Racker

VIRTUAL ACTIVITIES

# *May 24th through 29th*

## 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! Eligible Program participants are encouraged to invite friends and family! Racker staff and their families are welcome to tune in as well!

## 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!**

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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!

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

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

Of the topics below, what interests you the most?

**Family life**

**Friendship**

**School**

**Speaking up for loved ones**

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

Other Voices in the 607
Monday, May 24th
4:00PM-5:00PM

Life Skills

Social

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

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

Preregister

Virtual Tours at Farmland Animal Park

Monday, May 24th
5:15PM-6:15PM

Exploration

Social

Join us Virtually at Farmland Animal Park!

Preregister

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Stay Active

Tuesday, May 25th

3:00PM-3:30PM

Health

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

Preregister

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SPEAK Presents: Relationships 101

Tuesday, May 25th

3:30PM-5:30PM

Life Skills

Social

Join us for our final session of SPEAK to celebrate our journey of relationship knowledge!

We'll be watching plenty of videos, playing games, and more!

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

For future sessions:
Dustinz@racker.org

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Pantry Cooking

Tuesday, May 26th

5:30PM-6:30PM

Health

Life Skills

Get cookin' with us! This week, we're coolin' down with some tuna boats!

Recommended Ingredients
Cucumber (1)
Cream cheese (2 ounces)
Sour cream (2 tablespoons)
Minced garlic (1 teaspoon)
Tuna (1 can; 5 ounces)
Dried dill weed (1 teaspoon)
Salt & pepper

Preregister

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Daniel's Music Foundation

15-year Anniversary Virtual Spring Benefit

Tuesday, May 25th

7:00PM-8:00PM

Exploration

Social

Join Daniel's Music Foundation for a virtual event celebrating their incredible 15-year journey of music, understanding, and appreciation. Enjoy inspiring performances, be touched by moving stories, and learn how you can help Daniel's Music Foundation serve additional deserving individuals with disabilities through their music programs and shape an overall mindset of understanding and mutual respect for all!

**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, May 26th

1:45PM-3:45PM

Social

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

Preregister

Daniel's Music Foundation

Disney Virtual Dance Party (Ages 16+)

Wednesday, May 26th

7:00PM-8:00PM

Exploration

Social

Join Daniel's Music Foundation for a Disney Dance Party! Attendees can dance along together to some of the most iconic songs from Disney movies and the latest hits spun by DJ Juliana, during this free, one-hour event. Representing your favorite Disney movie is 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

Scavenger Hunt

Thursday, May 27th

1:30PM-2:30PM

Stay Active

Thursday, May 27th

3:00PM-3:30PM

Social

Health

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

Preregister

Health

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

Preregister

DIY Sensory Hour

Rhythmic Breathing & Music

Thursday, May 27th

4:30PM-5:30PM

Health

Social

Join Jennifer, Marlene, and Megan for another DIY Sensory Hour series. In this session, learn about the calming and centering effects of rhythmic breathing! We'll also explore some other music-related activities!

**Click below to check out some of our past DIY Sensory activities!**

Preregister

Game Night

Thursday, May 27th

5:45PM-6:30PM

Social

Play fun games!

Preregister

Daniel's Music Foundation

Disney Dance Along with David (Ages 8-15)

Thursday, May 27th

6:30PM-7:30PM

Exploration

Social

Join Daniel's Music Foundation for a Disney Dance Along with David! Designed for ages 8-15, attendees will enjoy dancing along together to some of the most icon songs from Disney movies and the latest hits spun by DJ David, during this free, one-hour event. Representing your favorite Disney movie is 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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Virtual Improv

Friday, May 28th

5:00PM-6:00PM

Social

Learn improv exercises and play fun games!

Preregister

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Comic Design

Saturday, May 29th

5:00PM-6:00PM

Social

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

Preregister

*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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