Racker

VIRTUAL ACTIVITIES

March 1st through 6th

More Activities Added!

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

Other Voices in the 607
Monday, March 1st
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, March 1st
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

Stay Active
Tuesday, March 2nd
3:00pm-3:30pm
Thursday, March 4th
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!

Guided Relaxation
Tuesday, March 2nd
4:30pm-5:30pm
Thursday, March 4th
4:30pm-5:30pm

Learn relaxation techniques such as meditation, mindfulness, and more! This week, make a safe lava lamp!

Needed Supplies
Plastic bottle (smooth sides recommended)
Water

Vegetable, mineral, or baby oil
Fizzing tablets
Food coloring

Two sessions covering the same material are available each week!

Preregister (Tuesday)

Preregister (Thursday)

Preregister (Tuesday)

Preregister (Thursday)

Cornell Johnson Museum of Art Mesoamerican History Wednesday, March 3rd 11:00am-11:45am

Join Carol and Andrea and explore Mesoamerican culture, including sacred effigy jars and animals!

Preregister

Bingo Wednesday
Wednesday, March 3rd
1:45pm-3:45pm

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

Preregister

Pantry Cooking
Wednesday, March 3rd
4:30pm-5:30pm

Get cookin'! This week, we're making flatbread pizza!

Recommended Ingredients
Pita or naan bread
Shredded mozzarella cheese
Ricotta cheese
Provolone cheese
Olive oil
Small onion
Garlic powder
Oregano

Game Night
Wednesday, March 3rd
5:45pm-6:30pm

Play some games! "Guess Who?" and other surprises await!

Preregister

Crush tomatoes
Veggies of choice

Preregister

DDPC - Virtual Advocacy/Activities
Thursday, March 4th
10:00am-11:30am

*Join us for a presentation by the **Central Organizer of the Virtual Activities, Dustin Zimmer**!*

Please note, this event will include other providers and organizations. You will have the ability to enable/disable your camera as you'd like.

Join

Scavenger Hunt
Thursday, March 4th
1:30pm-2:30pm

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

Preregister

Bingo Friday
Friday, March 5th
2:45pm-4:45pm

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

Preregister

Virtual Improv
Friday, March 5th
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

Comic Design
Saturday, March 6th
5:00pm-6:00pm

Let's draw up some stories together!

Preregister

We value your opinion! Answer this week's poll below!

What types of Programs would you like to see more of in the Virtual Activities?

Community-based events

Exercise-based events

Arts & Crafts

Cooking

Games

Additional feedback on this poll is welcome. ***Email Dustinz@racker.org.***

Racker

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