Racker

VIRTUAL ACTIVITIES

May 17th through 22nd

What?

Racker's Virtual Activities are learning opportunities offered online through ZOOM. Whether developed and hosted by Community Support Services' talented Community Support Professionals, or programs offered by outside organizations, our courses appeal to every interest and ability level!

Activities are available Monday through Saturday! 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 fields, you will receive the session link the next screen and in your email! Your session link is unique to you - don't forget to save it!

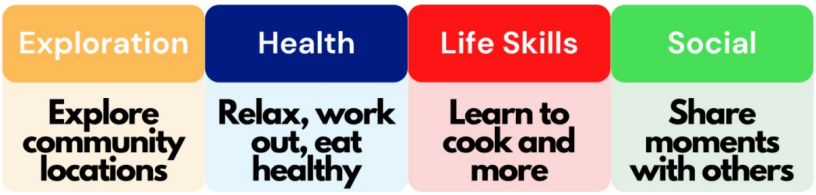
What if I'm not eligible?

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 someone you support!



Your voice matters! Answer this week's question to help us make the Virtual Activities even better!

What did you like most in the DIY Sensory Hour?

Music

Cloud/Play Dough

Scent Bags

Stress Balls

Additional feedback on this week's question is welcomed. ***Email Dustinz@racker.org.***

Other Voices in the 607
Monday, May 17th
4:00PM-5:00PM

Life Skills

Social

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

Guided Relaxation
Monday, May 17th
5:15PM-6:15PM

Health

Social

Guided Relaxation returns! Come explore meditation!

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

Preregister

Preregister

Stay Active

Tuesday, May 18th

3:00PM-3:30PM

Health

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

Preregister

SPEAK Presents: Relationships 101

Tuesday, May 18th

3:30PM-5:30PM

Life Skills

Social

Join us in SPEAK to learn about healthy and unhealthy relationships. We'll also discuss internet safety!

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

For future sessions:
Dustinz@racker.org

Bingo!

Wednesday, May 19th

1:45PM-3:45PM

Social

Play bingo!

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

Preregister

Pantry Cooking

Wednesday, May 19th

4:30PM-5:30PM

Health

Life Skills

Get cookin' with us! This week, we're breakin' some eggs for omelets!

<u>Recommended Ingredients</u>
Olive or canola oil (1 teaspoon)
Chopped red bell pepper (2 tablespoons)
Chopped onion (1 tablespoon)
Mushrooms (1/4 cup)
Baby spinach (1 cup)
Eggs (2)
Water (1 tablespoon)
Salt (1 dash)
Pepper (1 dash)
Cheddar cheese (1 tablespoon)
Other vegetables per preference

Preregister

Game Night

Wednesday, May 19th

5:45PM-6:30PM

Social

Play fun games!

Preregister

Daniel's Music Foundation

Live Music Open Mic Night (Ages 16+)

Wednesday, May 19th

7:00PM-8:00PM

Exploration

Social

Join Daniel's Music Foundation for a Virtual Open Mic Night! Attendees will enjoy a variety of virtual live performances during this free, one-hour event.

If you are interested in performing, **please preregister as soon as possible.** Spots for performers are limited and available on a first-come, first-serve basis.

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

Scavenger Hunt

Thursday, May 20th

1:30PM-2:30PM

Social

Health

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

Preregister

Stay Active

Thursday, May 20th

2:45PM-3:15PM

Health

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

Please note, Thursday's session occurs at a different time this week.

Preregister

Autism Lending Library Tour

Thursday, May 20th

5:00PM-6:00PM

Exploration

Health

Join 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

Virtual Tours

Thursday, May 20th

6:00PM-7:00PM

Exploration

Social

Explore Greater Valley EMS in Sayre, Pennsylvania!

Preregister

New York Ballet

Access Workshop for Teens & Adults

Thursday, May 20th

6:00PM-7:00PM

Exploration

Social

Join the artists of New York City Ballet for a 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 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

Virtual Improv

Friday, May 21st

2:00PM-3:00PM

Social

Play bingo!

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

Preregister

Bingo!

Friday, May 21st

3:00PM-5:00PM

Social

Play bingo!

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

Preregister

New York Ballet

Access Workshop for Children

Saturday, May 22nd

12:00PM-12:45PM

Exploration

Social

Join the artists of New York City Ballet for a series of Movement Workshops designed especially for children with

disabilities, powered by ZOOM!

Each 45-minute movement workshop will be led by an NYCB dance 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 22nd

5:00PM-6:00PM

Social

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

Preregister

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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