

# Racker

 **VIRTUAL ACTIVITIES**

*July 12th - 17th*

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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!**

Of the recent Activities listed below, which was your favorite?

**The Guggenheim Museum Tour**

**Hangar Theatre/Cherry Arts Odyssey Improv**

**The Metropolitan Museum of Art Tour**

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

**Other Voices in the 607**

Monday, July 12th

4:00PM-5:00PM

Life Skills

Social

Our self-advocacy group returns! This week, we'll be focusing on our special interests! Bring a list to share!

Preregister



**Virtual Tours: National Parks**

Monday, July 12th

5:15PM-6:15PM

Exploration

Social

Let's explore national parks together!



Preregister

Open the Lid Presents:

Creating Social and Academic Plans, Regardless of Age

Monday, July 12th

6:30PM-8:30PM

Life Skills

Exploration

Social

Drop down menus and long meetings often result in big plans with no buy-in or motivation. Take this opportunity to create a personalized social or academic plan that truly moves you or your loved one toward the life they want to live.

Join Lydia for a two-hour, interactive workshop and get all the tools you need to create a meaningful, achievable plan you actually want to follow through with!

Preregister



## CREATING SOCIAL AND ACADEMIC PLANS REGARDLESS OF AGE

LED BY - LYDIA DOLCH M.A., SP.ED  
- EMPOWERMENT COACH/FOUNDER  
OF OPEN THE LID

MONDAY, JULY 12TH 2021 6:30-8:30PM EST

SPONSORED BY

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&

PRESENTED BY

Open  
theLid



SCAN QR CODE OR EMAIL  
DUSTINZ TO SIGN UP  
DUSTINZ@RACKER.ORG

## SPEAK UP

How to Speak, Advocate, and Tell *Your* Story

Tuesday, July 13th

11:00AM-1:00PM

Life Skills

Health

Social

Are you looking for an opportunity to express yourself, advocate, and tell *your* story? This series of SPEAK will provide the opportunity for anyone of any background to find their voice and advocate for themselves using storytelling, role-playing, and communication skills!

Through participating in fun scenarios, watching videos, and speaking with others, attendees will build up confidence and advocate for themselves!

If you are interested in this series of SPEAK, email [Dustinz@racker](mailto:Dustinz@racker) to sign up!

Email [Dustinz@racker.org](mailto:Dustinz@racker.org)



## Stay Active

Tuesday, July 13th

3:00PM-3:30PM

Health

Social

Stay Active returns! Get movin' with Steve!

Preregister



## Pantry Cooking

Tuesday, July 13th

5:00PM-7:00PM

Life Skills

Health

Let's get cookin'! Meatloaf and macaroni and cheese are this week's recipes!

### Recommended Ingredients

#### **Meatloaf**

*Ground beef (2 pounds)*  
*Breadcrumbs (1 and 1/2 cups)*  
*Ketchup (1/3 cup cup)*  
*Water (3/4 cup)*  
*Onion soup mix (1 packet)*  
*Eggs (2)*

#### **Macaroni and Cheese**

*Elbow macaroni (1/2 pound)*  
*Butter (3 tablespoons)*  
*All-purpose flour (2 tablespoons)*  
*Salt (1/2 teaspoon)*  
*Black pepper (1/8 teaspoon)*  
*Milk (1 and 1/2 cup)*  
*Half and half (3/4 cup)*  
*Cheddar cheese (2 and 1/2 cups)*

Preregister



## Bingo Wednesday

Wednesday, July 14th

1:45PM-3:45PM

Social

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

Preregister



**Bingo!**

Social

Game Night

Wednesday, July 14th

5:45PM-7:00PM

Social

Play fun games!

Preregister



**Game Night**

Social

Daniel's Music Foundation

Virtual Open Mic Night

Wednesday, July 14th

7:00PM-8:00PM

Exploration

Social

Please join Daniel's Music Foundation for a live music open mic night! Attendees will enjoy a variety of performances during this free, one-hour event.

Spots for performers are limited and available on a first-come, first-serve basic. If you are interested in performing, please register now!

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



**LIVE MUSIC  
OPEN  
MIC**

Brain & Body Break

Thursday, July 15th

1:00PM-2:30PM

Health

Social

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

Preregister



Stay Active

Thursday, July 15th

3:00PM-3:30PM

Health

Stay Active returns! Get movin' with Steve!

Preregister



Guided Relaxation

Friday, July 16th

1:00PM-3:00PM

Health

Social

Let's explore the relaxing effect of paint pouring and sound meditation!

Recommended Supplies

*Sink strainer*

*Canvas, heavy card stock, or watercolor paper*

*Acrylic paints*

Preregister



Interactive Hands

Friday, July 16th

3:45PM-5:45PM

Life Skills



Social

Let's continue signing our song and learning new themes!

Preregister



## Interactive Hands



Life Skills

Social

Virtual Improv  
Friday, July 16th  
5:00PM-6:00PM

Social

Improv returns! Learn fun exercises and play games!

Preregister



## Virtual Improv



Social

Bingo Friday  
Friday, July 16th  
6:00PM-8:00PM

Social

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

Preregister



## Bingo!



Social

Comic Design  
Saturday, July 17th  
5:00PM-6:00PM

Social

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

Preregister



## Comic Design



Social

*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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with



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