



Please note, the session links for Virtual Tours, Relax, and Game Night have been corrected.

Racker's Virtual Activities are Skill-building opportunities powered by ZOOM. Tours of community locations, cooking courses, exercise classes, and much more occur throughout each week. Courses are developed and hosted by partnering organizations, Virtual Volunteers, and the Family Resource Program's Community Support Professionals. Apart from offerings on ZOOM, in-person events occurring in the community are also included in our schedule! Those eligible to attend include Racker Service recipients, their family and friends, Racker staff, preschool affiliates, and all 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?](#)

Some Activities occur on the same day and time each week!* Registration can be completed in advance!

**All scheduled days and times for Virtual Activities are subject to change at any time. If changes to a Virtual Activity occur, notification will be provided to registrants via the email used in registration.*

| | | | |
|------------------------------------|-------------------------------------|-------------------------------|----------------------------------|
| Exploration | Health | Life Skills | Social |
| Explore community locations | Relax, work out, eat healthy | Learn to cook and more | 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!

| | |
|--|--|
| | |
|--|--|



Stay Active



Health

Stay Active
Tuesday, February 22nd
3:45-4:15P

Get movin' with Steve!

Preregister



Bingo!



Social

Bingo
Tuesday, February 22nd
6:30-8:30P

A special Tuesday session of Bingo!

Preregister



Virtual Tours



Exploration
Social

Virtual Tours
Wednesday, February 23rd
2:30-3:30P

Join us at Soaring Museum in Elmira, New York and explore their unique miniature dollhouse display!

Preregister



RALLYCAP 2.0



Health
Social

RallyCap Fitness
Wednesday, February 23rd
7:30-8:30P

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

Preregister



Relax



Health

Social



Relax
Thursday, February 24th
4:45-6:45P

Looking to relax?

Preregister



Stay Active



Health



Stay Active
Thursday, February 24th
3:45-4:15P

Get movin' with Steve!

Preregister

**Do you need help
paying for things?**



Learn how

**Racker Family
Reimbursement**

can help you!

February 24th on ZOOM
6:30P-7:30P



This is a program is funded by Family Support Services.

Racker Family Reimbursement Thursday,
February 24th
6:30-7:30P

Racker can help pay for things your loved one needs!

Host, Marlene, will explain who is eligible and how you can benefit from this Service!

**Preregister
now!**



Other Voices in the 607
Thursday, February 24th
6-7P

Join our Self-advocacy Group for ages 16+!

Preregister



Skill Chef
Friday, February 25th
4:45-6:15P

This week, we're making

Preregister



Game Night
Friday, February 25th
7-8P

Play fun games!

Preregister

Comic Design
Saturday, February 26th
5-6P

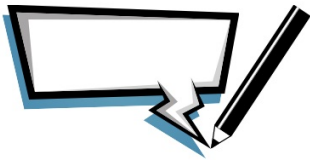
Learn how to make comic books!

Preregister

Preregister



COMIC DESIGN



Social



COMING SOON



Sciencenter

Presents



Life Skills

Exploration

Social



**Homemade
Ice Cream**



The Sciencenter Presents:
Homemade Ice Cream*
Friday
March 4th
4-5:15P

Learn how to make ice cream with The Sciencenter! Don't miss out on this Racker-exclusive event!

Prepare early! An Activity Guide is now available below! Email Dustinz@racker.org for an alternate view.

Preregister
now!

Ice Cream in a Bag**Materials:**

- Ice
- kosher salt or rock salt
- half and half OR whole milk OR canned coconut milk (whichever cream you choose it should be higher in fat content)
- Sugar
- Pint sized ziplock bag
- quart sized ziplock bag
- 1/2 cup measuring cup
- 1/4 cup measuring cup
- teaspoon
- Flavoring of choice (vanilla extract, chocolate syrup, etc.)
 - 1/4 teaspoon (to measure vanilla)
 - tablespoon (to measure chocolate)
- Spoon and bowl to eat your ice cream!

Activity:

1. In the pint bag combine:
 - 1/2 cup of chosen cream
 - 3 teaspoons of sugar (put less in if you would like it less sweet)
 - Flavoring: 1/4 teaspoon of vanilla OR 2 tablespoons of chocolate syrup
2. Tightly close the bag. Place the pint bag into the quart bag
3. Put about 1 cup of ice on either side of the pint bag. Add about 1/4 cup salt on each side of the bag.
4. Close the quart bag tightly and begin shaking. Shake the bag for 10 minutes.
5. The ice cream is done when it is no longer liquid and has a stiffer texture. Take the pint size bag out and rinse the salt off of the bag. Enjoy!



TIME TO SPARE?

STRIKE UP CONVERSATION AND CONNECT WITH OTHER PARENTS!

JOIN US FOR SOME FRAMES WITH FRIENDS!

Racker 
INVITES YOU TO

BOWL WITH PARENT NETWORK

Tuesday, March 22nd: 4-6P
Saturday, June 11th: 12-2P
Saturday, August 13th: 12-2P
Tuesday, November 15th: 4-6P

Cort-Lanes Bowling Alley
928 NY-13, Cortland, NY 13045

Scan below to RSVP to Dianag@racker.org!



This is an event funded by Family Support Services.

Bowl with Parent Network
Tuesday, March 22nd: 4-6P
Saturday, June 11th: 12-2P
Saturday, August 13th: 12-2P
Tuesday, November 15th: 4-6P

This event series is exclusive to Family Support Services-eligible families. Join us at Cortlanes Bowling Alley to connect with other parents and have a striking good time!



For eligibility and RSVP, email Dianag@racker.org

CORNELL JOHNSON MUSEUM OF ART 2022 SERIES

CORNELL JMA PRESENTS
An Appetite for Art

Exploration
Social

An Appetite for Art
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

Earth Day Art
Thursday, April 14th
5-5:45P

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

Preregister now!

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](#)



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 LYNDESE PAULIN AT LYNDESE@RACKER.ORG OR (607) 220-4800

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!



Interactive Hands Premiere



Social

Interactive Hands Premiere Coming Soon

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

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