

Racker

 VIRTUAL ACTIVITIES

May 3rd through 8th

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



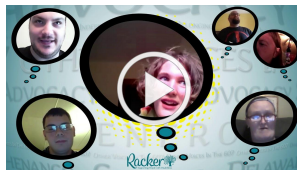
Other Voices in the 607
Monday, May 3rd
4:00pm-5:00pm

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 Fitness

A new virtual exercise regimen!



RallyCap Virtual Fitness
Monday, May 3rd
5:15pm-6:15pm

Health

RallyCap returns! Join RallyCap representatives for some fun exercising!

Preregister

Stay Active

Tuesday, May 4th
3:00pm-3:30pm

Health

Stay Active returns in its regular timeslot! Drumming, dancing, and more await! Get movin' virtually!

Preregister



Stay Active

Health



SPEAK Presents: Relationships 101

Tuesday, May 4th

3:30pm-5:30pm

Life Skills

Social

Join us in SPEAK to explore the different types and importance of relationships - family, friends, boyfriends, girlfriends, and more! Be prepared to share someone who is important to you!

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

For future sessions:
Dustinz@racker.org



Cornell JMA Presents: Knights in Armor

Wednesday, May 5th

11:00am-11:45am

Exploration

Social

Cornell Johnson Museum of Art returns! JMA staff will explore armor and shields from the Medieval world with participants through observation and discussion!

Preregister



Bingo!

Wednesday, May 5th

1:45pm-3:45pm

Social

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

Preregister



Pantry Cooking

Wednesday, May 5th

4:30pm-5:30pm

Health

Life Skills

Get cookin' with us! This week, we're making "lazy lasagna" and corn casserole!

Recommended Ingredients

Lazy lasagna

Frozen cheese ravioli (1 bag; 24 ounces)

Marinara or pasta sauce (1 jar; 24 ounces)

Shredded mozzarella cheese (2 cups)

Shredded parmesan cheese (1/2 cup; optional)

Corn casserole

Corn (1 can)

Creamed corn (1 can)

Sour cream (1 cup)

Melted butter (1/2 cup)

Corn muffin mix (1 box)

Preregister



**Pantry
Cooking**

Health

Life Skills



Game Night

Wednesday, May 5th

5:45pm-6:30pm

Social

Play fun games!

Preregister



**Game
Night**

Social



Daniel's Music Foundation

Live Music Open Mic Night!

Wednesday, May 5th

7:00pm-8:00pm

Exploration

Social

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




Daniel's Music
FOUNDATION

**LIVE MUSIC
OPEN
MIC**

If you are interested in performing, register as soon as possible. The number of 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

Social
Health


Scavenger Hunt
Thursday, May 6th
1:30pm-2:30pm

Social
Health

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

Preregister

The card features a yellow triangle in the top-left corner with a white video camera icon. Below it, a black box with colorful question marks is shown on a purple ramp. The event title 'Scavenger Hunt' is in bold black text, with 'Social' and 'Health' tags in green and blue boxes respectively. The event details and a second set of tags are listed below. A black 'Preregister' button is at the bottom.



Stay Active

Health

Stay Active
Thursday, May 6th
3:00pm-3:30pm

Health

*Stay Active returns in its regular timeslot!
Drumming, dancing, and more await! Get movin' virtually!*

Preregister

The card features a yellow triangle in the top-left corner with a white video camera icon. Below it, a woman in a purple shirt is shown in a crouching position on a purple ramp. The event title 'Stay Active' is in bold black text, with a 'Health' tag in a blue box. The event details and a second 'Health' tag are listed below. A black 'Preregister' button is at the bottom.

Virtual Tours
Thursday, May 6th
4:00pm-5:00pm

Exploration
Social

Bring your virtual "passport" and explore the Czech Republic with us!



Virtual Tours

Exploration
Social

The card features a yellow triangle in the top-left corner with a white video camera icon. Below it, a person in a hat and backpack is shown on a purple ramp next to a Czech Republic flag. The event title 'Virtual Tours' is in bold black text, with 'Exploration' and 'Social' tags in orange and green boxes respectively.

Preregister

Virtual Acapella Featuring Men of Last Call

Thursday, May 6th

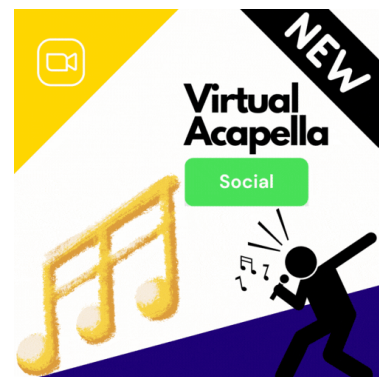
5:30pm-6:30pm

Social

Join Cornell's premiere acapella group for this exciting, one-time event! Sing with us and learn about the history of acapella music!

Please note, singing is completely optional, and no experience is required!

Preregister



New York Ballet

Access Workshop for Teens & Adults

Thursday, May 6th

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 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 7th

5:00pm-6:00pm

Social

Learn improv exercises and play fun games!

Preregister



Bingo!

Friday, May 7th

6:15pm-7:45pm

Social

Play bingo!

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

Preregister



Comic Design

Saturday, May 8th

5:00pm-6:00pm

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! 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!

At the Autism Lending Library, what are you most interested in exploring?

Games library

Safety products

Sensory items

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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