

Racker

 **VIRTUAL ACTIVITIES**

October 18th - 23rd

***Please note, the session time for Virtual Tours has changed.**



Racker's Virtual Activities are learning opportunities powered by ZOOM. Tours of community locations, cooking courses, exercise classes, and much more occur Monday through Saturday. Courses are developed and hosted by partnering organizations, Virtual Volunteers, and the Family Resource Program's Community Support Professionals. Some Activities are recurring each week and registration can be completed in advance! Those eligible to attend include Racker Service recipients, their family and friends, Racker staff, and friends of Racker! Come join us in an environment where people can learn and succeed together! For more info, click below:

[Virtual Activities Info](#)

[What if I'm not eligible?](#)

Exploration

Explore community locations

Health

Relax, work out, eat healthy

Life Skills

Learn to cook and more

Social

Share moments with others

All courses are designed to assist participants with developing Skills and achieving their Goals. Our **Activity Themes** will help you determine if an Activity is right for you or someone you support. Look for these in each Activity's graphic to find out more about a course's content!

Youth ADVOCACY GROUP







BINGO!





Monday
October 18th
5:30-6:30P

Our new Self-advocacy Group for those under 16!

Preregister



Tuesday
October 19th
3:45-4:15P

Get movin' in our Virtual exercise regimen!

Preregister

Monday
October 18th
7:15-8:30P

Play bingo! Email Dustinz@racker.org for cards/prize info.

Preregister



Tuesday
October 19th
4:30-6P

Looking to relax? We've got you covered!

Preregister

SPONSORED BY  PRESENTED BY 

ADVOCATING FOR YOUR LOVED ONES WITH IDD

OPWDD Family Support Services Parent Network Training

TUESDAY, OCTOBER 19TH
6:30-8:00 PM EST

LED BY - LYDIA DOLCH M.A., SP.ED - EMPOWERMENT COACH/FOUNDER OF OPEN THE LID



EMAIL DUSTIN TO SIGN UP
DUSTINZ@RACKER.ORG

Open the Lid Advocating for Loved Ones with IDD October 19th 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!

Parenthood did not come with an instruction manual. It certainly did not come with a special needs advocacy training.

Join Lydia for this free, two-hour interactive Zoom workshop where we will share simple strategies for advocacy regardless of your personality, educational background or life circumstances. This is the information you wish you had from day one!

Preregister



Skill Chef

Life Skills

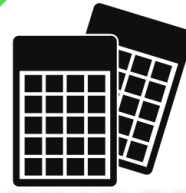
Health



**Wednesday
October 20th
4:45-6:15P**

Learn some awesome recipes and kitchen safety skills!

Preregister



BINGO!

Social



**Wednesday
October 20th
6:15-8:15P**

Play bingo! Email Dustinz@racker.org for cards/prize info.

Preregister



LIVE MUSIC OPEN MIC

Daniel's Music Foundation

Wednesday, October 20th

7:00-8:00P

Join Daniel's Foundation for their awesome Open Mic Night!

If you are interested in performing, please register as soon as possible. Spots to perform are available on a first-come, first-serve basis!

Preregister



Brain & Body Break

Health

Social



**Thursday
October 21st
1-2:30P**

Exercise AND Trivia? What a great combination!



Stay Active

Health



**Thursday
October 21st
3:45-4:15P**

Get movin' in our Virtual exercise regimen!

Preregister

Preregister



Life Skills
Social



Other Voices in the 607

Thursday, October 21st
6-7P

Our Self-Advocacy Group for ages 16+!

Preregister



Racker
INDEPENDENCE WORKSHOPS

Independence Workshop

Transportation in Tompkins County
Friday, October 22nd
1-2:30P

Join us to explore transportation options in Tompkins County. Discuss local bus systems, medicabs, taxis, and more!

Preregister



Virtual Tours



Exploration
Social



Friday
October 22nd
2:30-3:30P

Tour the Cider Mill in Endicott, NY!

Preregister



Game Night



Social



Friday
October 22nd
6:15-7:15P

Play fun games!

Preregister



Music & Movement (Ages 3-7)

October 23rd
10:30-11:30A

Join Daniel's Music Foundation for some music and movement. Led by Early Childhood Program Specialist, David, participants can sing, drum, and dance together!

[Preregister](#)



Comic Design

Saturday, October 23rd
5-6P

Learn about making comic books!

[Preregister](#)

**COMING
SOON**



RallyCap Virtual Fitness

Coming October 2021

This October, return to get movin' with RallyCap instructors. Expect bigger and better, as **Cornell and Ithaca chapters of RallyCap join forces** to bring you an exciting Virtual exercise regimen!

Expect a date to be announced soon!



A Virtual Activities Halloween Party

Thursday, October 28th
4-6P

Come celebrate Halloween 2021 with us! Join the Virtual Activities Hosts for Halloween-themed bingo, music, and other spooky surprises!

[Registration available now](#)



Open the Lid Virtual Open Mic & Dance Party! Friday, October 29th 4-5P

Join Open the Lid for a Virtual Open Mic & Dance Party! Live your dreams as singer, karaoke star, musician, comic, or poet! Come to dance and enjoy!

Registration includes the option to sign up to perform!

Registration available now



Who are You? 114 Central Avenue, Ithaca, NY 14850 Saturday, October 30th 11A-1P

An *in-person event** hosted by Other Voices in the 607, Best Buddies, and Cornell Johnson Museum of Art!

Make a mask using materials that express your unique identity and what you stand for! Participants are encouraged to bring copies of photographs, magazine cut-outs, and other items that show who they are.

Bring a packed lunch so we can eat together! This is an outdoor event. Hand sanitizer and personal protective masks will be available for use.

***If you cannot attend in-person, Virtual access is available upon request.**

RSVP by emailing Dustinz@racker.org



Try email marketing for free today!