

Racker

 **VIRTUAL ACTIVITIES**

November 29th - December 4th



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!



Virtual Tours



Exploration
Social



Monday
November 29th 2:30-



**Youth
ADVOCACY
GROUP**

Life Skills
Social



Monday
November 29th



Bingo!



Social



Monday
November 29th 7:15-

3:30P

Join us at the Bradford County Heritage and Farm Museum!

Preregister

5-6P


Our new Self-advocacy Group for those under 16!

Preregister

8:30P

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

Preregister



Relax

Health
Social

**Tuesday
November 30th
4:15-6:15P**

Looking to relax? We've got you covered!

Preregister



RALLYCAP 2.0

RALLYCAP Sports

Health
Social

**Tuesday
November 30th
7:30-8:30P**

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

Preregister



Stay Active

Health

**Wednesday
December 1st
3:45-4:15P**

Get movin' in our Virtual exercise regimen!

Preregister



Skill Chef

Life Skills
Health

**Wednesday
December 1st
4:45-6:15P**

Learn how to make chicken enchiladas and Spanish rice!

Preregister



Bingo!

Social

**Wednesday
December 1st
6:15-8:15P**

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

Preregister

Stay Active

Health

**Thursday
December 2nd
3:45-4:15P**

Get movin' in our Virtual exercise regimen!

Preregister

**OTHER VOICES
IN THE
607**

Life Skills
Social

**Thursday
December 2nd
6-7P**

Our Self-advocacy Group for ages 16+!

Preregister

Brain & Body Break

Health
Social

**Thursday
December 2nd
7-8P**

Learn fun facts, play games, exercise, and more!

Preregister



Racker
**INDEPENDENCE
WORKSHOPS**

**Independence Workshop
Friday, December 3rd
1-2:30P**

Join us to learn about relationships!

Preregister



**New York City Ballet
Access Workshops for Children
(Recommended for Ages 4-12)
Saturday, December 4th
9:30-10:15A**

Join the artists of New York City Ballet for a series of movement workshops designed especially for children with disabilities, livestreamed on ZOOM.



Each 45-minute movement workshop will be co-led by a pair of NYCB dancers and will include a warm-up and choreography inspired by some of NYCB's most treasured repertory.

Movement options will be offered throughout, and young movers of all abilities and their siblings are welcome.

Accessibility options including ASL interpretation and close captioning are available. For assistance with registration or other questions, please email Dustinz@racker.org.

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

Preregister

 <p>Comic Design</p> <p>Social</p> <p>Saturday December 4th 5-6P</p> <p>Learn how to make comic books!</p> <p>Preregister</p>	 <p>Game Night</p> <p>Social</p> <p>Saturday December 4th 7-8:00P</p> <p>Play fun games!</p> <p>Preregister</p>
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**COMING
SOON**



**A Virtual Activities
Holiday Party
Coming December
2021**

Join us on ZOOM for our second Virtual Activities holiday party. Games, trivia, holiday cheer, and more



**Sharing Successes
Holiday Edition
Coming December
2021**

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



**Interactive Hands
Premiere
Coming January 2022**

A special Virtual Activity featuring the premiere of the American Sign Language group, Interactive Hands. Come together and watch

await!

and learn resilience activities!

their August performance!

For more info about Racker's Virtual Activities, please email Dustinz@racker.org.

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

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