Racker

VIRTUAL ACTIVITIES

# *April 12th through 17th*

Racker's Virtual Activities are learning opportunities for those receiving Racker's Services. Whether developed and hosted by the Family Resource Program's talented Community Support Professionals, or programs offered by collaborating organizations, our courses appeal to every interest and ability level!

Learn to cook, draw, exercise, play games, and much more! All Virtual Activities are offered through ZOOM!

**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!**

Every Virtual Activity is designed to assist people with developing and refining skills for the purpose of realizing their personal goals. The Virtual Activities offer a great social environment that provides participants with the opportunity to meet and succeed together! The new **Activity Themes** tell you what each course is about and what Goals are applicable! Look for these **Activity Theme icons *near each Virtual Activity*** to decide if a session is right for you or those you support!

| Exploration | Health | Life Skills | Social |
|---|---|---|---|
| Explore community locations | Relax, work out, eat healthy | Learn to cook and more | Share moments with others |

**Stay Active**
**Monday, April 12th**
**3:00pm-3:30pm**

Health

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

Preregister

**Other Voices in the 607**
**Monday, April 12th**
**4:00pm-5:00pm**

Social

Life Skills

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

*Click below to watch our commercial!*

Preregister

**RallyCap Virtual Fitness**
**Monday, April 12th**
**5:15pm-6:15pm**

Health

*Join RallyCap representatives for a rotation of exercise circuits. Learn diverse forms of exercise, including squats, boxing, balancing techniques, and more!*

Preregister

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**Pantry Cooking**
**Tuesday, April 13th**
**5:00pm-5:45pm**

Health

Life Skills

*Get cookin'! This week, we're makin' vegetable lo mein!*

***Recommended Ingredients***
*Chicken breast (1 pound) (optional)*
*Broccoli (1 head)*
*Red bell pepper (1)*
*Canola oil (1 tablespoon)*
*Sesame oil (1 teaspoon)*
*Hoisin sauce (1/4 cup)*
*Snow peas (1 cup)*
*Carrot (1 cup)*
*Low-sodium soy sauce (1/4 cup)*

Preregister

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**Daniel's Music Foundation**
**80's JAM Virtual Dance Party**
**Tuesday, April 13th**
**7:00pm-8:00pm**

Exploration

Social

*Join Daniel's Music Foundation for an 80's Jam Dance Party! For ages 16+, dance together to some of the greatest hits of the decade and the latest songs of today! DJ Juliana is spinning during this free, one hour event! Wearing an 80's outfit and accessories are encouraged, but not required, and don't forget your dancing shoes!*

***Please note, this is a public event and sessions may be recorded. You will have the ability to enable or disable your video as you please. For assistance with registration, email Dustinz@racker.org.***

Preregister

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**Bingo Wednesday**
**Wednesday, April 14th**
**1:45pm-3:45pm**

Social

*Play bingo!*
***For cards/prize info, email Dustinz@racker.org.***

Preregister

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**Virtual Tours**
**Wednesday, April 14th**
**4:00pm-5:00pm**

Exploration

Social

*This week's Virtual Tours is a **horse of a different color**! Join us at **Rockin' N Stables and Ranch**!*

Preregister

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**Game Night**
**Wednesday, April 14th**
**5:45pm-6:30pm**

Social

*Play fun games!*

Preregister

**Scavenger Hunt**
**Thursday, April 15th**
**1:30pm-2:30pm**

Health

Social

*This is an interactive scavenger hunt! Learn fun facts and exercise!*

Preregister

**Stay Active**
**Thursday, April 15th**
**3:00pm-3:30pm**

Health

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

Preregister

**DIY Sensory Hour Presents: "Virtual Aromatherapy"**
**Thursday, April 15th**
**4:30pm-5:30pm**

Health

Social

*Join Jennifer, Marlene, and Megan for a sensory exploration of the good (and bad) when it comes to experiencing our sense of smell! Discuss the role our sense of smell plays in our lives. In addition to participating in a scavenger hunt, we'll learn how to make homemade scented bags! Don't miss the scent-filled fun!*

***Recommended Supplies***

*Small burlap bag or a round piece of cloth*
*Twine*
*Any combination of the following:*
*Dried whole herbs (rosemary, lavender, or sage)*
*Cinnamon sticks*
*Pine needles*
*Rose petals*

Preregister

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**Virtual Improv**

**Friday, April 16th**

**5:00pm-6:00pm**

Social

*Learn improv exercises and play fun games!*

Preregister

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**Bingo Friday**

**Friday, April 16th**

**6:15pm-7:45pm**

Social

*Play bingo! Email Dustinz@racker.org for prize info.*

Preregister

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**Bingo Saturday**

**Saturday, April 17th**

**2:00pm-4:00pm**

Social

*Play bingo! Email Dustinz@racker.org for prize info.*

Preregister

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**Comic Design**

**Saturday, April 17th**

**5:00pm-6:00pm**

Life Skills

Social

*Let's make stories together! Bring paper or a drawing tablet!*

Preregister

**Microsoft Ability Summit**

**Wednesday, May 5th**

**Thursday, May 6th**

**9:00am-12:30pm**

Exploration

Life Skills

Social

**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

## Your voice matters! Decide where the Virtual Activities go next by answering this week's question!

Do you want to learn more about being a self-advocate?

**Yes**

**No**

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

Racker

*Racker's Family Resource Program*

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