 VIRTUAL ACTIVITIES

February 22nd through 27th

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 ZOOM!



Participants, please invite friends and families to these exciting events! Preregistration for each event is required. To preregister, click on the event icons below. Once you've completed the required fields, 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!

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.

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

For more info or assistance with registration, email Dustinz@racker.org

Preregister

Metropolitan Museum of Art Guardians and Protectors Monday, February 22nd 2:00pm-3:00pm

Take a virtual tour of the Metropolitan ("The MET") Museum of Art! Explore the history of pieces depicting guardians and protectors!

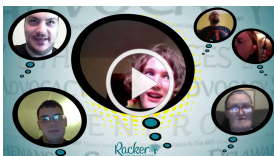
Preregister



Other Voices in the 607 Monday, February 22nd 4:00pm-5:00pm

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

Click below to watch our commercial!



Preregister



RallyCap Fitness Monday, February 22nd 5:15pm-6:15pm

Join Rally Cap representatives for a rotation of exercise circuits. Participants will have the opportunity to learn diverse forms of exercise, including squats, boxing, balancing techniques, and more!

Preregister



SPEAK Series 1 Tuesday, February 23rd 11:00am-1:00pm

Join us in SPEAK to explore art and music therapy!

Please note, registration for SPEAK has closed. Email Dustinz@racker.org for info on future sessions.

Dustinz@racker.org



Stay Active

Tuesday, February 23rd

3:00pm-3:30pm

Thursday, February 25th

3:00pm-3:30pm

Get movin' virtually! Warmups, skill-based techniques, drumming, and dancing - it's all here!

Two sessions covering the same material are available each week!

Preregister (Tuesday)

Preregister (Thursday)

Guided Relaxation

Tuesday, February 23rd

4:30pm-5:30pm

Thursday, February 25th

4:30pm-5:30pm

Learn relaxation techniques such as meditation, mindfulness, and more! This week, paint a mandala!

Two sessions covering the same material are available each week!

Preregister (Tuesday)

Preregister (Thursday)

Cerebral Palsy Association of New York Spirit Club - Fitness Training Wednesday, February 24th 10:00am



Join the Spirit Club and learn tips for staying healthy and active during a pandemic! Join us for virtual fitness!

Please note, this is a free, public-facing event hosted by the Cerebral Palsy Association of New York State. You will have the ability to enable/disable your camera as you like.

Join

Bingo Wednesday

Friendly competition
with others!



Bingo Wednesday
Wednesday, February 24th
1:45pm-3:45pm

Pantry Cooking

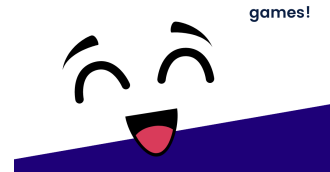
Learn how to make
unique, tasty recipes!



Pantry Cooking
Wednesday, February 24th
4:30pm-5:30pm

Game Night

Share laughter in
charades and other
games!



Game Night
Wednesday, February 24th
5:45pm-6:30pm

Join us to play bingo! Email Dustinz@racker.org for prize info.

Preregister

Get cookin'! This week, we're making Ronald Reagan's mac' and cheese!

Recommended Ingredients

Macaroni (1/2 lb.)
Butter (2 teaspoons)
Egg (1)
Salt (1 teaspoon)
Dry mustard (1 teaspoon)
Sharp cheddar cheese (3 cups)
Milk (1 cup)

Preregister

Play some games! Charades and some other surprises await!

Preregister

Scavenger Hunt
Thursday, February 25th
1:30pm-2:30pm

Solve riddles and learn fun facts! This week's theme is Black History Month!

Preregister



Autism Lending Library Tour
Thursday, February 25th
5:00pm-6:00pm

Join Amanda, Jennifer, Marlene, and Megan and discover the wide array of resources available across Tioga, Tompkins, and Cortland Counties. Take a tour of our many diverse offerings. Explore sensory items and safety products available for lending! View our interactive games library! This and much more is available to you in this exciting ZOOM session!

Preregister



Bingo Friday
Friday, February 26th
2:45pm-4:45pm

Join us to play bingo! Email Dustinz@racker.org for prize info.



Preregister

Bingo Fridays

Friendly competition with others!



Virtual Improv Friday, February 26th 5:00pm-6:00pm

Learn improv exercises and play fun games! In the first session, explore the "high five" game, create a verbal invention, describe poses, and more!

Preregister



African American Artistry Friday, February 26th 6:00pm-7:00pm

In recognition of Black History Month, we'd like to explore the works of African American artists! Bring your creativity and let's try to duplicate some of their styles!

Preregister



Comic Design Saturday, February 27th 5:00pm-6:00pm

Let's draw up some stories together!

Preregister



Racker's Family Resource Program
For more info | Dustinz@racker.org

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