



A graphic for "VIRTUAL ACTIVITIES HOURS". At the top is a small blue icon of a video camera, followed by the words "VIRTUAL ACTIVITIES" in a blue, sans-serif, all-caps font. Below this, the word "HOURS" is written in very large, bold, sans-serif letters. The "H" is blue, and the "OURS" is red. All letters have a slight drop shadow.

Host your own Virtual Activity on Tuesday and/or Friday!

Find out more and sign up in the Coming Soon section!

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 someone you support. Look for these in each Activity's graphic to find out more about a course's content!*



Skill Chef



Life Skills

Health

Skill Chef
Monday, April 25th
5-6P

Learn how to make berry muffins!

Preregister



Dance & Wellness



Health

Social

Dance & Wellness
Monday, April 25th
6-7:15P

Get dancin' with Akilah!


Preregister

Racker 5-7pm
Tuesday, April 26th, 2022
NOBODY'S NORMAL
 Culture, Autism & the Fight Against Stigma
Dr. Roy Grinker
 Moderated by: Diana Gallagher

In this presentation, Dr. Roy R. Grinker explores why the shame and secrecy around mental illnesses and developmental disabilities are still with us today – especially when research, advocacy, self-advocacy, and neurodiversity are successfully challenging antiquated assumptions about what constitutes a meaningful life. Indeed, Dr. Grinker argues that we are at the cusp of ending the marginalization of those who have for so long been deemed "abnormal."

This event is **FREE** for all to attend. If you are FSS eligible, or are attending on behalf of someone who is, you will also receive a complimentary copy of Dr. Grinker's new book. Continuing Education Credits Available.

<https://tinyurl.com/2p93p38m>



Nobody's Normal Tuesday, April 26th 5-7P

In this presentation, Dr. Roy R. Grinker explores why the shame and secrecy around mental illnesses and developmental disabilities are still with us today – especially when research, advocacy, self-advocacy, and neurodiversity are successfully challenging antiquated assumptions about what constitutes a meaningful life. Indeed, Dr. Grinker argues that we are at the cusp of ending the marginalization of those who have for so long been deemed "abnormal."

This event is FREE for all to attend. If you are FSS eligible, or are attending on behalf of someone who is, you will also receive a complimentary copy of Dr. Grinker's new book!

Preregister


Stay Active



Stay Active
Tuesday, April 26th
3:45-4:15P

Get movin' with Steve! For today's Fitness Challenge, bring a book and an empty toilet paper roll!

Preregister


BINGO



Bingo
Tuesday, April 26th
7-8:30P

Play bingo!

Preregister

RallyCap
Wednesday, April 27th
7:30-8:30P



Get movin' with RallyCap!

RALLYCAP 2.0



Health

Social



Preregister

Stay Active Thursday, April 28th 3:45-4:15P

Get movin' with Steve!

Preregister



Stay Active



Health

Social



Racker

Life Skills

Social



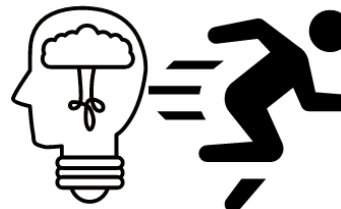
Other Voices in the 607 Thursday, April 28th 6-7P

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

Preregister



Brain & Body Break



Health

Social



Brain & Body Break Thursday, April 28th 7-8P

Join Mark for games, exercise, and
more!

Preregister

Game Night



Friday, April 29th
6:30-7:30P

Game Night



Social

Play fun games with Danielle!

Preregister



Comic Design



Social

Comic Design
Saturday, April 30th
5-6P

Learn how to draw up some comic books!

Preregister



RELAX



Health

Social

Relax
Saturday, April 30th
7-8:30P

Join Becky for some evening relaxation.

Preregister

COMING SOON



Virtual Activities Hours May 3rd & 6th Sign-up

Sign up to host your own, one-hour Virtual Activity! **Sign-ups for May 3rd and 6th are open from April 25th through April 30th!***

After signing up, Family Resource Program staff will review your submission. If your Activity is approved, it, along with the Zoom link for you to host, will appear on the Virtual Activities Calendar for May 1st through 7th!

Available Timeslots

Tuesday, May 3rd

- 9am-10am
- 10am-11am
- 11am-12pm

Friday, May 6th

- 3pm-4pm
- 4pm-5pm
- 5pm-6pm

**One-hour Activities are recommended, but longer submissions will be reviewed.*

**Sign up
here!**

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

Learn about transportation options in Tompkins,



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

FOR MORE INFORMATION, CONTACT LYNDEY PAULIN AT LYNDEY@RACKER.ORG OR (607) 220-4806

CLICK HERE
TO SIGN UP



including buses, taxis, and personal ride options.

Preregister
now!

Sciencenter

2022 SERIES

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!

**Preregister
now!**



Interactive Hands Premiere



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](#)

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.

more!



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.

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