

Racker

 VIRTUAL ACTIVITIES

July 5th - July 10th

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

Explore
community
locations

Health

Relax, work
out, eat
healthy

Life Skills

Learn to
cook and
more

Social

Share
moments
with others

Your voice matters! Answer this week's question to help us make the Virtual Activities even better!

Which of July's Parent Education Training are you most interested in?

Finding Sustainable and Meaningful Direction as a Family

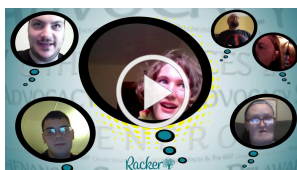
Creating Personalized Social and Academic Plans

Advocating for Your Loved Ones, Even in Difficult Situations

Additional feedback on this week's question is welcomed. *Email Dustinz@racker.org.*



Our Self-advocacy group, Other Voices in the 607, will return on July 12th.
Click below to watch the commercial!



Virtual Tours at Sylvan Beach
Monday, July 5th

2:00PM-3:00PM

Exploration

Social

Join us at Sylvan Beach!

Preregister



Virtual Tours



Exploration

Social



SPEAK UP

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

Tuesday, July 6th

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 to sign up!

Email Dustinz@racker.org

Guided Relaxation

Tuesday, July 6th

4:30PM-6:30PM

Health

Social

Learn about meditation applications and the art of Zen!

Preregister



Guided Relaxation



Health

Social

Daniel's Music Foundation

Red, White, & Blue Dance Party (Ages 16+)

Tuesday, July 6th

7:00PM-8:00PM

Exploration

Social

Please join Daniel's Music Foundation for a Red, White, & Blue Dance Party! Attendees will dance along together to the latest hits spun by DJ Juliana, during this free, one-hour event. Feel free to wear your favorite red, white, and blue attire, 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 7th

1:45PM-3:45PM

Social

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

Preregister



Interactive Hands

Wednesday, July 7th

3:45PM-4:45PM

Life Skills

Social

Join us to continue signing our new song and learn your selected themes!

Preregister



Pantry Cooking

Wednesday, July 7th

5:00PM-6:00PM

Health

Life Skills

Get cookin' with us! This week, we're making sheet pan chicken teriyaki!

Recommended Ingredients

Coconut aminos or soy sauce
Rice vinegar
Brown sugar
Coconut oil
Sesame oil
Flour
Fresh garlic and garlic powder
Fresh ginger and ginger powder
Diced chicken breasts
Honey
Broccoli, zucchini, and carrots
Avocado oil
Salt
Toasted sesame seed

Preregister



Brain & Body Break

Thursday, July 8th

1:00PM-2:30PM

Health

Social

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

Preregister



Game Night

Thursday, July 8th

5:45PM-7:00PM

Social

Play fun games!

Preregister



Game Night

Social

Daniel's Music Foundation

Red, White, & Blue Dance Along with David (Ages 8-15)

Thursday, July 8th

6:30PM-7:30PM

Social

Please join Daniel's Music Foundation for a Red, White, & Blue Dance Along with David! Attendees will enjoy dancing together to the latest hits spun by DJ David, during this free, one-hour event. Feel free to wear your favorite red, white, and blue attire, 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



Community Safety Session: Part One

Friday, July 9th

11:00AM-1:00PM

Life Skills

Social

Health

Join us for Part One of the Community Safety Session. Together, we'll learn more about how to navigate the community safety and build independent skills. This session will focus on proactive strategies and resources for personal safety as well as how to prepare for potential emergencies.

Preregister



Community Safety Session

Life Skills

Health

Social



Virtual Improv
Friday, July 9th
5:00PM-6:00PM

Social

Improv returns! Learn fun exercises and play games!

Preregister

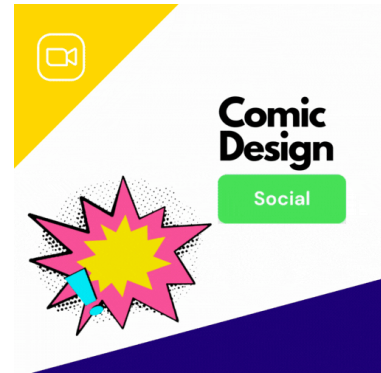


Comic Design
Saturday, July 10th
5:00PM-6:00PM

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*

Racker | 1277 Taylor Road, Suite 33, Owego, NY 13827

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Sent by dustinz@racker.org in collaboration
with



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