

# Racker

 **VIRTUAL ACTIVITIES**

Many unique events happening all week!

**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. 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?](#)

<b>Exploration</b>	<b>Health</b>	<b>Life Skills</b>	<b>Social</b>
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

Monday

**AWESOME ADVOCATES!**

Life Skills  
Social

Monday

**Bingo!**

Social

Monday

February 7th  
3:45-4:15P

Get movin' with Steve!

[Preregister](#)

February 7th  
5-6P

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

[Preregister](#)

February 7th  
6:30-8:30P

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

[Preregister](#)



## RALLYCAP 2.0



Wednesday  
February 9th  
7:30-8:30P

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

[Preregister](#)



## Stay Active



Health



Thursday  
February 10th  
3:45-4:15P

Get movin' with Steve!

[Preregister](#)



## 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](#)



Life Skills

Social



Thursday  
February 10th  
6-7P

Join our Self-advocacy Group for ages  
16+!

**Preregister**



## Brain & Body Break



Health

Social



Thursday  
February 10th  
7-8P

Get zany with Mark!

**Preregister**



## Skill Chef



Life Skills

Health



Friday  
February 11th  
4:45-6:15P

Cook up a chicken pot pie!

**Preregister**



## Game Night



Social



Friday  
February 11th  
7-8P

Play fun games!

**Preregister**



# Relax



Health

Social



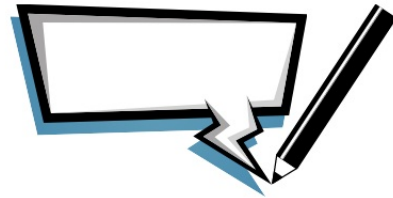
Saturday  
February 12th  
1-3P

Learn relaxation techniques!

**Preregister**



# COMIC DESIGN



Social



Saturday  
February 12th  
5-6P

Learn how to make comic books!

**Preregister**

**COMING SOON**

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  
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!**

The Sciencenter Presents:  
Homemade Ice Cream\*  
March 4th

4-5:15P



Sciencenter  
Presents



Life Skills  
Exploration  
Social



**Homemade  
Ice Cream**



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](mailto:Dustinz@racker.org) for an alternate view.**

**Preregister  
now!**

## Sciencenter

### 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!

**CORNELL JOHNSON MUSEUM OF ART  
2022 SERIES**





**CORNELL JMA  
PRESENTS**  
*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*



**Thursday  
April 14th  
5-5:45P**

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

**Preregister  
now!**

**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 LYNDSEY PAULIN AT LYNDSEYP@RACKER.ORG OR (607) 232-4800

**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!**



## **Interactive Hands Premiere**



Social

## **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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