
Racker

Virtual Activities Calendar ***January 4th through 9th***

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, January 4th
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 5th

3:00p-3:30p

Thursday, January 7th

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 5th

4:30p-5:30p

Thursday, January 7th

4:30p-5:30p

Learn about the benefits of mindfulness, yoga, and other relaxation techniques! This week, join us to learn and practice chakra meditation!

Two sessions covering the same

material are available - Tuesdays and Thursdays!



[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)



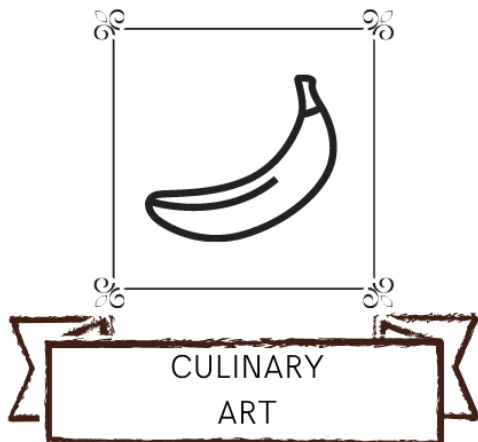
Team Healthy

Wednesday, January 6th
10:00a-11:00a

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

In Week 12, learn about yoga and healthy snacks!

[Click here to preregister](#)



Culinary Art

Wednesday, January 6th
11:00a-11:45a

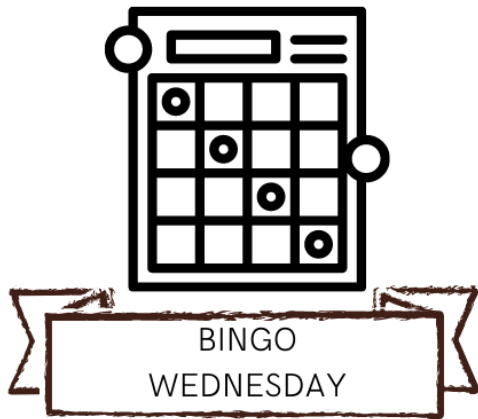
Hosted by Cornell Johnson Museum of Art, come prepared to share your favorite food(s) after we explore a variety of artworks featuring this subject!

[Click here to preregister](#)

Bingo Wednesdays

Wednesday, January 6th
1:45p-3:45p

Join us to play bingo!



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

[Click here to preregister](#)



Pantry Cooking

Wednesday, January 6th

4:30p-5:30p

Learn how to make pasta primavera!

Recommended Ingredients

Penne pasta (8 ounces)

Butter (3 tablespoons)

Shallots (2)

Garlic (2 cloves)

Vegetables (4 cups)

Chicken broth (1/2 cup)

Parmesan cheese

[Click here to preregister](#)



Game Night

Wednesday, January 6th

5:45p-6:30p

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

[Click here to preregister](#)

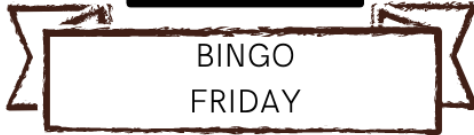
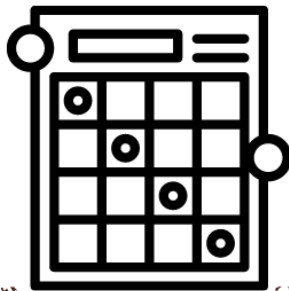
Scavenger Hunt



Thursday, January 7th
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 8th
2:15p-4:15p

Join us to play bingo!

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

[Click here to preregister](#)



***RallyCap Sports
Virtual Fitness***
Saturday, January 9th
10:00a-11:00a

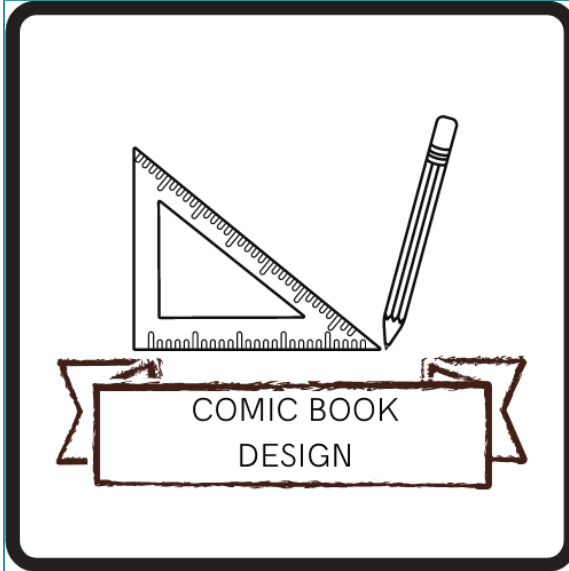
You are invited to join RallyCap Sports for a FREE 6-week season of fitness fun led by Executive Director, Luke, and have a blast right from your living room!

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 9th
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