Racker VIRTUAL ACTIVITIES

July 19th - 24th

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

Other Voices in the 607

Monday, July 19th

4:00PM-5:00PM

Life Skills

Social

Come together with other Self-advocates and discuss issues that are important to you!

Preregister

SPEAK UP

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

Tuesday, July 20th

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!

This week, we explore and practice the power of storytelling!

If you are interested in this series of SPEAK, email Dustinz@racker to sign up!

Email Dustinz@racker.org

Stay Active

Tuesday, July 20th

3:00PM-3:30PM

Health

Get movin' with Steve!

Preregister

Guided Relaxation

Tuesday, July 20th

5:15PM-7:15PM

Health

Social

Let's explore the art of Feng Shui! We'll also play some mindfulness games!

Preregister

Daniel's Music Foundation

Luau Dance Part (Ages 16+)

Tuesday, July 20th

7:00PM-8:00PM

Exploration

Social

Please join Daniel's Music Foundation for a Luau Dance Party! Hosted on ZOOM, attendees will dance along together to the latest hits spun by DJ Juliana, during this free, one-hour event. Luau 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, July 21st

1:45PM-3:45PM

Social

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

Preregister

Interactive Hands

Wednesday, July 21st

3:45PM-4:45PM

Life Skills

Social

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

Preregister

Pantry Cooking

Wednesday, July 21st

4:45PM-6:15PM

Health

Life Skills

Let's cook up some chicken scampi and cheese garlic biscuits!

Recommended Ingredients

Chicken scampi

Boneless chicken breast (3)
Red onion (1/2)
Red bell pepper (1/2)
Green bell pepper (1/2)
Chicken broth (2 cups)
Italian seasoning (1 tablespoon)
Minced garlic (1 teaspoon)
Salt (1 teaspoon)
Pepper (1/2 teaspoon)
Angel hair pasta (16 ounces)
Parmesan cheese (1 cup)

Cheese garlic biscuits

Flour (2 cups)
Baking powder (2 teaspoons)
Garlic powder (1 and 1/2 teaspoons)

Salt (1 teaspoon)
Butter (6 tablespoons)
Cheddar cheese (1 and 1/2 cups)
Milk (1 cup)
Butter (3 tablespoons)
Parsley (1/2 teaspoon)

Preregister

Game Night

Wednesday, July 21st

6:15PM-7:15PM

Social

Play fun games!

Preregister

Stay Active

Thursday, July 22nd

3:00PM-3:30PM

Health

Get movin' with Steve!

Preregister

Guided Relaxation

Thursday, July 22nd

5:00PM-6:00PM

Exploration

Social

Join us at the Waverly Glen!

Preregister

Daniel's Music Foundation

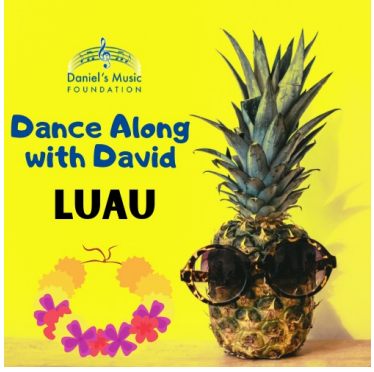
Luau Dance Along with David (Ages 8-15)

Thursday, July 22nd

6:30PM-7:30PM

Exploration

Social



Please join Daniel's Music Foundation for a Luau Dance Along with David! Hosted on ZOOM, attendees will dance along together to the latest hits spun by DJ David, during this free, one-hour event. Luau 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

Virtual Improv

Friday, July 23rd

5:00PM-6:00PM

Social

Improv returns! Learn fun exercises and play games!

Preregister

Bingo Friday

Friday, July 23rd

6:00PM-8:00PM

Social

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

Preregister

Comic Design

Saturday, July 24th

5:00PM-6:00PM

Social

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

Preregister

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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