Racker

VIRTUAL ACTIVITIES

March 29th through April 3rd

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 29th
3:00pm-3:30pm

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

For this week's fitness challenge, bring a water bottle!

Preregister

Other Voices in the 607
Monday, March 29th
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 29th
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

Pantry Cooking
Tuesday, March 30th
5:00pm-6:00pm

Get cookin'! These week, we're making vegetable fried rice!

Recommended Ingredients
Nonstick cooking spray
Fresh or frozen vegetables (2 cups)
Soy sauce (1 tablespoon)
Garlic powder (1 and 1/2 teaspoons)
Onion powder (1 and 1/2 teaspoons)
Cold, cooked brown rice (2 cups)
Egg (1)

Preregister

Daniel's Music Foundation
Spring Fling Virtual Dance Party!

Tuesday, March 30th
7:00pm-8:00pm

Please join Daniel's Music Foundation for a Spring Fling Virtual 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. Wearing bright spring colors is encouraged, but not required, and don't forget your dancing shoes!

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

Preregister

Bingo Wednesday
Wednesday, March 31st
12:45pm-2:45pm

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

Preregister

Game Night
Wednesday, March 31st
5:45pm-6:30pm

Join us to play some games, such as charades, "guess who," and more!

Preregister

Daniel's Music Foundation Expressions
Wednesday, March 31st
6:00pm-7:00pm

Please join us for Daniel's Music Foundation's (DMF) Expressions. Hosted on Zoom, this free, one-hour event celebrates the hard work and dedication of DMF virtual and private lesson students. We look forward to showcasing their musical talents and enjoying their performances together.

Preregister

Stay Active
Thursday, April 1st
3:00pm-3:30pm

Get movin' virtually! Warmups, skill-based techniques, drumming, and dancing - it's all here! For this week's fitness challenge, bring a water bottle!

Preregister

DIY Sensory Hour Presents: "Feel the Music!"

Thursday, April 1st

4:30pm-5:30pm

Join Jennifer, Marlene, and Megan to enjoy and discuss the sensory benefits of music. We'll listen to some of our favorite Rock 'N' Roll songs, sing together, and share ways we use music in daily life!

Preregister

Open the Lid 4-Part Series

Friday, April 2nd

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, April 2nd

4:00pm-5:00pm

Bring your "passport" and explore Amboise, France!

Preregister

Virtual Improv

Friday, April 2nd

5:00pm-6:00pm

Learn improv exercises and play fun games!

Preregister

Bingo Friday

Friday, April 2nd

6:15pm-7:45pm

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

Preregister

Bingo Saturday

Saturday, April 3rd

11:00am-1:00pm

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

Preregister

Comic Design
Saturday, April 3rd
5:00pm-6:00pm

Let's make stories together!

Preregister

Microsoft Ability Summit
Wednesday, May 5th
Thursday, May 6th
9:00am-12:30pm

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!

The next series of SPEAK occurs in May! What day and time works best?

Tuesday mornings

Tuesday evenings

Wednesday mornings

Thursday mornings

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

Racker

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

Racker | 1277 Taylor Road, Suite 33, Owego, NY 13827

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