



**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.*



Take a look at the bottom of the calendar!  
Get the latest updates from Racker's Community Support Services and info about organizations we work with in **Additional Info and Resources!**

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*

## Stay Active Monday, April 18th 3:45-4:15P

Get movin' with Steve!

[Preregister](#)



## Stay Active



Health

Social



## Awesome Advocates Monday, April 18th 4:30-5:30P

Join our bi-weekly Self-advocacy Group for those younger than 16! Tonight, we're playing a game! Guess the person/character!

[Preregister](#)



## Dance & Wellness



Health

Social



## Dance & Wellness Monday, April 18th 5:30-6:45P

Get dancin' with Akilah!

[Preregister](#)



## RELAX



Health  
Social

Relax  
Tuesday, April 19th  
4:45-5:45P

Relax with Becky!

[Preregister](#)



## BINGO



Social

Bingo  
Tuesday, April 19th  
6:30-8:30P

Play bingo!

[Preregister](#)



## Stay Active



Health  
Social

Stay Active  
Wednesday, April 20th  
3:45-4:15P

Get movin' with Steve!

[Preregister](#)



## Skill Chef



Life Skills  
Health

Skill Chef  
Wednesday, April 20th



## RALLYCAP 2.0



Health  
Social

RallyCap  
Wednesday, April 20th



5:30-7P

Learn how to cook turkey chili!

**Preregister**

7:30-8:30P

Get movin' with RallyCap!

**Preregister**



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 PAULN AT LYNDSEY@RACKER.ORG OR (607) 220-6800

## Independence Workshop Community Safety Part II Thursday, April 21st 4-6P

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

**Preregister**





Life Skills

Social

## Other Voices in the 607 Thursday, April 21st 6-7P

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

**Preregister**

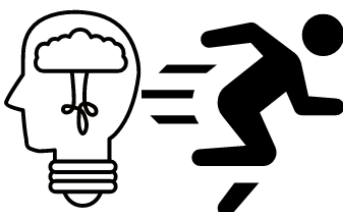
## Brain & Body Break Thursday, April 21st 7-8P

Join Mark for games, exercise, and more!

**Preregister**



## Brain & Body Break



Health

Social

## Game Night Friday, April 22nd 6:30-7:30P



Play fun games with Danielle!

## Game Night

**Preregister**



Social

Comic Design  
Saturday, April 23rd  
5-6P

Learn how to make comic books!

**Preregister**



## Comic Design



Social

# COMING SOON

**Independence Workshop  
Tompkins Transportation  
Thursday, May 19th  
4-6P**

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



# 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!



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

options.

**Preregister now!**



**The Sciencenter is hosting Virtual Activities for Racker from May to October!**

**The Sciencenter's  
All About Nature  
Friday, May 6th  
4-5:15P**

Explore nature with the Sciencenter. Make a nature journal, learn about citizen science applications, and more!

A supply list will be available soon!

**Preregister now!**



**Sciencenter**  
presents

## ALL ABOUT NATURE




Health  
Social



# Virtual Tours: Danielle's Graduation

Friday, May 13th  
7P

Danielle invites you to virtually attend her graduation ceremony at SUNY Cortland!



## Virtual Tours



Exploration  
Social



Preregistration coming soon!



## 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!



## Additional Info and Resources

### David's Refuge - Providing Caregivers the Breaks They Deserve!

David's Refuge provides respite opportunities, support, and other resources to parents and guardians of children affected by disabilities.

Apart from many other benefits, David's Refuge offers 400 weekend getaways to caregivers annually. 120 remain for this year!

David's Refuge will be presenting for Racker's Parent Network in October. Stay tuned for more info!



Click here to find out more!

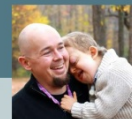
## DAVID'S REFUGE

Caring for the Caregiver



### Join our community

At David's Refuge, our goal every day is to help prevent caregiver burnout. We are a community of compassion, understanding and inclusion. We are the community that comes alongside caregivers on their journey to offer encouragement, grace and strength. We live out our values with love, hope and joy. We are always excited to welcome new families to our community and we encourage you to engage with all of the programs that feel right for you!



### Our Mission

To provide respite, resources and support to parents and guardians of children with special needs or life-threatening medical conditions where they will be refreshed, restored and renewed in their roles as caregiver.



## Respite

Restoring balance to the lives of caregivers by offering time to rejuvenate, relax and renew

### Weekend Respite

Our respite weekends encourage couples and single parents to take a breath and pour into themselves. This restorative time, helps caregivers to develop stronger relationships, families and communities.

- **Group Weekend** - Couples or single parents go away for two nights with other caregivers. The weekend offers time on their own as well as time to connect with others who share a similar journey.
- **New in 2022 - Respite Stay Reimbursement** - Couples or single parents can go away on their own and be reimbursed up to \$400 for lodging and meals.



### Caregiver Night Out

Once per year David's Refuge will reimburse up to \$50 for caregivers to have a night out...or take-out in! It is an opportunity for unplugging for a few hours and enjoy time together.



## My eVero Portal - Take Control of Your Services!

Information about your/your loved one's Community Habilitation Services at your fingertips!

Get access today!

[Click here to find out more!](#)

## StaffMatch - Take Control of Your Staffing!

Find staff near you, that meet your schedule and interests!

Create your profile today!

[Click here to find out more!](#)



For more info about Racker's Virtual Activities, please email [Dustinz@racker.org](mailto:Dustinz@racker.org).

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