

# Racker

 VIRTUAL ACTIVITIES

*June 7th - June 12th*

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## 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!

At this time, are you comfortable attending face-to-face events?

Yes

No

Additional feedback on this week's question is welcomed. [Email Dustinz@racker.org](mailto:Dustinz@racker.org).

Other Voices in the 607

Monday, June 7th

4:00PM-5:00PM

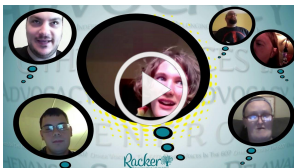
Life Skills

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 7th

5:30PM-6:45PM

Exploration

Social

Take a Virtual trip to Canada!

Preregister



## Virtual Tours

Exploration

Social



### Stay Active

Tuesday, June 7th

3:00PM-3:30PM

Health

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

For this week's fitness challenge, bring *three sock balls and a basket or a box!*

Preregister



## Stay Active

Health



### The Guggenheim Museum

Making Change: Artist as Activist

Tuesday, June 8th

3:30PM-4:30PM

Exploration

Social

Call all social justice activists and aspiring change-makers! On this Virtual tour, participants will look at artworks within the Guggenheim's collection that reflect calls to action.

This Virtual experience is designed to spark participants' inspiration and motivation to address the changes they wish to see in the world!

**This tour is Racker-exclusive! Don't miss out!**

Guggenheim. (2021). Untitled 3 copy 3. (Photograph).

Preregister



## Guided Relaxation

Tuesday, June 8th

5:00PM-7:00PM\*

Health

Social

Join us for some mindfulness jeopardy and some other, awesome games!

\*This event has been extended!

Preregister



## Guided Relaxation

Health

Social



### Alice Sheppard/Kinetic Light

"The Choreography of a Beginning"

Tuesday, June 8th

5:15PM-6:15PM

Exploration

Health

Social

How do we enter space?  
How are we connected to each other?  
What does it mean to move again during and after a pandemic?

Award-winning choreographer Alice Sheppard, creates movement that challenges convention understandings of disabled and dancing bodies. Engaging with disability arts, culture, and history, Alice attends to the complex intersections of disability, gender, and race by exploring the societal and cultural significance of difference.

Founded by Alice Sheppard in 2016, Kinetic Light is an intersectional disability arts production company, working at the intersections of disability, dance, design, identity and technology. Through nuanced investment in the histories, cultures, and artistic work of disabled people and people of color, Kinetic Light promotes intersectional disability as a creative force and access as an aesthetic critical to creating transformative art and advancing the disability arts movement.

"The Choreography of a Beginning" workshop series will commence Tuesday, June 8, 2021 at 5:15PM for approximately sixty minutes. Our first time together will consist of an initial "Tea Time" where we Meet, Talk, Dream, and



Alice Sheppard, a multi-racial Black woman with coffee-coloured skin, blonde, copper, and red striped curly hair gazes toward the camera. She wears a black shirt; her face rests in the palm of her hand, her elbow sits on her thigh, and a gold necklace gleams at her neck.

Think, and begin to frame the community workshops.

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](mailto:Dustinz@racker.org).

Lord, B.(2021). Thumbnail\_cf5adb9e-3681-e54f-1bb5-77ee0f642e91.

(Photograph).

Preregister

## Daniel's Music Foundation

### Birthday Bash Virtual Dance Party (Ages 16+)

Tuesday, June 8th

7:00PM-8:00PM

Exploration

Social

Join Daniel's Music Foundation for a Birthday Bash Virtual Dance Party as we celebrate everyone's birthday together! Hosted on ZOOM, attendees will dance along together to some of the latest hits spun by DJ Juliana, during this free, one-hour event. Get ready to party 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](mailto:Dustinz@racker.org).

Preregister



## Bingo!

Wednesday, June 9th

1:45PM-3:45PM

Social

Play bingo!

For cards/prize info, email [Dustinz@racker.org](mailto:Dustinz@racker.org).

Preregister



# Hangar Theatre & Cherry Arts

## Story Building through Improv

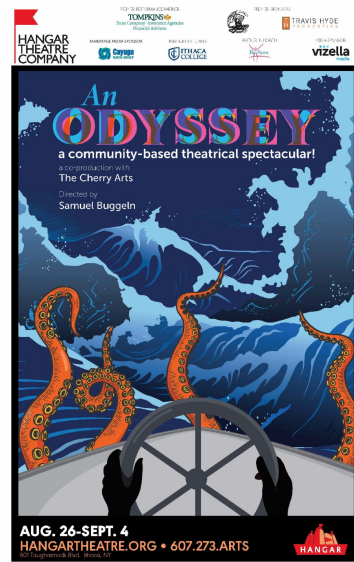
Wednesday, June 9th & June 16th

6:30PM-8:00PM

Social

Exploration

Be involved with the building of a new play! Work with Adapter/Director **Samuel Buggeln** (Artistic Director, Cherry Arts), Dramaturg **Shirley Serotsky** (Artistic Director, Hangar Theatre), and professional theater-makers of the Cherry Artists' Collective as they embark on a new play development process for the script of *An Odyssey*, which will be performed as a co-production in late August 2021.



**This fun and creative workshop will include two parts !**

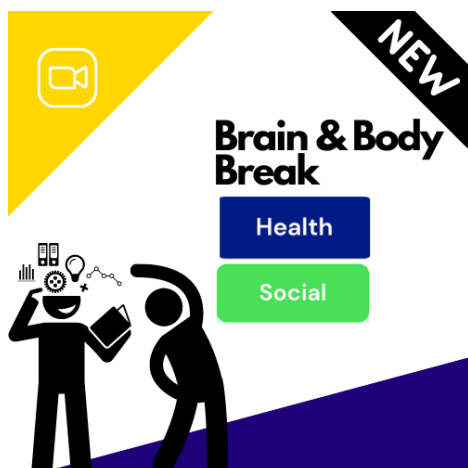
The first session will include **improv games and exercises based on early-draft scenes** from *An Odyssey*, with the intention of awakening the imagination and connecting participants' contemporary storytelling instincts to an ancient story!

The second session will introduce **ideas about character**, and give participants a chance to more deeply **explore the specific characters and dynamics** that appear in the story of *An Odyssey!*

**Don't wait! Space is limited! Registration is now available for both workshops!**

Philipson, R.(2021). MS\_individual\_showposters\_11x17v1. (Photograph).

Preregister



**Brain & Body Break**  
Thursday, June 10th  
12:45PM-2:30PM\*

Health

Social

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

\*This event has been extended!

Preregister

**Stay Active**  
Thursday, June 10th  
3:00PM-3:30PM

Health

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

For this week's fitness challenge, bring *three sock balls and a basket or a box!*

Preregister

**DIY Sensory Hour**  
Do-it-yourself Fidgets!  
Thursday, June 10th  
4:30PM-5:30PM

Health

Social

Did you know that fidget items can help with stress, anxiety, and even improve focus and coordination? Join Jennifer, Marlene, and Megan to make your own!

**A limited number of supplies are available! If you are interested in supply delivery, please email [Dustinz@racker.org](mailto:Dustinz@racker.org) by June 8th.**

**No time for supply delivery? Use items at home:**

Clothes pins  
Paper clips  
Beads  
Hex nuts  
Round binder clips  
Rubber bands  
Pipe cleaners

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





Preregister

Daniel's Music Foundation  
Birthday Bash Dance Along with David  
Thursday, June 10th  
6:30PM-7:30PM

Exploration  
Social

Join Daniel's Music Foundation for a Birthday Bash Dance Along with David! Designed for ages 8-15, attendees will enjoy dancing along together to the latest hits spun by DJ David, during this free, one-hour event. Get ready to party 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](mailto:Dustinz@racker.org).

Preregister



Bingo  
Friday, June 11th  
1:30PM-3:30PM

Social

Play bingo!

For cards/prize info, email [Dustinz@racker.org](mailto:Dustinz@racker.org).

Preregister



Virtual Improv



Friday, June 11th

5:00PM-6:00PM

Social

Learn improv exercises and play fun games!

Preregister



## Pantry Cooking

Saturday, June 12th

2:30PM-4:30PM\*

Health

Life Skills

Pantry Cooking on Saturday?! Cook up some weekend Hummingbird Cake and ambrosia!

### Recommended Ingredients

#### Hummingbird Cake

- Flour (3 cups)
- Sugar (2 cups)
- Baking soda (1 teaspoon)
- Table salt (1 teaspoon)
- Ground cinnamon (1 teaspoon)
- Overripe bananas (2 cups; about 3 bananas)
- Eggs (3)
- Toasted pecans (1 cup)
- Vegetable oil (1 cup)
- Honey (2 tablespoons)
- Pineapple (1, 8 ounce can)

#### Ambrosia

- Cream cheese (8 ounces)
- Whipped topping (8 ounces)
- Mandarin oranges (1, 15 ounce can)
- Pineapple (1, 20 ounce can)
- Maraschino cherries (1, 12 ounce can)
- Marshmallows (1 cup)
- Shredded coconut (1 cup)
- Chopped walnuts (garnish)

**\*This event has been extended!**

Preregister



Comic Design

Saturday, June 12th

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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