

Racker

 **VIRTUAL ACTIVITIES**

December 13th through 18th



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!








**Monday
December 13th
5-6P**

Join our new Self-advocacy Group for those under age 16!

Preregister








**Monday
December 13th
7:15-8:30P**

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

Preregister



**New York City Ballet
Access Workshop for Teens & Adults
Monday, December 13th
6-7P**

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

Each one-hour 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.

Modifications and movement options will be offered throughout, and movers of all abilities 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

--	--



Stay Active



Health

Tuesday
December 14th
3:45-4:15P

Get movin' in our Virtual exercise regimen!

Preregister



Relax



Health

Social

Tuesday
December 14th
4:15-7:15P*

Looking to relax? We've got you covered!

***Now extended for even more relaxation!**

Preregister



FSS Reimbursement Training



FSS Reimbursement Training Tuesday, December 14th 7:15-8:15P

Learn how Racker can help pay for the things that your loved one needs!

Sensory items, conferences, household goods, unpaid medical bills, trial memberships, and classes are only a few examples of what we can assist with!

Two sessions are available! Join us for one or both!

Preregister



Skill Chef



Life Skills
Health

**Wednesday
December 15th
4:45-6:15P**

Learn how to make ramen corn chowder and buttermilk biscuits!

Preregister



Bingo!



Social

**Wednesday
December 15th
6:15-8:15P**

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

Preregister



Stay Active



Health

**Thursday
December 16th
3:45-4:15P**

Get movin' in our Virtual exercise regimen!

Preregister



**OTHER VOICES
IN THE
607**

Life Skills
Social

**Thursday
December 16th
6-7P**

Our Self-advocacy Group for ages 16+!

Preregister



**Brain &
Body Break**



Health
Social

**Thursday
December 16th
7-8P**

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

Preregister

**FSS Reimbursement Training
Thursday, December 16th
5-6P**

Learn how Racker can help pay for the things that your loved one needs!



FSS Reimbursement Training



Sensory items, conferences, household goods, unpaid medical bills, trial memberships, and classes are only a few examples of what we can assist with!

Two sessions are available! Join us for one or both!

Preregister



VIRTUAL TOURS



Exploration

Social



**Saturday
December 18th
2-3P**

Join us at the Rockwell Museum in Corning!

Preregister



Comic Design



Social



**Saturday
December 18th
5-6P**

Learn how to make comics!

Preregister



Game Night



Social



**Saturday
December 18th
7:45-8:45P**

Play fun games!

Preregister

COMING SOON



A Virtual Activities Holiday Party Thursday, December 23rd 5:30-7:30P

Come celebrate the holidays with the Virtual Activities Community!

Our second holiday party will include games, trivia, music, and other merry activities!

**Preregistration Available
Now!**

**Cornell Johnson
Museum of Art
RECYCLED ART**

Exploration
Social

January 2022

**Cornell JMA Recycled
Art *Coming January
2022***

Join Cornell Johnson
Museum of Art and learn
about how recycled materials
can create beautiful pieces of
art!

**SHARING
SUCCESSES**

Life Skills
Health
Social

January 2022

**Sharing Successes
Holiday Edition
*Coming January 2022***

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

**Interactive
Hands
Premiere**

Social

January 2022

**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
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

[Unsubscribe dustinz@racker.org](mailto:dustinz@racker.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by dustinz@racker.org in collaboration
with



Try email marketing for free today!