

Racker

 **VIRTUAL ACTIVITIES**

November 8th - 13th



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

Life Skills

Social

BINGO!

Social

Monday
November 8th
5-6P

Our new Self-advocacy Group for those under 16!

[Preregister](#)

Monday
November 8th
7:15-8:30P

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

[Preregister](#)



Stay Active

Health



Tuesday
November 9th
3:45-4:15P

Get movin' in our Virtual exercise regimen!

[Preregister](#)



Relax

Health

Social



Tuesday
November 9th
4:15-6:15P

Looking to relax? We've got you covered!

[Preregister](#)



RALLYCAP 2.0



Health

Social



RallyCap 2.0
Virtual Fitness
Tuesday, November 9th
7:30-8:30P

It's back! Join Cornell and Ithaca University instructors for some high-energy exercise and other fun activities!

[Preregister](#)



Stay Active
Health

**Wednesday
November 10th
3:45-4:15P**

Get movin' in our Virtual exercise regimen!

Preregister



Skill Chef
Life Skills
Health

**Wednesday
November 10th
4:45-6:15P**

Learn how to make Pumpkin Chili!

Preregister

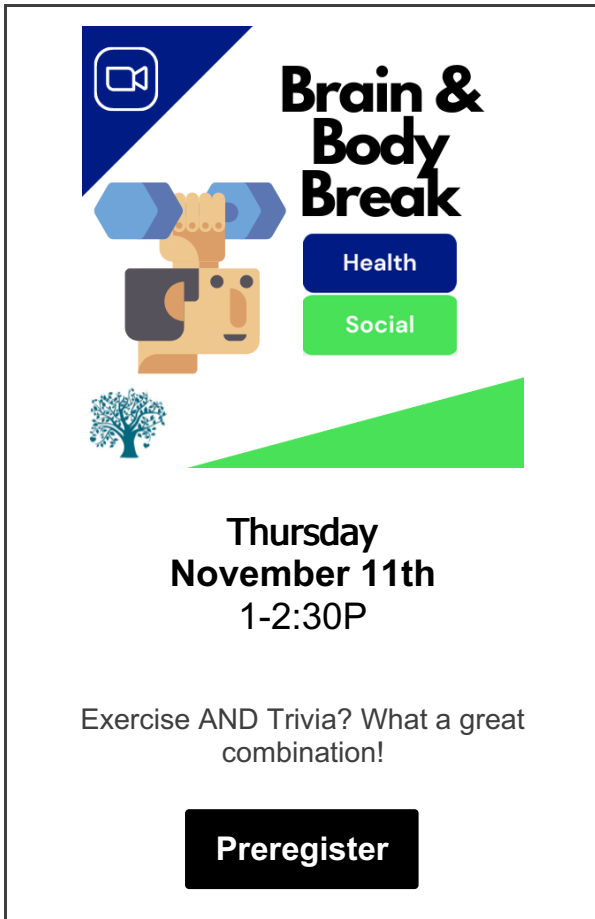


BINGO!
Social

**Wednesday
November 10th
6:15-8:15P**

Play Bingo!

Preregister



Brain & Body Break
Health
Social

**Thursday
November 11th
1-2:30P**

Exercise AND Trivia? What a great combination!

Preregister



OTHER VOICES IN THE 607
Life Skills
Social

**Other Voices in the 607
November 11th
6-7P**

Our Self-advocacy Group for ages 16+!

Preregister



Virtual Tours



Exploration

Social



Friday
November 12th
2:30-3:30P

Tour Costa Rica

Preregister



Game Night

Social



Friday
November 12th
6:15-7:15P

Play fun games!

Preregister



Comic Design

Social



Comic Design
Saturday, November 13th
5-6P

Learn about making comic books!

Preregister

**COMING
SOON**



SHARING SUCCESSSES



Life Skills

Health

Social



December 2021

The Virtual Activity where we celebrate each other returns in December! Come prepared to share accomplishments and learn resilience activities!

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