

# Racker

 VIRTUAL ACTIVITIES

***January 25th through 30th***

## **What?**

*Racker's Virtual Activities are learning opportunities either developed and hosted by the Family Resource Program's talented Community Support Professionals, or programs offered by collaborating organizations.*

*Learn to cook, draw, exercise, play games, 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!*

***Dances for a Variable  
Population  
MOVEMENT SPEAKS®  
Monday through Friday  
10:00am and 1:30pm daily***



dances for a variable population

347.683.2691  
dvpnyc.org

**MOVEMENT SPEAKS®** is the core program of Dances for a Variable Population, created and developed by Naomi Goldberg Haas. Older adults of all ages and abilities are invited to join!

*Preregistration is required before joining. The registration process is completed once per seasonal semester.*

*Please note, this is a free, public-facing event hosted by Dances for a Variable Population. Sessions may be recorded. You will have the ability to enable/disable your camera as you see fit.*

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

[Click here to preregister and join](#)



Racker  
Supporting People with Disabilities

**Other Voices in the 607**

Monday, January 25th

4:00p-5:00p

*Connect with other self-advocates and discuss topics that are important to you!*

*Click below to watch our commercial!*

[Click here to preregister](#)



**Stay Active**

Tuesday, January 26th



3:00p-3:30p  
Thursday, January 28th  
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 26th  
3:30p-4:30p  
Thursday, January 28th  
4:30p-4:30p

*Learn about the benefits of mindfulness, yoga, and other relaxation techniques! Come and explore the importance of gratitude. Participants will also have an opportunity to create a **gratitude journal!***

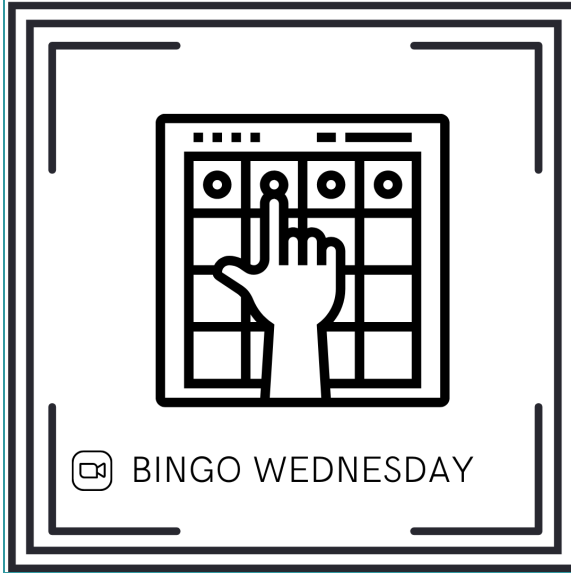
**Recommended Supplies**

*Notepad  
Stickers  
Markers/crayons  
Duct tape  
Other decorations per preference  
Two sessions covering the same material are available - Tuesdays and Thursdays!*

[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)





 BINGO WEDNESDAY

## **Bingo Wednesday**

Wednesday, January 27th

2:45p-4:15p

*Join us to play bingo!*

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

[Click here to preregister](#)



 PANTRY COOKING

## **Pantry Cooking**

Wednesday, January 27th

4:30p-5:30p

*Learn how to make cauliflower  
macaroni and cheese!*

### **Recommended Ingredients**

*Macaroni noodles (8 oz.)*

*Cauliflower (1 and 1/2 cups)*

*Kosher salt*

*Butter (1 tablespoon)*

*Flour (1 tablespoon)*

*Milk (1 and 1/2 cups)*

*Shredded cheddar cheese (8 oz.)*

*Dijon mustard (1 tablespoon)*

*Salt (1/2 teaspoon)*

[Click here to preregister](#)



 GAME NIGHT

## **Game Night**

Wednesday, January 27th

5:45p-6:30p

*Join us for some exciting games! We  
have some surprising things to offer this  
week!*

[Click here to preregister](#)



## **Daniel's Music Foundation**

### **Live Music Open Mic**

Wednesday, January 27th  
7:00p-8:00p

*Please join Daniel's Music for an Open Mic Night! Hosted on ZOOM, attendees will enjoy a variety of virtual live performances during this free, one-hour event.*

*If you are interested in attending or performing, please click below to preregister. Please note, the number of spots for performers are limited and available on a first-come, first-serve basis. Attendees will receive a Zoom invitation via email one-hour prior to the event - simply log in to enjoy. Interested performers will receive an email from Scott Schmitz with instructions.*

*This is a public-facing event hosted by Daniel's Music Foundation. You will have the ability to enable/disable your video as you see fit.*

*For more info or assistance with registration, please email [Dustinz@racker.org](mailto:Dustinz@racker.org).*

[Click here to preregister](#)

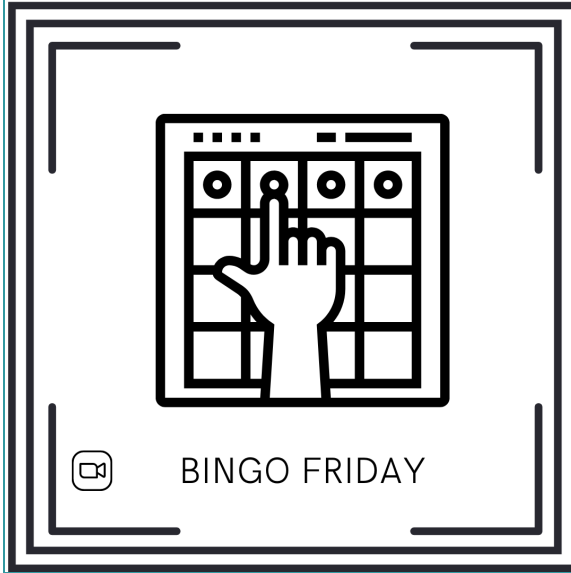


## **Scavenger Hunt**

Thursday, January 28th  
1:30p-2:30p

*Join us to explore the autonomous sensory meridian response ("ASMR") in this Scavenger Hunt!*

[Click here to preregister](#)



## **Bingo Friday**

Friday, January 29th

3:15p-5:15p

*Join us to play bingo!*

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

[Click here to preregister](#)



## **RallyCap Sports Virtual Fitness**

Saturday, January 30th

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 30th

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**

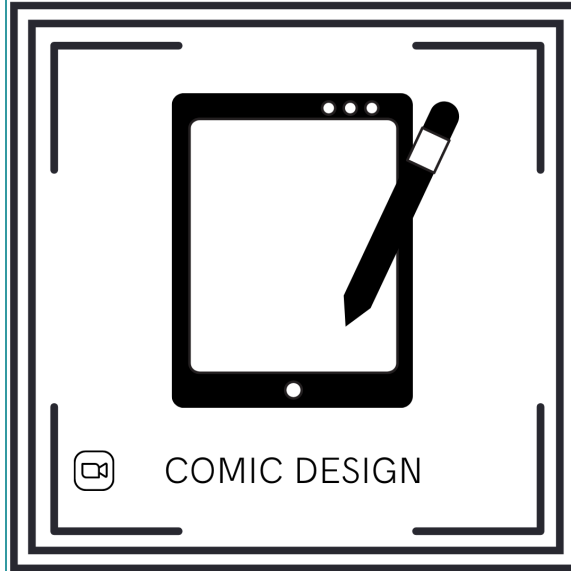
*Prepared panels (3-9)*

*Ruler (1)*

*Pencils (2-3)*

*Paper (10-15 sheets)*

*Tablet (Optional)*



**Click here to preregister**

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