



**September 27th through October 2nd**

***Stay Active's day and time has changed.***

## **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 find out 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

## Monday, September 27th



**Virtual Tours**

Exploration  
Social


September 27th\*  
2-3P

Join us at the House of Candles!

\*Session days and times vary for this Activity.

Preregister

The card features a video camera icon in the top left, a lit candle, a tree, and a green hill.



**Stay Active**

Health


September 27th\*  
3:45-4:15P

Get movin' with Steve!

\*Session days and times vary for this Activity.

Preregister

The card features a video camera icon in the top left, a stick figure on a treadmill, a tree, and a blue hill.



**Bingo Monday**

Social

7

Every Monday\*  
6:15-8:15P

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

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

The card features a video camera icon in the top left, a bingo ball with the number 7, a bingo card, and a tree.

Preregister

Tuesday, September 28th



September 28th\*  
6-7P

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

\*This Activity's day and time will be changing in October.

Preregister



Daniel's Music Foundation  
Blue Jean Ball (Ages 16+)  
September 28th  
7-8P

Join Daniel's Music Foundation for a Blue Jean Ball! Hosted on ZOOM, attendees will dance along together to the latest hits spun by DJ Juliana! Denim attire is encouraged, but not required, and don't forget your dancing shoes!

\*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](mailto:Dustinz@racker.org).

Preregister

Wednesday, September 29th



September 29th\*  
3:45-4:15P

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

\*Session days and times vary for this Activity.

Preregister



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](mailto:Dustinz@racker.org).

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

Preregister



DMF Expressions (All ages)

September 29th

6-7P

Join Daniel's Music Foundation (DMF) for a private lesson student celebration! Hosted on ZOOM, attendees will enjoy moving performances from some of their private lesson students during this free, one-hour event. Let's celebrate of their hard work and dedication together!

\*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](mailto:Dustinz@racker.org).

Preregister

Thursday, September 30th



## Brain & Body Break



Health  
Social



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!



## Guided Relaxation



Health  
Social



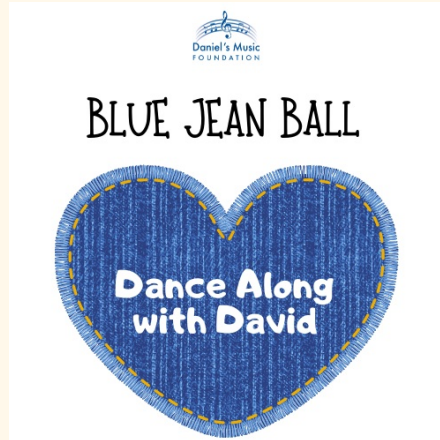
September 30th\*  
6-8P

Explore meditation, mindfulness, and other relaxation strategies!

\*This Activity's day and time will be changing in October.

Preregister

Preregister



Daniel's Music Foundation  
Blue Jean Ball (Ages 8-15)  
September 30th  
7-8P

Join Daniel's Music Foundation for a Blue Jean Ball! Hosted on ZOOM, attendees will dance along together to the latest hits spun by DJ David! Denim attire is encouraged, but not required, and don't forget your dancing shoes!

\*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](mailto:Dustinz@racker.org).

Preregister

Friday, October 1st



Finances & Budgeting Workshop  
October 1st\*



Every Friday\*  
6:15-7:15P

1-2:30P

Racker's independence workshops are developed for those interested in building independent skills.

This week, we focus on finances and budgeting!

Preregister

Play fun games!

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

Preregister

**Saturday, October 2nd**



**Racker**  
**ADVOCACY**  
**IN THE PARK**

**Join us in-person or on ZOOM!**

**Other Voices in the 607**  
***Advocacy in the Park***  
In-person or through ZOOM  
October 2nd from 12-2p

Hosted by Other Voices in the 607, join us at Stewart Park's small pavilion at 1 James Gibbs Drive in Ithaca, New York!

Come walk, roll, or stroll with us and end the day with some games and a picnic! Lunch and beverages provided by Racker for those attending in-person!

RSVP for in-person attendance by emailing Jennifer Frank or attend through ZOOM!

**RSVP for in-person**

Preregister for Virtual access

**Activities Coming Soon**

Racker  presents

DOCTOR  
TEMPLE  
GRANDIN

# Developing Talents



Dr. Temple Grandin draws from her own experience with autism spectrum disorders and her professional career. She speaks on how to nurture & turn talents & special interests into paid work!

TUESDAY, OCTOBER 5<sup>th</sup> 2021

5:30 - 7pm

A Family Support Services Parent Network Event  
For questions, email [dustinz@racker.org](mailto:dustinz@racker.org)

Virtually via **zoom**

Register Now!



[www.racker.org/about-us/events/](http://www.racker.org/about-us/events/)

[Click to register now](#)

For more info about Advocacy in the Park, email [Jenniferf@racker.org](mailto:Jenniferf@racker.org).



**Youth Self-advocacy Group**

**MONDAYS IN OCTOBER**


For more info on the upcoming Youth Self-advocacy Group, email [LyndseyP@racker.org](mailto:LyndseyP@racker.org).



**RALLYCAP Sports**


**RETURNS IN OCTOBER**

For more info on the upcoming RallyCap Virtual Fitness, email [Dustinz@racker.org](mailto:Dustinz@racker.org).



**Cornell  
JMA**  
**ART THAT  
FRIGHTENS**

Social  
Exploration



**October 14th**

For more info on this upcoming Cornell Johnson Museum of Art event, email [Dustinz@racker.org](mailto:Dustinz@racker.org).



**Cornell  
JMA +**   
**MASKS OF IDENTITY**

Exploration  
Social



**In-person or Virtual  
access available!**

For more info on this upcoming Cornell Johnson Museum of Art event, email [Dustinz@racker.org](mailto:Dustinz@racker.org).



*Racker Community Support Services*

**For more info about Virtual Activities | [Click to visit Racker.org](#)**

**For more info | [Dustinz@racker.org](mailto:Dustinz@racker.org)**

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

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with



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