Racker VIRTUAL ACTIVITIES

September 20th through 25th

Get the scoop on upcoming Activities at the bottom of the Calendar!

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!

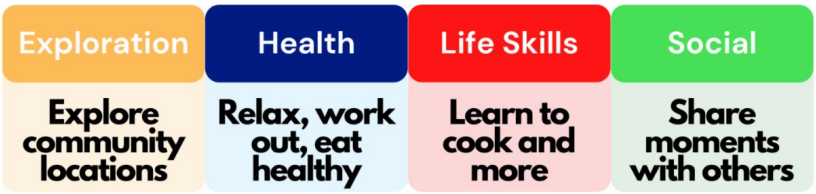
*All Activity session dates and times are subject to change at any time.

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, September 20th

September 20th*
3:45-4:15P

Stay Active returns in a different timeslot. Get movin'!

*Session days and times vary for this Activity.

Preregister

Every Monday*
6:15-8:15P

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

Tuesday, September 21st

September 21st*
3:45-4:15P

Stay Active returns in a different timeslot. Get movin'!

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

Preregister

September 21st*
5:30-6:30p

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

***This Activity's session time is different this week.**

Preregister

September 21st*
6:30-8P
You are invited to an **OPWDD Family Support Services Parent Network training**, specially developed for advocates of individuals with intellectual and development disabilities, and open to all who are interested!

Join Lydia from Open the Lid for a free, interactive ZOOM Workshop and come away with four simple strategies that will guide you and your family toward the life you want to live without burnout.

Together we will dive into individualized ways of creating:
Balance
Direction
Tools
Integration

***A one-time OPWDD Family Support Services event, hosted by Lydia from Open the Lid!**

Preregister

Wednesday, September 22nd

Every Wednesday*
4:45-6:15P

Get cookin' with us! This weeks recipe is available in registration!

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

Preregister

Every Wednesday*
6:15-8:15P

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

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

Preregister

Daniel's Music Foundation
Live Music Open Mic (Ages 16+)
September 22nd*
7-8P

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 sign up as soon as possible, as performance spots are limited and available on a first-come, first-serve basis.

***Please note, this is a free, public event hosted by Daniel's Music Foundation. Sessions may be recorded but you will have the ability to enable/disable your camera as you see fit. For assistance with registration, please email Dustinz@racker.org.**

Preregister

Thursday, September 23rd

Every Thursday*
1-2:30P

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

September 23rd*
6-8P

Explore meditation, mindfulness, and other relaxation strategies!

***This Activity's day and time is different this week.**

Preregister

Friday, September 24th

September 24th*
5:15-6:15P

Virtually join us in Savannah, Georgia!

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

Preregister

Every Friday*
6:15-7:15P

Play fun games!

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

Preregister

Saturday, September 25th

New York Ballet
Access Workshops for Children (Ages 4-12)
September 25th*
9:30a-10:15a

New York Ballet's Access Workshops return! Each 45-minute workshop will be co-led by a pair of NYCB dancers and will include a warm-up and choreography inspired by some of the NYCB's most treasured repertory.

Accessibility options such as American Sign Language interpretation and closed-captioning are available.

***Please note, this is a public event hosted by New York City Ballet. Sessions may be recorded, but you will have the opportunity to enable/disable your**

camera as you please. For assistance with registration, email Dustinz@racker.org.

O'Connor, R. 2021. Access Key Art 4 [Photograph]. New York City Ballet. Link unavailable.

Preregister

Daniel's Music Foundation
Music & Movement (Ages 3-7)
September 25th*
10:30-11:30A

Please join Daniel's Music Foundation for a Virtual Music and 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 free, public event hosted by Daniel's Music Foundation. Sessions may be recorded but you will have the ability to enable/disable your camera as you see fit. For assistance with registration, please email Dustinz@racker.org.**

Preregister

Activities Coming Soon

For more info about Temple Grandin's "Developing Talents," email Dustinz@racker.org.

For more info about Advocacy in the Park, email Jenniferf@racker.org.

For more info on the upcoming Youth Self-advocacy Group, email LyndseyP@racker.org.

For more info on the upcoming RallyCap Virtual Fitness, email Dustinz@racker.org.

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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