Racker

VIRTUAL ACTIVITIES

May 10th through 15th

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

Other Voices in the 607
Monday, May 10th
4:00pm-5:00pm

Life Skills

Social

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

RallyCap Virtual Fitness
Monday, May 10th
5:15pm-6:15pm

Health

Join RallyCap representatives for some fun exercising!

Please note, this is the final session of RallyCap Virtual Fitness! Don't miss out!

Preregister

Stay Active
Tuesday, May 11th
3:00pm-3:30pm

Health

Stay active! Drumming, dancing, and more await! Get movin' virtually!

Preregister

SPEAK Presents: Relationships 101

Tuesday, May 11th

3:30pm-5:30pm

Life Skills

Social

Join us in SPEAK to learn and discuss how relationships can change over time.

Please note, registration for SPEAK has closed.
***Email Dustinz@racker.org* for info on future sessions.**

For future sessions:
Dustinz@racker.org

Daniel's Music Foundation

One Hit Wonders Virtual Dance Party (Ages 16+)

Tuesday, May 11th

7:00pm-8:00pm

Exploration

Social

Join Daniel' s Music Foundation for their One Hit Wonders Dance Party Attendees, ages 16 and up, will dance along together to some of the most iconic one-hit wonders and the latest hits spun by DJ Juliana during this free, one-hour event. 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, May 12th

1:45pm-3:45pm

Social

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

Preregister

Virtual Tours
Wednesday, May 12th
4:00pm-5:00pm

Exploration
Social

Virtually meet us Newtown Battlefield State Park!

Preregister

Game Night
Wednesday, May 12th
5:45pm-6:30pm

Social

Play fun games!

Preregister

Scavenger Hunt
Thursday, May 13th

Stay Active
Thursday, May 13th

1:30pm-2:30pm

Social

Health

This is an interactive Scavenger Hunt! Learn fun facts and exercise!

Preregister

3:00pm-3:30pm

Health

Stay active! Drumming, dancing, and more await! Get movin' virtually!

Preregister

Pantry Cooking

Thursday, May 13th

4:30pm-5:30pm

Health

Life Skills

Get cookin' with us! This week, we're making zucchini "quick bread."

Recommended Ingredients

Flour (2 cups)
Sugar (2 tablespoons)
Baking powder (1 and 1/2 teaspoons)
Baking soda (1/2 teaspoon)
Salt (1/2 teaspoon)
Buttermilk (1 cup)
Egg (1)
Melted butter (1/4 cup)
Shredded cheddar cheese (1 and 1/4 cup)
Fresh chives (2 tablespoons)
Zucchini (1 cup)

Preregister

Daniel's Music Foundation

One Hit Wonders Dance Along w/ David (Ages 8-15)

Thursday, May 13th

6:30pm-7:30pm

Exploration

Social

Join Daniel' s Music Foundation for their One Hit Wonders

Dance Along with David! Designed for ages 8-15, attendees will enjoy dancing together to some of the most iconic one-hit wonders and the latest hits spun by DJ David during this free, one-hour event. 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

New York Ballet

Access Workshop for Teens & Adults

Thursday, May 13th

6:00pm-7:00pm

Exploration

Social

Join the artists of New York City Ballet for series of Movement Workshops designed especially for teens and adults with disabilities, powered by ZOOM!

Each one-hour workshop will be co-led by a pair of NYCB Dancers and will include a warm-up and choreography inspired by the Company's vast repertory. Modifications and movement options will be offered throughout, and movers of all abilities are welcome. ASL interpretation and closed-captioning accommodations are available for livestream events.

Please note, this is a free, public event hosted by New York Ballet through ZOOM. Sessions may be recorded but you will have the option to enable/disable your camera as you see fit.

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

O'connor, R. (2020). Access Key Art 5. (Photograph).

Preregister

Bingo!

Friday, May 14th

6:15pm-7:45pm

Social

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

Preregister

New York Ballet
Access Workshop for Children
Saturday, May 15th
12:00pm-12:45pm

Exploration
Social

Join the artists of New York City Ballet for series of Movement Workshops designed especially for children with disabilities, powered by ZOOM!

Each 45-minute movement workshop will be led by an NYCB dancer and will include a warm-up and choreography inspired by some of NYCB's most treasured repertory. Movement options will be offered throughout, and young movers of all abilities and their siblings are welcome. ASL interpretation and closed-captioning accommodations are available for livestream events.

Please note, this is a free, public event hosted by New York Ballet through ZOOM. Sessions may be recorded but you will have the option to enable/disable your camera as you see fit.

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

O'connor, R. (2020). Access Key Art 5. (Photograph).

Preregister

Comic Design
Saturday, May 15th
5:00pm-6:00pm

Social

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

Preregister

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

Of those listed below, which Virtual Activity would you like to see return?

Guided Relaxation

Interactive Hands - American Sign Language

Sharing Successes

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

Racker

Racker Community Support Services
For more info about Virtual Activities | *Click to visit Racker.org*
For more info | *Dustinz@racker.org*

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