

# Racker VIRTUAL ACTIVITIES

*July 26th - 31st*

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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

### Other Voices in the 607

Monday, July 26th

4:00PM-5:00PM

Life Skills

Social

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

Preregister



### Guided Relaxation

Monday, July 26th

5:15PM-6:30PM

Health

Social

Explore some mindful meditation!

Preregister



### SPEAK UP

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

Tuesday, July 27th

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 storytelling tactics, including practicing confidence and body language!

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 27th

3:00PM-3:30PM

Health

Get movin' with Steve!

[Preregister](#)



### Virtual Tours

Tuesday, July 27th

6:00PM-7:30PM

Exploration

Social

Let's take some *unique* Virtual Tours!

[Preregister](#)



### Cornell Cooperative Extension Presents:

#### Farm to Preschool Food Demo

Wednesday, July 28th

1:00PM

Health

Life Skills

Exploration

Join Farm to Preschool Coordinator and Dietitian, Angela, for a weekly virtual food demonstration featuring a different in-season fruit or vegetable. You can learn a new delicious and


July | Farm to Preschool's Next Food Demo

**Attention!**


Franziska Racker Child Care Center Staff & Families


Join Farm to Preschool Coordinator and Dietitian, Angela, for the weekly virtual food demonstration featuring a different in-season fruit or vegetable. You can learn a new delicious and cost-friendly recipe using produce found at your nearby farmer's markets.

The next session is on Wednesday, July 28th at 1 pm

Featured Fruit/Vegetable:  
Green beans 

\*Check your email for the weekly zoom invitation link or scan to QR code below to join!



 Cornell Cooperative Extension Oneida County

cost-friendly recipe using produce found at your nearby farmer's markets. The ingredient of focus for this week is **green beans!**

All attendees will receive a *free* kitchen item!

Recommended Ingredients

**Green bean stir-fry with corn**

Vegetable oil (2 tablespoons)

Garlic cloves (2; minced)

Jalapeno (1)

Green beans (4 cups)

Corn (1 cup)

Scallions (2 tablespoons)

Cilantro (1 cup)

Low-sodium soy sauce (2 tablespoons)

Honey (1 teaspoon)

Join

**Interactive Hands**

Wednesday, July 28th

3:45PM-4:45PM

Life Skills

Social

Let's continue signing our song and learning new themes. We're building towards our next performance!

Preregister



**Game Night**

Wednesday, July 28th

6:15PM-7:15PM

Social

Play fun games!

Preregister



Daniel's Music Foundation  
Live Music Open Mic Night

Wednesday, July 28th

7:00PM-8:00PM

Exploration

Social

Please join Daniel's Music Foundation for a Virtual Open Mic Night! Hosted on ZOOM, attendees will enjoy a variety of virtual live performances during this free, one-hour event.

If you are interested in performing, please register as soon as possible. Spots are limited and available on a first-come, first-serve basis.

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



Stay Active

Thursday, July 29th

3:00PM-3:30PM

Health

Get movin' with Steve!

Preregister



Pantry Cooking

Thursday, July 29th

5:15PM-6:30PM

Health

Life Skills

Fall is right around the corner! Let's make a pumpkin dump cake!

Recommended Ingredients

*Canned pumpkin (30 ounce can)*

*Evaporated milk (16 ounces)*

*Ginger (1 teaspoon)*

*Ground cloves (1/2 teaspoon)*



Sugar (1 cup)  
Eggs (4)  
Cinnamon (2 teaspoons)  
Yellow cake mix (1 package)  
Chopped pecans (1 cup)  
Butter (3/4 cup)

**Preregister**

Virtual Improv  
Friday, July 30th  
5:00PM-6:00PM

**Social**

Improv returns! Learn fun exercises and play games!

**Preregister**



Bingo Friday  
Friday, July 30th  
6:00PM-8:00PM

**Social**

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

**Preregister**



Comic Design  
Saturday, July 31st  
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*

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with



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