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...
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.

Other Voices in the 607
Monday, July 12th
4:00PM-5:00PM

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

Let's explore national parks together!
Open the Lid Presents:
Creating Social and Academic Plans, Regardless of Age
Monday, July 12th
6:30PM-8:30PM

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

SPEAK UP
How to Speak, Advocate, and Tell Your Story
Tuesday, July 13th
11:00AM-1:00PM

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 to sign up!
Stay Active
Tuesday, July 13th
3:00PM-3:30PM
Stay Active returns! Get movin' with Steve!

Pantry Cooking
Tuesday, July 13th
5:00PM-7:00PM
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)*

Bingo Wednesday
Wednesday, July 14th
1:45PM-3:45PM

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

Preregister

Game Night
Wednesday, July 14th
5:45PM-7:00PM

Play fun games!

Preregister

Daniel's Music Foundation
Virtual Open Mic Night
Wednesday, July 14th
7:00PM-8:00PM

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 basis. 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.

Preregister

Brain & Body Break
Thursday, July 15th
Join us for a Brain & Body Break! Learn fun facts, explore exercise, and get zany!

Stay Active
Thursday, July 15th
3:00PM-3:30PM
Stay Active returns! Get movin' with Steve!

Guided Relaxation
Friday, July 16th
1:00PM-3:00PM
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

Interactive Hands
Friday, July 16th
3:45PM-5:45PM
Let's continue signing our song and learning new themes!

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

Improv returns! Learn fun exercises and play games!

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

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

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

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