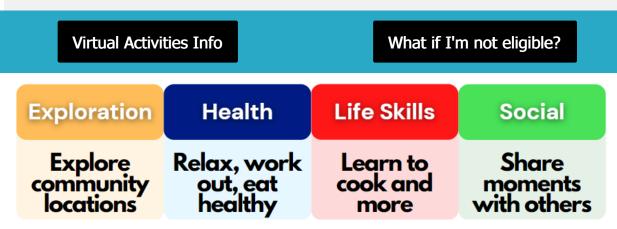


November 29th - December 4th



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

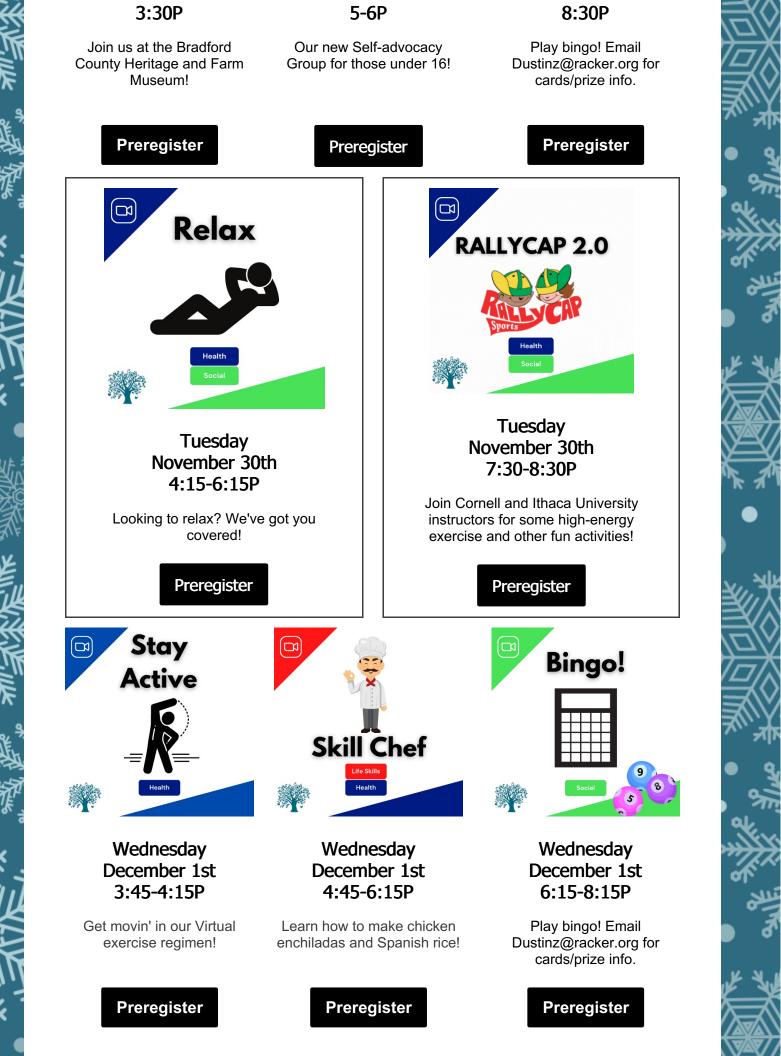
registration can be completed in advance! Those eligible to attend include Racker Service recipients, their family and friends, Racker staff, and friends of Racker! Come join us in an environment where people can learn and succeed together! For more info, click below:



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!



Monday November 29th 2:30Monday November 29th Monday November 29th 7:15-



Stay Active		Brain & Body Break Health Social
Thursday December 2nd 3:45-4:15P	Thursday December 2nd 6-7P	Thursday December 2nd 7-8P
Get movin' in our Virtual exercise regimen! Preregister	Our Self-advocacy Group for ages 16+! Preregister	Learn fun facts, play games, exercise, and more! Preregister
Racker INDEPENDENCE WORKSHOPS	Independence W Friday, December 1-2:30P Join us to learn about re Preregister	er 3rd
	movement workshops d	for Children r Ages 4-12) er 4th York City Ballet for a series of
	by a pair of NYCB dance up and choreography in most treasured repertor	ent workshop will be co-led ers and will include a warm- spired by some of NYCB's y. be offered throughout, and

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 Game Comic Night Design Saturday Saturday **December 4th December 4th** 5-6P 7-8:00P Learn how to make comic books! Play fun games! Preregister Preregister COMING SOON SHARING Interactive **SUCCESSES** A VIRTUAL Hands ACTIVITIES Premiere HOLIDAY PARTY Health January 2022 December 2021 **A Virtual Activities Sharing Successes Interactive Hands** Holiday Party Holiday Edition **Premiere** Coming December **Coming December** Coming January 2022 2021 2021

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

Join us on ZOOM for our second Virtual Activities holiday party. Games, trivia, holiday cheer, and more The Virtual Activity where we celebrate each other returns in December! Come prepared to share accomplishments



a#1E'



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

 £.388 B.48

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

Unsubscribe dustinz@racker.org

Update Profile |About Constant Contact

Sent by dustinz@racker.orgin collaboration with



Try email marketing for free today!