Racker VIRTUAL ACTIVITIES

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 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!*

Dance & Wellness
Monday, March 14th
5:30-6:45P

Join Akilah and explore dance routines!

Preregister

Stay Active
Tuesday, March 15th
3:45-4:15P

Get movin' with Steve!

Preregister

Relax
Tuesday, March 15th
4:30-5:30P

Relax with Becky!

Preregister

Bingo
Tuesday, March 15th
6:30-8:30P

Play bingo with Shirley!

Preregister

Skill Chef
Wednesday, March 16th
5:30-7P

Cook up some meatballs with Becky!

Preregister

RallyCap Fitness
Wednesday, March 16th
7:30-8:30P

Exercise with Cornell and Ithaca College instructors!

Preregister

Stay Active

Thursday, March 17th
3:45-4:15P

Get movin' with Steve!

Preregister

Independence Workshops Series 2
Community Safety Part 1
Thursday, March 17th
4-6P

Join Lyndsey and learn how to take control of your safety! Learn proactive strategies for your home and community!

In this session, we'll discuss:

- How to make safety plans
- Protective skills when interacting with different types of people
- How to make emergency plans

Preregister

Other Voices in the 607
Thursday, March 17th
6-7P

Join Marlene for our Self-advocacy Group for ages 16+!

Preregister

Brain & Body Break
Thursday, March 17th
7-8P

Get zany with Mark!

Preregister

Game Night

Friday, March 18th
6:30-7:30P

Play fun games with Danielle!

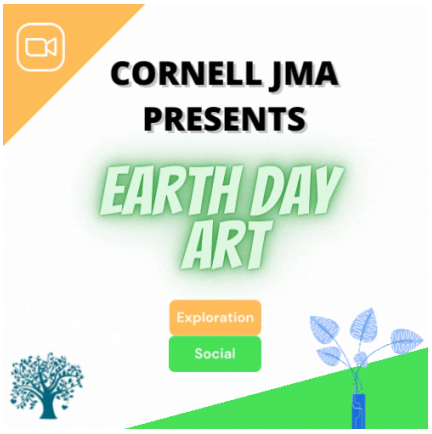
Preregister

Comic Design
Saturday, March 19th
5-6P

Learn how to make comic books!

Preregister

COMING SOON



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

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, taxies, and personal ride options.

Preregistration available now!

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.

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