

Racker

 VIRTUAL ACTIVITIES

June 21st - June 26th

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!](#)

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!

What was the most fun in the recent DIY Sensory Hour sessions?

Make-your-own Vision Board

Breathing Exercises

Make-your-own Fidget Items

ASMR

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

Other Voices in the 607
Monday, June 21st
4:00PM-5:00PM

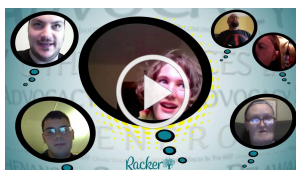
Life Skills

Social

Our Self-advocacy Group returns this week! 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

Monday, June 21st

5:15PM-6:15PM

Exploration

Social

Join us at Newtown Battlefield State Park!

Preregister



Stay Active

Tuesday, June 22nd

3:00PM-3:30PM

Health

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

Preregister



Daniel's Music Foundation

Virtual Dance Party PROM! (Ages 16+)

Tuesday, June 22nd

7:00PM-8:00PM

Exploration

Social

Join Daniel's Music Foundation a Prom Virtual Dance Party. Hosted on ZOOM, attendees will dance along together to the latest hits spun by DJ Juliana, during this free, one-hour event. Formal attire 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



Bingo Wednesday

Wednesday, June 23rd

1:45PM-3:45PM

Social

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

Preregister



Pantry Cooking

Wednesday, June 23rd

4:30PM-5:30PM

Social

Get cookin' with us! Make a mincemeat pie!

Recommended Ingredients

Puff pastry (12 ounce)

Cheese (8 slices)

(Pie filling)

Onion (1/2)

Carrot (1)

Beef mince (18 ounces)

Crushed garlic (2 cloves)

Beef stock (2 cups)

Tomato paste (1 tablespoon)

Worcestershire sauce (1 tablespoon)

Marmite (1 teaspoon)

Mixed herbs (1 teaspoon)

Black pepper (1/2 teaspoon)

Corn flour (2 teaspoon)

(Egg wash)

Egg (1; mixed with milk)

Preregister



Game Night

Wednesday, June 23rd

5:45PM-7:00PM

Social

Play fun games!

Preregister



Game Night

Social



Daniel's Music Foundation

Expressions (All Ages)

Wednesday, June 23rd

6:00PM-7:00PM

Exploration

Social



Please join Daniel's Music Foundation for their quarterly event, highlighting the hard work and dedication of our private lesson students - DMF Expressions. Sit back and enjoy a variety of performances together with us.

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

Brain & Body Break

Health

Social



Brain & Body Break
Thursday, June 24th
1:00PM-2:30PM

Health



Stay Active

Health



Stay Active
Thursday, June 24th
3:00PM-3:30PM

Health

Social

Join us for a Brain & Body Break! Learn fun facts, explore exercise, and get zany!

Preregister

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

Preregister

Guided Relaxation

Thursday, June 24th

4:00PM-6:00PM

Health

Social

Join us for Virtual relaxing walk! This week, we'll also be learning some new relaxation techniques!

Preregister



Daniel's Music Foundation

Live Music Open Mic Night (Ages 16+)

Thursday, June 24th

6:30PM-7:30PM

Exploration

Social

Join Daniel's Music Foundation for a Fancy Dance Along with David! Hosted on ZOOM, attendees will enjoy dancing together to the latest hits spun by DJ David, during this free, one-hour event. Fancy attire 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



Bingo Friday

Friday, June 25th

1:45PM-3:45PM

Social

Play bingo!

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

Preregister



Interactive Hands

Friday, June 25th

3:45PM-4:45PM

Life Skills

Social

Join us for more American Sign Language. This week, we begin working on a new song!

Preregister



Comic Design

Saturday, June 26th

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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