell pepper (1)

Diced tomatoes (1 can; 28 oz.)

Chicken broth (1 and 1/4 cups)

Kidney beans (2 cans)

Sweet corn (1 can)

Extra lean ground turkey (1 lb.)

Chili powder (4 tablespoons)

Ground cumin (2 teaspoons)

Oregano (1 teaspoon)

Cayenne pepper (1/4 teaspoon)

Salt (1/2 teaspoon)

Corn bread

Butter (unsalted; 4 tablespoons)

Yellow cornmeal (1 cup)

All-purpose flour (1/4 cup)

Sugar (1/4 cup)

Baking powder (1 tablespoon)

Baking powder (1 teaspoon)

Salt (1/2 teaspoon)

Creamed corn (1 can; 8 oz.)

Milk (1 cup)

Egg (1)

[Click here to preregister](#)



★ GAME NIGHT

Game Night

Wednesday, January 13th

5:45p-6:30p

*Join us for "Guess Who?," mad libs,
and other exciting games!*

[Click here to preregister](#)



★ SCAVENGER HUNT

Scavenger Hunt

Thursday, January 14th

1:30p-2:30p

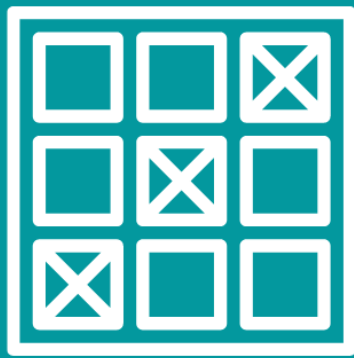
*Join us for a New Year-themed
Scavenger Hunt - riddles and mystery
await! Use your powers of observation
and get creative!*

[Click here to preregister](#)

Bingo Friday

Friday, January 15th

3:15p-5:15p



✦ BINGO FRIDAY

Join us to play bingo!

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

[Click here to preregister](#)



RallyCap Sports Virtual Fitness

**Saturday, January 16th
10:00a-11:00a**

You are invited to join RallyCap Sports for a FREE 6-week season of fitness fun led by Executive Director, Luke, and have a blast right from your living room!

Participants will follow along as Luke teaches us how to stay fit. Stretching, jumping jacks, sit ups, and more! This is a chance to move and connect with each other, as we all try to get through these challenging times. Each participant will receive a cool certificate of completion at the end of the season, that can be printed out and displayed proudly!

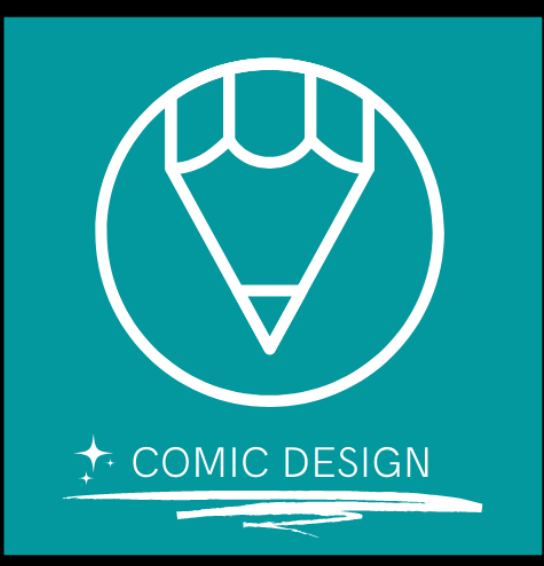
Please note, this is a public event hosted by RallyCap Sports and advertised by Racker. Preregistration is completed through RallyCap's website. For questions or assistance with registration, email DustinZ@racker.org.

[Click here to preregister](#)

Comic Book Design

**Saturday, January 16th
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