Racker

VIRTUAL ACTIVITIES

March 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

Stay Active
Monday, March 22nd
3:00pm-3:30pm

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

Preregister

Other Voices in the 607
Monday, March 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, March 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

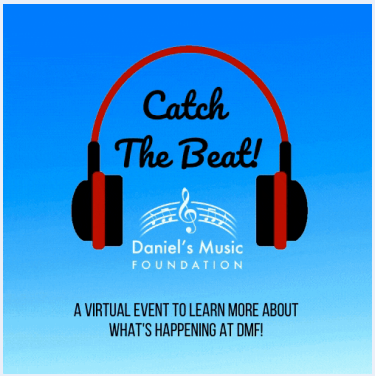
Daniel's Music Foundation
Catch the Beat!
Tuesday, March 23rd
7:00pm-8:00pm

Please join Daniel's Music Foundation for Catch the Beat! This is a very special event to learn more about what's happening at Daniel's Music! Hear directly from the Trush family, get an update on DMF's music center, meet the staff, and learn about fun live events and activities for all ages!

Please note, this is a public event hosted by Daniel's Music Foundation. If you'd like to remain off-camera, you will have the ability to do so.

For assistance with registration, please email Dustinz@racker.org.

Preregister



Bingo Wednesday
Wednesday, March 24th
12:45pm-2:45pm

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

Please note, the session time has changed for this week.

Preregister

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

Get cookin'! This week, we're making chicken noodle soup!

Recommended Ingredients
Olive oil (2 tablespoons)
Carrots (1 cup)
Celery (1 cup)
Sweet Vidalia or yellow onion (1 cup)
Garlic cloves (2)
Thyme (1 teaspoon)
Dried oregano (1/2 teaspoon)
Pepper (1 teaspoon)
Wide egg noodles (12 ounces)
Shredded, cooked chicken (2 cups)
Parsley leaves (3-4 tablespoons)
Lemon juice (1 tablespoon) (optional)

Preregister

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

Join us for games! Play "guess who," charades, and more!

Preregister

Scavenger Hunt
Thursday, March 25th
1:00pm-2:00pm

It's time for a Scavenger Hunt! Solve riddles, learn facts, and more! This week's theme is cooperation!

Preregister

Stay Active
Thursday, March 25th
3:00pm-3:30pm

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

Preregister

Tri-county Autism Lending Library Tour

Thursday, March 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

Open the Lid 4-Part Series

Friday, March 26th

2:15pm-3:15pm

Does This Sound Like You?

Bored?

Lonely?

Frustrated?

Looking for more meaning in your life?

Join Open the Lid's Zoom Series for Teens and Adults!

Meet New People and Learn Simple Tools for:

Coping During COVID

Starting and Maintaining Interesting Conversations

Changing Negative Self-Talk

Creating Steps Toward a More Meaningful Life

Hosted by Racker!

Preregister

Virtual Tours with Rebecca

Friday, March 26th

4:00pm-5:00pm

Bring your "passport" and explore places in the community!

This week, we're exploring Stray Haven in Waverly, New York!

Preregister

Virtual Improv

Friday, March 26th

5:00pm-6:00pm

Learn improv exercises and play fun games!

Preregister

Bingo Friday

Friday, March 26th

6:15pm-7:45pm

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

Please note, the session time has changed for this week.

Preregister

Comic Design

Saturday, March 27th

5:00pm-6:00pm

Let's make stories together!

Preregister

Microsoft Ability Summit

Wednesday, May 5th

Thursday, May 6th

9:00am-12:30pm

ability
Summit 2021
IMAGINE | BUILD | INCLUDE | EMPOWER

Don't wait! Registration is open now!

The Microsoft Ability Summit is a two-day, free digital event experience that brings together people with disabilities, allies, and accessibility professionals to Imagine, Build, Include, and Empower the future of disability inclusion and accessibility. We encourage all to join on May 5-6, 2021 and spread the word throughout your internal and external communities.

For assistance with registration, email Dustinz@racker.org.

Preregister

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

Of those listed below, what are you most interested in?

Public speaking

Stress management

Volunteering

Good health

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

Racker's Family Resource Program

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