

# Racker

 VIRTUAL ACTIVITIES

***February 1st through 6th***

## **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**  
347.683.2691  
[dvpnyc.org](http://dvpnyc.org)

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

***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](#)



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

**Monday, February 1st**

**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](#)



## ***SPEAK Series 1***

### ***Session 1***

**Tuesday, February 2nd**

**11:00a-1:00p**



Join us for the first session of **SPEAK!** This first series focuses on **Self-care and Stress Management**. Participants are encouraged to commit to all four sessions, occurring on Tuesdays in February.

In session one, join us for a **get-to-know-you exercise!** We'll also be making **sensory bottles!** Participants will receive an **activity kit** before the session date!

**Please note, registration has closed for session one. If you would like to participate in future sessions, please email [Dustinz@racker.org](mailto:Dustinz@racker.org)!**

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



### ***Stay Active***

Tuesday, February 2nd

3:00p-3:30p

Thursday, February 4th

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 each week!*

**Click here to preregister for Tuesday**

**Click here to preregister for Thursday**

### ***Guided Relaxation***

Tuesday, February 2nd

3:30p-4:30p

Thursday, February 4th



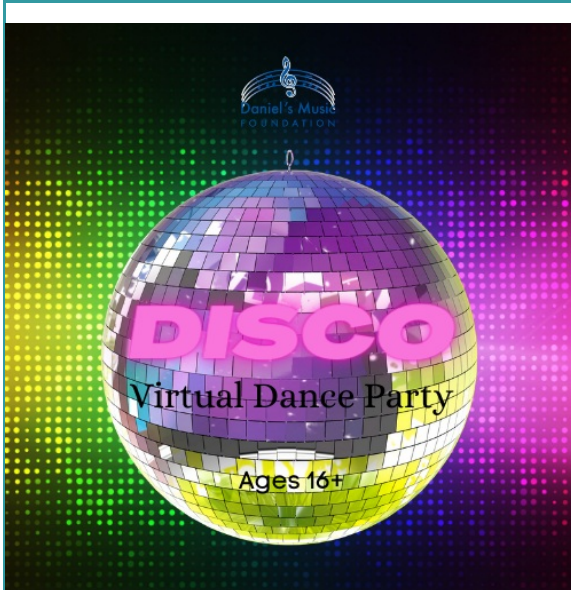
4:30p-5:30p

*Learn about the benefits of mindfulness, yoga, and other relaxation techniques! Come equipped with a paper and pencil to learn about mindfulness drawing!*

*Two sessions covering the same material are available each week!*

[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)



## **Daniel's Music Foundation**

### **Disco Dance Party**

Tuesday, February 2nd

7:00p-8:00p

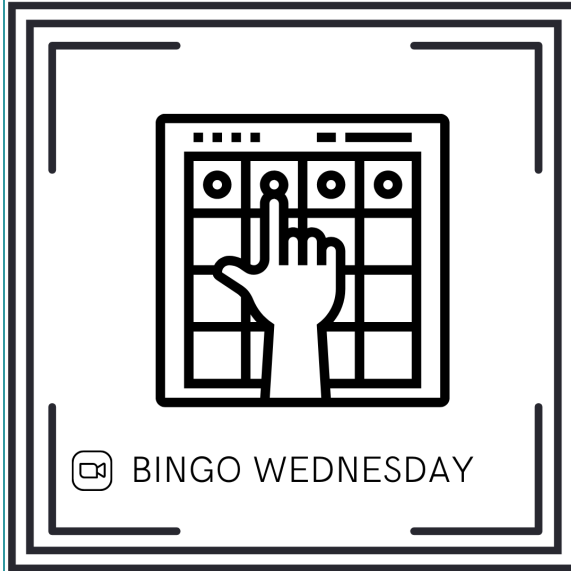
*Join Daniel's Music Foundation for a Disco Dance Party! Hosted on ZOOM, attendees, ages 16 and up, will dance along together to the latest hit songs spun by DJ Juliana, during this free, one-hour event. Don't forget your dancing shoes!*

Attendees will receive a ZOOM invitation via email one-hour prior to the event - simply log in to start moving and grooving. Virtual doors open at 6:45PM Eastern.

*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](#)



 BINGO WEDNESDAY

## ***Bingo Wednesday***

Wednesday, February 3rd

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, February 3rd

4:30p-5:30p

*Learn how to make a healthier version of brownies!*

### **Recommended Ingredients**

*Black beans (1 and 1/2 cups)*

*Cocoa powder (2 tablespoons)*

*Quick oats (1/2 cup)*

*Salt (1/4 teaspoon)*

*Pure maple syrup (1/3 cup)*

*Sugar (2 tablespoons)*

*Vegetable oil (1/4 cup)*

*Vanilla extract (2 teaspoons)*

*Baking powder (1/2 teaspoon)*

*Chocolate chips (1/2 cup)*

[Click here to preregister](#)

## ***Game Night***

Wednesday, February 3rd

5:45p-6:30p

*Join us for some exciting games!*

*Charades and some other surprises await!*

[Click here to preregister](#)



***Daniel's Music  
Foundation  
Music & Movement***  
Friday, February 5th  
1:00p-1:50p

*This is a Racker-exclusive event is hosted by Daniel's Music Foundation!*

*This session integrates voice, movement, and percussion, allowing students to understand how the body and the voice work together through music. Students will have the opportunity to work on self-expression, creativity, and coordination in a fun environment.*

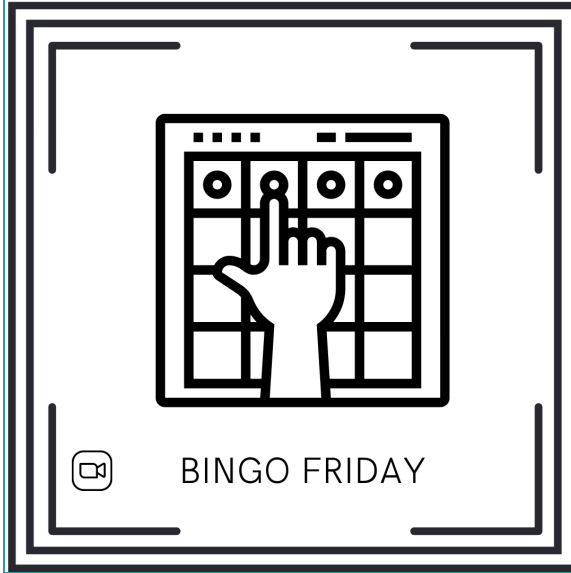
*Please note, registration for this event is limited and the registration process is modified. To preregister for this session, email [DustinZ@racker.org](mailto:DustinZ@racker.org).*

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

***Bingo Friday***  
Friday, February 5th  
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](#)



## ***RallyCap Sports Virtual Fitness***

***Saturday, February 6th  
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!*

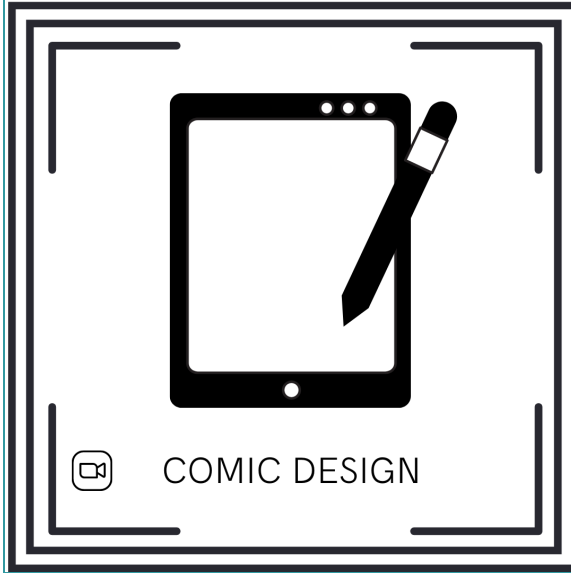
*Please note, this is a public event hosted by RallyCap Sports and advertised by Racker. Preregistration is completed through RallyCap's website. For questions or assistance with registration, email [Dustinz@racker.org](mailto:Dustinz@racker.org).*

[Click here to preregister](#)

## ***Comic Book Design***

***Saturday, February 6th  
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)**