



April 26th through May 1st

What?

Racker's Virtual Activities are learning opportunities offered online through ZOOM. 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!



Virtually explore community locations near you, learn new skills, exercise, play games, and much more!

Who is eligible?

Anyone receiving Services from a Racker Program, including but not limited to, Early Childhood Services, Community Habilitation, Residential, and Self Direction! Those eligible are welcome to invite friends and family!

How do I sign up?

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!

What if I'm not eligible?

[**Click here for Service Eligibility Support!**](#)

*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

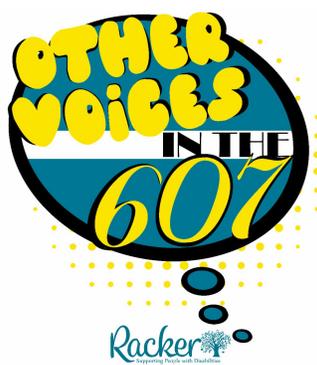


Stay Active
Monday, April 26th
3:00pm-3:30pm

Health

Exercise virtually! Warmups, drumming, dancing - it's all here!

Preregister



Other Voices in the 607
Monday, April 26th
4:00pm-5:00pm

Social

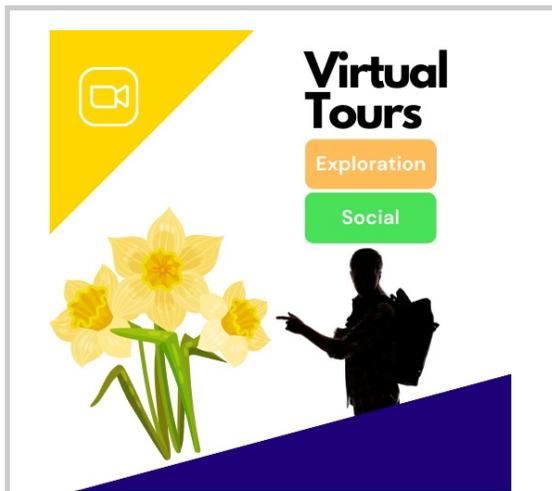
Life Skills

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

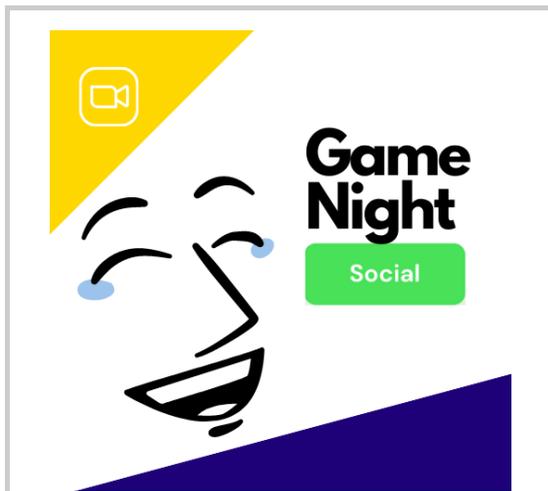
Click below to watch the Other Voices in the 607 commercial!



Preregister



Virtual Tours at Candor Daffodils



Game Night

Tuesday, April 27th

5:00pm-5:45pm

Exploration

Social

This way to the Daffodil farm in Candor, New York! Take a Virtual Tour!

Preregister

Tuesday, April 27th

5:45pm-6:30pm

Social

Play fun games! Please note, this week's session occurs on Tuesday.

Preregister

Daniel's Music Foundation

Music from the Movies (Ages 16+)

Tuesday, April 27th

7:00pm-8:00pm

Exploration

Social

Join Daniel's Music Foundation for a Music from the Movies Dance Party! Come dance together to some of the most iconic songs from the movies and the latest hits spun by DJ Juliana! Representing your favorite movie is encouraged, but not required. 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



Bingo!

Wednesday, April 28th

1:45pm-3:45pm

Social

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

Preregister



Pantry Cooking

Wednesday, April 28th

4:30pm-5:30pm

Social

Get cookin'! This week, we're making a banana French toast bake with homemade granola!

Recommended Ingredients

French Toast Bake

Sourdough or French bread (1 pound loaf)

Eggs (8)

Milk (Whole or 2%; 2 cups)

Heavy whipping cream (1/2 cup)

Sugar (1/2 cup)

Light brown sugar (1/4 cup)

Vanilla extract (2 teaspoons)

Ground cinnamon (1 and 1/2 teaspoons)

Bananas (6-7)

Homemade Granola

Honey (4 tablespoons)

Canola oil (2 tablespoons)

Ground cinnamon (1/2 teaspoon)

Rolled oats (2 cups)

Chopped almonds (4 tablespoons)

Non-stick cooking spray

Dried fruit (1/2 cup)



Pantry Cooking

Health

Life Skills



Preregister



Scavenger Hunt

Social

Health

Scavenger Hunt

Thursday, April 29th

1:30pm-2:30pm

Social

Health



Stay Active

Health



Stay Active

Thursday, April 29th

3:00pm-3:30pm

Health

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

Preregister

*Exercise virtually! Warmups, drumming,
dancing - it's all here!*

Preregister

DIY Sensory Hour Presents: "Art & Happiness"

Thursday, April 29th

4:30pm-5:30pm

Health

Social

Join Jennifer, Marlene, and Megan for another great sensory experience! Come and share your artistic interests and talents! Did you know that creating art can make you feel happy, and even calm you down? Let's work together on a few art projects - no experience required!

Recommended Supplies

Paper (any kind)

Pencils (colored or regular)

Crayons

Markers

Safety scissors

Glue

Tape

Old Magazines

Photos

Preregister



Click below to watch the DIY Sensory Hour commercial!



Daniel's Music Foundation

Music from the Movies (Ages 8-15)

Thursday, April 29th

6:30pm-7:30pm

Exploration

Social

Join Daniel's Music Foundation for another Music from the Movies Dance Party! Come dance together to some of the most iconic songs from the movies and the latest hits spun by DJ David! Representing your favorite movie is encouraged, but



not required. 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

Virtual Improv
Friday, April 30th
5:00pm-6:00pm

Social

Learn improv exercises and play fun games!

Preregister



Bingo!
Friday, April 30th
6:15pm-7:45pm

Social

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

Preregister



Bingo!
Saturday, May 1st
2:00pm-4:00pm

Social

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

Preregister



Comic Design
Saturday, May 1st

5:00pm-6:00pm

Social

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

Preregister



Comic Design

Social



Microsoft Ability Summit

Wednesday, May 5th

Thursday, May 6th

9:00am-12:30pm

Exploration

Life Skills

Social



Don't wait! Time left to register is ticking down!

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!

What has been the most fun in the DIY Sensory Hour?

Music

Cloud/play dough

Scent bags

Stress balls

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



Racker Community Support Services

For more info about Virtual Activities | *Click to visit Racker.org*

For more info | *Dustinz@racker.org*

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

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