



*August 9th through 14th*

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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, August 9th

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, August 9th

5:30PM-7:00PM

Health

Social

Explore the power of self-affirmations and other self-care strategies!

Preregister



Stay Active

Tuesday, August 10th

3:00PM-3:30PM

Health

Get movin' with Steve!

Preregister



Pantry Cooking

Tuesday, August 10th

4:30PM-6:00PM

Health

Life Skills

Cook up with us! Ranch chicken stuffed shells is this week's recipe!

Recommended Ingredients

**Base**

*Large pasta shells (24)*

*Chicken (2 cups)*

*Spinach (1 cup)*

*Cheddar cheese (1 cup)*

*Green onion (1/2 cup)*

*Breadcrumbs (1/4 cup; optional)*

*Bacon (amount per preference optional)*

**Sauce**

*Butter (1/4 cup)*

*Flour (1/4 cup)*

*Parmesan cheese (1 cup)*

*Whole milk (1 cup)*

*Ranch seasoning mix (1 ounce)*

Preregister



**Game Night**

Tuesday, August 10th

6:15PM-7:15PM

Social

Play fun games!

Preregister



Cornell Cooperative Extension Presents:

Farm to Preschool Food Demo

Wednesday, August 11th

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 **blueberries!**

### Recommended Ingredients

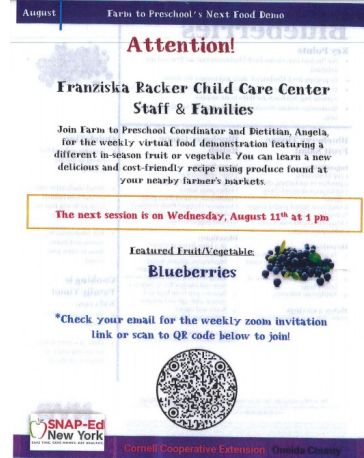
#### **Blueberry thyme fruit salad**

*Blueberries (1 cup)*  
*Peaches/nectarines (5)*  
*Peeled ginger (2 teaspoons)*  
*Lemon peel (1 teaspoon)*  
*Sugar (1 tablespoon)*

#### **Blueberry Grape Relish**

*Blueberries (2 cups)*  
*Red grapes (2 cups)*  
*Honey (1 tablespoon)*  
*Ginger (1 tablespoon)*  
*Rosemary (1 teaspoon)*  
*Red wine vinegar (2 tablespoons)*  
*Salt and pepper (per taste)*

Join



### Bingo Wednesday

Wednesday, August 11th

12:45PM-2:45PM

Social

Play bingo!

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

Preregister



### Stay Active

Wednesday, August 11th

3:00PM-3:30PM

Health

Get movin' with Steve!

Preregister



Interactive Hands

Wednesday, August 11th

3:45PM-4:45PM

Life Skills

Social

It's time to record our latest performance!

Preregister



Daniel's Music Foundation

Music & Movement with David

Thursday, August 12th

4:30PM-5:30PM

Exploration

Social

Please join Daniel's Music Foundation for a Virtual Music & Movement event with DMF Early Childhood Music Program Specialist, David Bedard. Hosted on ZOOM, attendees will sing, drum, and dance together during this free, one-hour event.

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



Virtual Tours

Friday, August 13th

4:00PM-5:00PM

Exploration

Social

Jamaica, here we come!

Preregister



## Virtual Tours



Exploration

Social

## Virtual Improv

Friday, August 13th

5:00PM-6:00PM

Social

Learn improv exercises and play fun games! **This is our final session for now!**

Preregister



## Virtual Improv



Social

## Bingo Friday

Friday, August 13th

6:00PM-8:00PM

Social

Play bingo!

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

Preregister



## Bingo!



Social

## Comic Design

Saturday, August 14th

5:00PM-6:00PM

Social

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

Preregister



## Comic Design



Social

# Virtual Activities Spotlight

*Founders Way - Informational Session on August 18th!*

**A virtual informational session covering our new housing project in Tompkins County!**



The flyer features the INHS logo (Ithaca Neighborhood Housing Service) and the Racker logo (Supporting People with Disabilities). The main title is "FOUNDERS WAY" in large blue letters, followed by "ITHACA NEIGHBORHOOD HOUSING SERVICE INFORMATIONAL SESSION". Below this is an aerial rendering of a multi-story residential building complex. To the right of the rendering is a photograph of a diverse group of people. The text on the flyer includes: "INFORMATION SESSION:", "We will be doing a virtual information session on **AUGUST 18TH FROM 5-6PM VIA ZOOM**. The session will cover the announcement and brief presentation of our new housing project here in Tompkins County. The project is called 'Founders Way' and is in partnership with Ithaca Neighborhood Housing Service.", "Interest forms/applications are available for those wishing to be part of this project by emailing Lyndsey Paulin at [lyndseyp@racker.org](mailto:lyndseyp@racker.org) or by phone at 220-4806", and a QR code. At the bottom, there are three bullet points: "OPEN TO THE PUBLIC", "AUGUST 18TH • 5-6PM", and "JOIN THE MEETING AT: [racker.org/events/founders-way-informational-session](https://racker.org/events/founders-way-informational-session)".

**Founders Way - Informational Session  
Wednesday, August 18th  
5:00PM-6:00PM**

This virtual session will cover the announcement and brief presentation of our new housing project here in Tompkins County! The project is called "Founders Way" and is in partnership with Ithaca Neighborhood Housing Service.

Interest forms/applications are available for those wishing to be a part of this project! Contact Lyndsey Paulin at [Lyndseyp@racker.org](mailto:Lyndseyp@racker.org) or 607-220-4806!

[Join here](#)



*Racker Community Support Services*

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

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