

Racker VIRTUAL ACTIVITIES

August 2nd through 7th

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, August 2nd

4:00PM-5:00PM

Life Skills

Social

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

Preregister



Guided Relaxation

Tuesday, August 3rd

4:45PM-6:45PM

Health

Social

Make a mindfulness "twirler!" We'll also be including some other meditative activities!

Recommended Supplies

Construction paper (lots of colors)

A stick or dowel

Glue

Cardboard or a cereal box

Scissors

Preregister



Daniel's Music Foundation

Broadway Bash Dance Party!

Tuesday, August 3rd

7:00PM-8:00PM

Exploration

Social

Please join Daniel's Music Foundation for a Broadway Bash Dance Party! Hosted on ZOOM, attendees will dance to some of the most famous Broadway show tunes and the latest hits spun by DJ Juliana, during this free, one-hour event. 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



Cornell Cooperative Extension Presents:

Farm to Preschool Food Demo

Wednesday, August 4th

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 cost-friendly recipe using produce found at your nearby farmers' markets. The ingredient of focus for this week is **summer squash!**

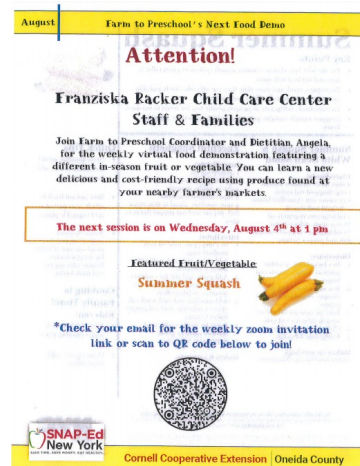
Recommended Ingredients

Summer squash & white bean salad

Summer squash (4 cups)
Red onion (1 cup)
Cannellini beans (19 ounce can)
Vegetable oil (2 tablespoons)
Apple cider vinegar (1/4 cup)
Rosemary (1/2 tablespoon)
Salt & pepper

Zucchini Spaghetti

Oil (1 tablespoon)
Onion (1 cup)
Garlic (4 cloves)
Tomatoes (2 cups)
Zucchini (4 cups)



Salt & pepper
Red pepper flakes

Join

Interactive Hands

Wednesday, August 4th

3:45PM-4:45PM

Life Skills

Social

Let's practice our next signing performance! **Only two more sessions remain!**

Preregister



Pantry Cooking

Wednesday, August 4th

4:45PM-6:15PM

Life Skills

Health

Let's make a "lazy" Shepherd's/cottage pie!

Recommended Ingredients*

Instant mashed potatoes or tater tots

Beef stew seasoning packet

Ground beef

Shredded cheese

Tomato soup

**Ingredient amounts to be detailed at the session.*

Preregister



Game Night

Wednesday, August 4th

6:15PM-7:15PM

Social

Play fun games!

Preregister



Game Night

Social

Daniel's Music Foundation

Broadway Dance Along with David (Ages 8-15)

Thursday, August 5th

6:30PM-7:30PM

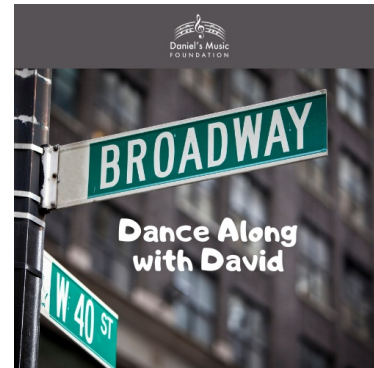
Exploration

Social

Please join Daniel's Music Foundation for a Broadway Dance Along with David! Hosted on ZOOM, Attendees will enjoy dancing together to some of the most famous Broadway show tunes and the latest hits spun spun by DJ David, during this free, one-hour event. 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 Friday

Friday, August 6th

6:00PM-8:00PM

Social

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

Preregister



Bingo!

Social

Virtual Tours

Saturday, August 7th

2:00PM-3:00PM

Social

Let's go to the Windmill Farm & Craft Market in Penn Yan, New York!

Preregister



Virtual
Tours

Exploration

Social



Comic Design

Saturday, August 7th

5:00PM-6:00PM

Social

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

Preregister



Comic
Design

Social



Racker 

Racker Community Support Services

For more info about Virtual Activities | [Click to visit Racker.org](https://www.racker.org)

For more info | Dustinz@racker.org

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

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