Racker VIRTUAL ACTIVITIES

August 30th through September 3rd

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 in the next screen and in your email! Your session link is unique to you - don't forget to save it! QR code access is currently under construction - stay tuned!

Advance registration now available

Some Activities now occur at the same day/time every week!* For these, advance registration is available! Choose multiple Activity sessions you'd like to attend, complete registration once, and attend them all using the same link!

*All Activity session dates and times are subject to change at any time.

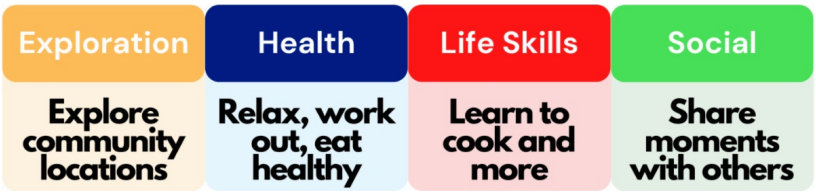
What if I'm not eligible?

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!



Monday, August 30th

Every Monday*
6:15-8:15P

What? **Bingo on a Monday**?! Email dustinz@racker.org for cards/prize info!

***Access is now even easier! Register for every session in advance and use one link to attend!**

Preregister

Tuesday, August 31st

August 31st*
3-3:30P

Health

Get movin' with Steve!

***Session dates and times vary for this Activity.**

Every Tuesday*
4-6P

Health

Social

Explore meditation, mindfulness, and other useful calming and relaxing strategies!

***Access is now even**

Every Tuesday*
6-7P

Life Skills

Social

Get together with other self-advocates and discuss issues that are important to you!

***Access is now even**

easier! Register for every session in advance and use one link to attend!

Preregister

easier! Register for every session in advance and use one link to attend!

Preregister

Wednesday, September 1st

September 1st
3-3:30P

Social

Get movin' with Steve!

*Session days and times vary for this Activity.

Preregister

Every Wednesday*
4:45-6:15P

Health

Get cookin' with us!

*Access is now easier! Register for every session in advance and use one link to attend!

Preregister

Every Wednesday*
6:15-7:15P

Social

Play fun games!

*Access is now easier! Register for every session in advance and use one link to attend!

Preregister

Thursday, September 2nd

Every Thursday*
1-2:30PM

September 2nd*
5:30-6:30P

Health

Social

The activity for zany exercise, trivia, and more!

*Access is now even easier! Register for every session in advance and use one link to attend!

Preregister

Exploration

Social

Join us at Eldridge Park in Elmira, New York!

*Session days and times vary for this Activity.

Preregister

Friday, September 3rd

Every Friday*
6-8PM

Social

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

*Access is now even easier! Register for every session in advance and use one link to attend!

Preregister

Virtual Activities Spotlight

Racker Independence Workshops continue on September 10th!

Courses meant to equip people with enhanced community

safety skills!

Community Safety II: Responding to Emergencies
Friday, September 10th
1-2:30PM

An informative ZOOM series, addressing the essential skills associated with independence at home and in the community. The workshops are developed for those who are interested in building personal independence skills, such as budgeting, utilizing public transportation, and community safety. The series can be attended in full or individually as needed.

For more information, contact Lyndsey Paulin at lyndseyp@racker.org or call 607-220-4806.

Preregister

Racker

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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