

Racker

 VIRTUAL ACTIVITIES

February 8th through 13th

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

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.

[Click here to preregister and join](#)



Racker
Supporting People with Disabilities

Other Voices in the 607
Monday, February 8th
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](#)



**RallyCap Virtual
Fitness**



Monday, February 8th
5:15p-6:15p

This RallyCap event is exclusive to Racker's Virtual Activities!

Join Rally Cap representatives, Ethan and Annika, for a rotation of exercise circuits. In addition to warm ups and cool downs, participants will have the opportunity to learn diverse forms of exercise, including squats, boxing, balancing techniques, and more in this exciting, new event!

[Click here to preregister](#)



SPEAK Series 1

Session 2

Tuesday, February 9th
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 two, we explore a "52 Essential Conversations" card game, personalize our journals, listen to some guitar, and more!

Please note, registration has closed for session two. If you would like to participate in future sessions, please email Dustinz@racker.org!

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

Stay Active

Tuesday, February 9th
3:00p-3:30p

Thursday, February 11th
3:00p-3:30p



STAY ACTIVE

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

Guided Relaxation

Tuesday, February 9th

4:30p-5:30p

Thursday, February 11th

4:30p-5:30p

Learn about the benefits of mindfulness, yoga, and other relaxation techniques! Join us as we continue exploring mindfulness drawing!

Two sessions covering the same material are available each week!

[Click here to preregister for Tuesday](#)

[Click here to preregister for Thursday](#)

Bingo Wednesday

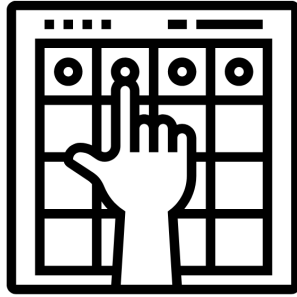
Wednesday, February 10th

1:45p-3:45p

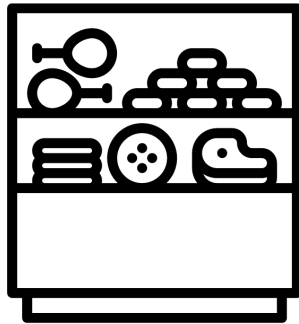
Join us to play bingo!

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

[Click here to preregister](#)



 BINGO WEDNESDAY



 PANTRY COOKING

Pantry Cooking

Wednesday, February 10th

4:30p-5:30p

Learn how to make "pyramid pockets!"

Recommended Ingredients

Canned tuna or chicken (1)

Shredded cheddar cheese (1/4 cup)

Shredded carrot (1/4 cup)

Diced celery (1/4 cup)

Diced apple or alternative (1/4 cup)

Low fat yogurt (2 tablespoons)

Whole wheat pita/tortilla (1)

[Click here to preregister](#)



 GAME NIGHT

Game Night

Wednesday, February 10th

5:45p-6:30p

Join us for some exciting games!

*Charades and some other surprises
await!*

[Click here to preregister](#)

Scavenger Hunt

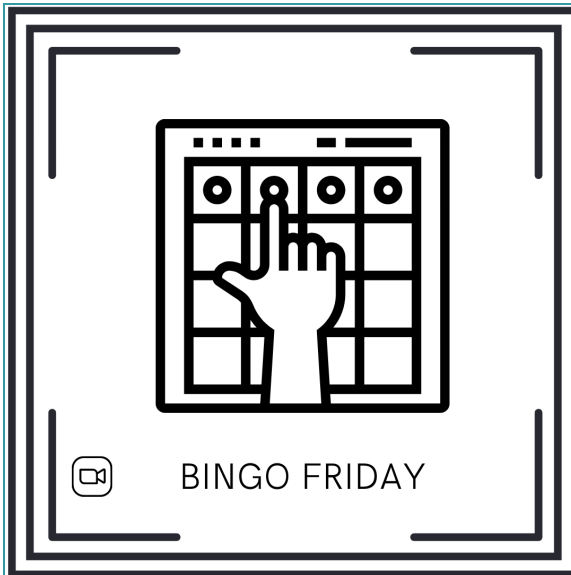


Thursday, February 11th
1:30p-2:30p

Join us for a Scavenger Hunt! Use your knowledge and powers of observation!

In this week's session, our theme is Valentine's Day!

[Click here to preregister](#)



Bingo Friday
Friday, February 12th
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, February 13th
10:00a-11:00a

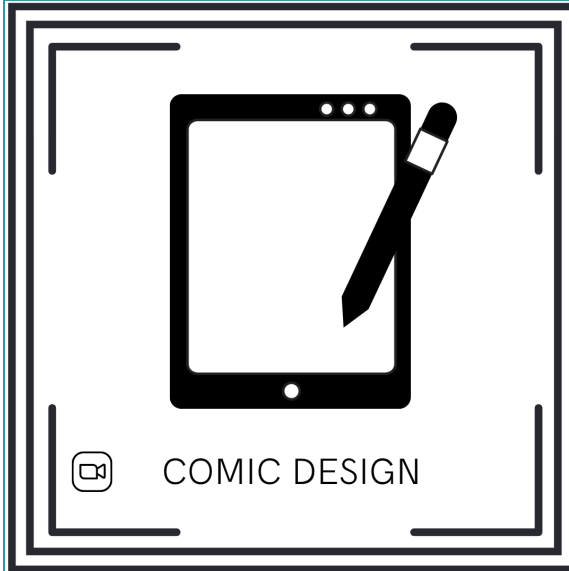
You are invited to join RallyCap Sports for a FREE 6-week season of fitness fun led by Executive Director, Luke, and have a blast right from your living room!

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, February 13th
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