

# Racker

 **VIRTUAL ACTIVITIES**

January 17th through 22nd

**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  
January 17th  
5-6:30P

Explore the Red Sea!

**Preregister**



# Bingo!



Social



Monday  
January 17th  
7:15-8:30P

Play bingo! Email [Dustinz@racker.org](mailto:Dustinz@racker.org)  
for cards/prize info.

**Preregister**



# Stay Active



Health



Tuesday  
January 18th  
3:45-4:15P

Get movin' with Steve!

**Preregister**



# Relax



Health

Social



Tuesday  
January 18th  
4:15-7:15P\*

Relax with us!

**\*Extended for even more relaxation!**

**Preregister**



# Skill Chef



Life Skills

Health



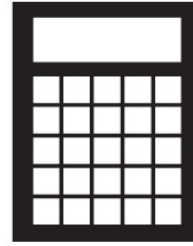
Wednesday  
January 19th  
4:45-6:15P

Learn how to make taco pizza!

Preregister



# Bingo!



Social



Wednesday  
January 19th  
6:15-8:15P

Play bingo! Email [Dustinz@racker.org](mailto:Dustinz@racker.org) for cards/prize info.

Preregister

## Racker INDEPENDENCE WORKSHOPS

An informative ZOOM series exploring skills associated with independence at home and in the community. Workshops take place every 3rd Thursday in 2022 and all are welcome to join!

### 1/20- COMMUNITY PARTNERSHIPS- ITHACA

Exploring what it means to be in and of the community. Including information about local clubs, groups, and resources as well as some fun facts about the city of Ithaca. Thursday January 20th 4-6pm

### 2/17- FINANCE & BUDGETING ESSENTIALS

Learn ways to be more financial independent, including how to budget and ways to prioritize your money. This workshop will also help you understand how your support team can help. Thursday February 17th 4-6pm

### 3/17- COMMUNITY SAFETY- PART 1

Take control of your safety by learning proactive strategies for your home & community. This workshop will explore ways to set yourself up for safety success! Thursday March 17th 4-6pm

### 4/21- COMMUNITY SAFETY- PART 2

Learn more about emergencies and how to respond to them. This workshop will help prepare you for interactions with the Police, Fire Dept, and EMTs. Thursday April 21st 4-6pm

### 5/19- TOMPKINS TRANSPORTATION

This guide will walk you through all things Tompkins County transportation. The workshop will explore local buses, taxis, and personal ride options. Thursday May 19th 4-6pm

CLICK HERE TO SIGN UP



FOR MORE INFORMATION, CONTACT LYNDEY PAULIN AT [LYNDEY@RACKER.ORG](mailto:LYNDEY@RACKER.ORG) OR (607) 230-4806

## Independence Workshops Series 2 Community Partnerships Thursday, January 20th 4-6P

Our Independence Workshops begin!  
Explore what it means to be in and of the community. Learn about clubs, groups, and many other resources in Ithaca!

Preregister



# Stay Active



Health



Life Skills

Social



Thursday  
January 20th  
3:45-4:15P

Get movin' with Steve!

**Preregister**

Thursday  
January 20th  
6-7P

Join our Self-advocacy Group for ages  
16+!

**Preregister**



## Brain & Body Break



Health

Social



Thursday  
January 20th  
7-8P

Get zany with Mark!

**Preregister**



## Game Night



Social



Friday  
January 21st  
6:30-8P\*

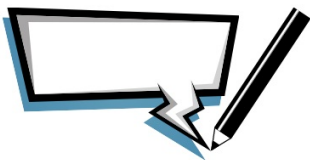
Play fun games!

**\*Extended for even more fun!**

**Preregister**



## COMIC DESIGN



Social



Comic Design  
Saturday, January 22nd  
5-6P

Learn how to make comic books!

**Preregister**

**COMING SOON**

# CORNELL JOHNSON MUSEUM OF ART

## 2022 SERIES



### CORNELL JMA PRESENTS WINTER WEATHER ADVISORY



Exploration

Social



Thursday  
February 10th  
5-5:45P

Explore art made of snow and ice through the works of Andy Goldsworthy!

**Preregister  
now!**



### CORNELL JMA PRESENTS *An Appetite for Art*



Exploration

Social



Thursday  
March 10th  
5-5:45P

Hungry for a fine piece of art? Look no further than this food-themed session!

**Preregister  
now!**



### CORNELL JMA PRESENTS *EARTH DAY ART*

Exploration

Social



Thursday  
April 14th  
5-5:45P

Spring is in the air! Explore some pieces connected to land and nature!

**Preregister  
now!**



#### FSS Reimbursement Training



#### Join us for FSS Reimbursement Training!

Join us for FSS Reimbursement Training via ZOOM on Tuesday, January 25th from 6:30PM-7:30PM!

[CLICK HERE TO PREREGISTER!](#)

#### What is FSS Reimbursement?

FSS reimbursement is designed to support families and caregivers in Broome, Chenango, Cortland, Delaware, Otsego, Tioga, and Tompkins County. FSS reimbursement funding is intended to be short-term and time-limited, if possible. It should not be used for ongoing services when there are other funding sources that can be accessed.

#### Who is eligible?

Families who are providing care for a loved one with a disability living full-time in the family home. Families who choose to Self-direct their services are also eligible for FSS Reimbursement.

For more info, contact Marlene Teglavente:  
Office: 607-272-5893 Ext. 226  
Cell: 607-220-4763  
Marlene@racker.org

#### SOME THINGS WE CAN HELP WITH, INCLUDE:

##### BASIC UNMET NEEDS

Household Items  
Food  
Specialized Clothing  
Other Sensory Needs

##### CONFERENCES

Usually once per year

##### EQUIPMENT

Adaptive Equipment  
Assistive Technology  
Specialized Software  
Equipment Repairs

##### HOUSING

Rental and Mortgage

##### MEDICAL NEEDS

Medical Bills  
New or Special Therapies  
Supplements

##### RECREATION

Trial Memberships  
Camp  
Classes

##### TRANSPORTATION

Some Auto Repairs and Travel  
Expenses

##### RESPIRE

Temporary  
Emergency

\*Please note, this is a general list. There are many other items and services that are eligible for reimbursement.

## FSS Reimbursement Training Tuesday, January 25th 6:30-7:30P

Learn about FSS Reimbursement!

**FSS Reimbursement** is designed to support families and caregivers in Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins Counties. FSS reimbursement funding is intended to be short-term and time-limited, if possible. It should be used for ongoing services when there are other funding sources that can be accessed.

**Preregister**



## Tri-county Autism Lending Library Tour


A virtual look into the resources available at the Cortland, Tioga, and Tompkins Lending Libraries!

**Thursday, January 27th**  
**3:30-4:30P**


Discover our diverse offerings!

- Sensory and safety items for lending
- Interactive games & outdoor activities
- Learn how to create a sensory space, and other supportive strategies.

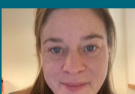
Presented By



**Jennifer Frank**  
Cortland



**Megan Kaminsky**  
Tioga



**Marlene Tagliavento**  
Tompkins

**Live on ZOOM!**

For more information, email  
[Megank@racker.org](mailto:Megank@racker.org)

**REGISTER NOW**

This is an OPWDD Family Support Services Parent Network and ALL & Advocacy Event.

## Autism Lending Library Tour (Tri-County)

Thursday, January 27th

3:30-4:30P

Take a tour with Jennifer, Megan, and Marlene and learn about the resources available to you at the Cortland, Tioga, and Tompkins County Autism Lending Libraries!

**Preregister**



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FOR MORE INFORMATION, CONTACT LYNDSEY PAULIN AT [LYNDOSEY@RACKER.ORG](mailto:LYNDOSEY@RACKER.ORG) OR (607) 230-4800

## Independence Workshops Series 2

Thursdays in 2022

4-6P

We welcome everyone to explore skills associated with independence at home and in the community!

### Series Roadmap

#### February 17th: Finances & Budgeting

*Learn ways to be more financially independent, including budgeting and prioritizing your money!*

#### March 17th: Community Safety Part I

*Take control of your safety by learning proactive strategies for your home and community!*

#### April 21st: Community Safety Part II

*Learn more about emergencies, how to respond, and resources such as police, the fire department and EMTs.*

#### May 19th: Tompkins Transportation

*Learn about transportation options in Tompkins, including buses, taxis, and personal ride options.*

**Preregistration available now!**



## Sharing Successes *Coming February*

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



## Interactive Hands Premiere *Coming February*

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](mailto:Dustinz@racker.org).***

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

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