



HOURS

Host your own Virtual Activity on Tuesdays and/or Fridays!

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 middle 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	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!*

**Awesome Advocates Monday,
May 16th
4:30-5:30P**

Join our Self-advocacy Group for those
under 16!

Preregister



**Family Reimbursement Training
Monday, May 16th
4:30-5:30P**

Learn how Racker Family Reimbursement can help
pay for things your loved one needs!

Preregister

Do you need help
paying for CAMP
or for other things?



Learn how

**Racker Family
Reimbursement**

can help you!

May 16th on ZOOM

4:30P-5:30P



This is a program is funded by Family Support Services.



Dance & Wellness



Health

Social

Dance & Wellness
Monday, May 16th
5:30-6:45P

Get dancin' with Akilah!

[Preregister](#)

VIRTUAL ACTIVITIES
HOURS

Virtual Activities Hour
Bowling!
Tuesday, May 17th
10-11A



Let's go bowling!

[Join Here!](#)



Stay Active



Health

Social

Stay Active
Tuesday, May 17th
3:45-4:15P

Get movin' with Steve!

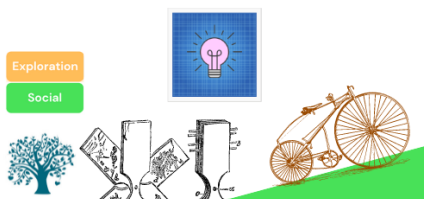
[Preregister](#)



CORNELL JOHNSON MUSEUM OF ART
presents
**THE ART OF
CONTRAPTIONS**

Exploration

Social



Cornell Johnson Museum of Art's
The Art of Contraptions
Tuesday, May 17th
5-5:45P

Tools, machines, and gadgets, oh my! Explore art made from contraptions!

[Preregister](#)

Bingo
Tuesday, May 17th
6:30-8:30P

Play bingo with Shirley!

[Preregister](#)



BINGO



Social

Skill Chef
Wednesday, May 18th



Skill Chef



Life Skills

Health

5:30-6:30P

Learn how to make gnocchi chicken pot pie!

[Preregister](#)



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 unplug for a few hours and enjoy time together.

NEED HELP PAYING FOR THINGS?

Family Reimbursement Can Help!

WE HELP WITH:

TRANSPORTATION

- Auto Repairs
- Transportation Expenses

CAMPS & RECREATION

- Dance Classes
- Karate Lessons
- Variety of camps
- Gymnastics
- New experiences
- Horseback lessons or therapeutic riding
- Balance bike

SENSORY ITEMS

- Body Socks
- Sensory Swing
- Fidgets
- Weighted Blankets
- Wiggle Seat & Feet

BASIC UNMET NEEDS

- Specialized clothing
- Special dietary needs

RESPIRE

Need a break or have an emergency?
We can pay for temporary or emergency respite

CONFERENCES

Increase knowledge of your loved ones disability!

MEDICAL EXPENSES

- New or specialized therapies
- Co-pays
- Dietary supplements

EQUIPMENT

- Specialized
- Communication Devices

HOUSEHOLD ITEMS & EXPENSES

- Utilities
- Rent, Mortgage, Security Deposit
- Appliances
- Mattress, Box Spring & Frames

Eligibility:

Just be caring for a loved one at home with a Developmental Disability and live in Broome, Cortland, Chenango, Delaware, Otsego, Tioga or Tompkins County

For more information contact:

Marlene Tagliavento
(607)220-8763
marlenet@racker.org

Need Help Paying for Things?

Learn about and apply for Racker Family Reimbursement!

[Click here for more info!](#)

[Click here for the Application!](#)

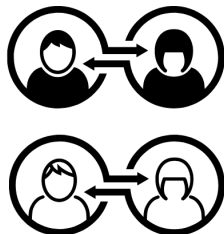


My eVero Portal - Take Control of Your Services!

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

Get access today!

[Click here for more info!](#)



StaffMatch - Take Control of Your Staffing!

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

Make your profile today!

[Click here for more info!](#)

[Click to make a profile!](#)



Stay Active
Thursday, May 19th
3:45-4:15P

Get movin' with Steve!

[Preregister](#)

Racker 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 EMS. 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 LYNSEY PAULM AT LYNSEY@RACKER.ORG OR (607) 232-4806

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

Learn about transportation options in Tompkins, including buses, taxis, and personal ride options.

[Preregister](#)





Racker

Life Skills

Social



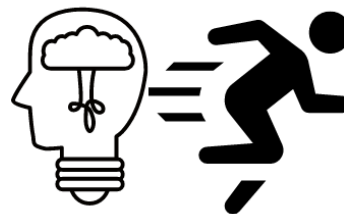
Other Voices in the 607 Thursday, May 19th 6-7P

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

[Preregister](#)



Brain & Body Break



Health

Social



Brain & Body Break Thursday, May 19th 7-8P

Join Mark for games, exercise, and more!

[Preregister](#)



RELAX



Health

Social



Relax Friday, May 20th 2:30-3:30P

Relax with Becky!

[Preregister](#)



GAME NIGHT



Social



Game Night Friday, May 20th 6:30-7:30P

Play fun games with Danielle!

[Preregister](#)

Comic Design
Saturday, May 21st
5-6P



COMIC DESIGN



Learn how to make comic books!

Preregister

COMING SOON



Virtual Activities Hours May 24th & 27th Sign-up

Sign up to host your own, one-hour Virtual Activity! **Sign-ups for Tuesday, May 24th and Friday, May 27th are now open!***

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 next week's Virtual Activities Calendar!

Available Timeslots

Tuesday, May 24th

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

Friday, May 27th

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

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

Sign up
here!

TIOGA COUNTY EXPLORES:

The Autism Nature Trail
at Letchworth State Park



Autism Nature Trail

A Nature Trail for all at Letchworth State Park

MAY 22nd, 2022

12:30PM @ THE HUMPHREY NATURE CENTER



SCAN THE QR CODE
FOR DIRECTIONS
TO THE ANT

IF YOU NEED ASSISTANCE WITH TRANSPORTATION
PLEASE CONTACT
EMILY VANSKOY
(607) 229-7576
EEVANSKOY@GMAIL.COM

*THE TRAIL IS WHEELCHAIR ACCESSIBLE

**Tioga County Explores: The Autism Nature Trail at
Letchworth State Park
Sunday, May 22nd**

12:30P

Join Emily at the Humphrey Nature Center!



Email Emily to
RSVP

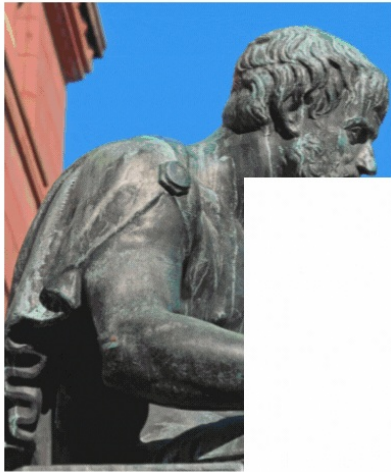


**Cornell Johnson Museum of Art's
Art for Fun
Thursday, June 9th
5-5:45P**

Art and games! Discover art made for having fun!

Preregister

now!



Racker 

INVITES YOU TO

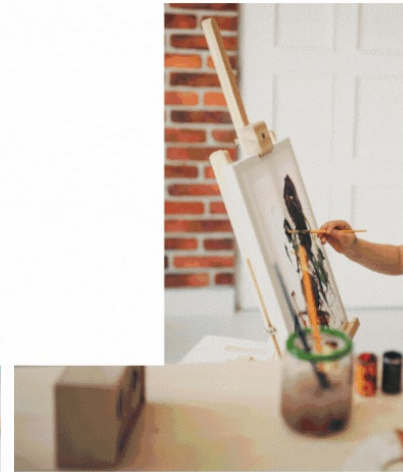
CORNELL JOHNSON
MUSEUM OF ART'S

AUGUST ART ADVENTURES

AUGUST 12TH
1-3P

114 CENTRAL AVE
ITHACA, NY 14853

Email Dustinz@racker.org to RSVP.



Cornell Johnson Museum of Art's August Art Adventures August 12th 1-3P In-Person

Come explore the amazing creations inside and outside the Johnson Museum of Art! We'll take a look at masterpieces of all kinds, including sculptures and irresistible paintings.

We'll even delve into an art installation made of light bulbs, and travel through another world by visiting a hidden garden. Also, come make your own works of art by creatively experimenting with a variety of materials!

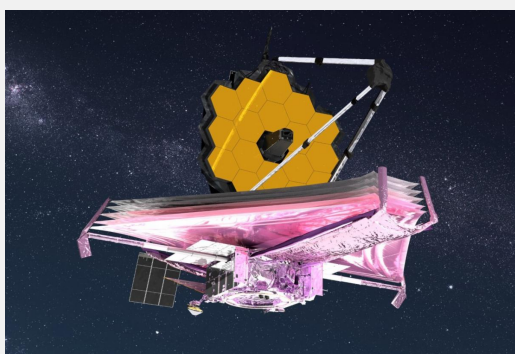


**IN-PERSON
EVENT**

**Email Dustin Zimmer to
RSVP**

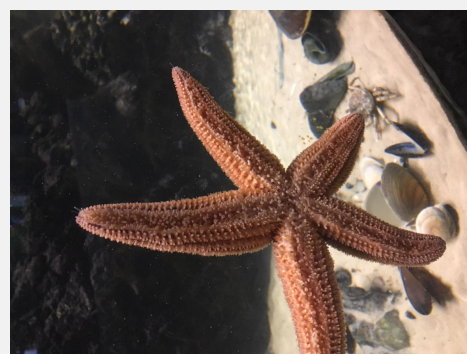
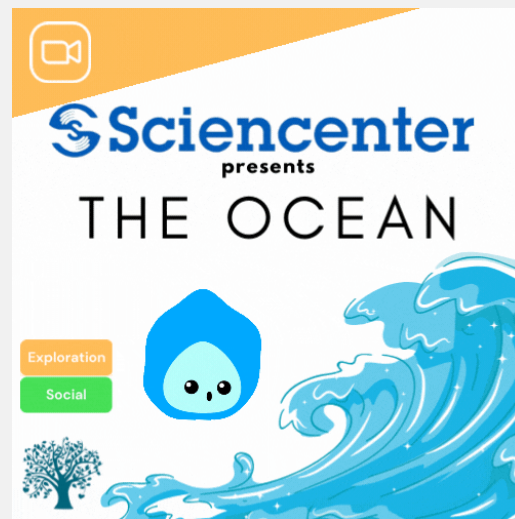
Sciencenter

2022 SERIES



**The Sciencenter's
Out of This World
Friday, August 5th
4-5:15P**

Enter outer space with The Sciencenter. Take a tour of the solar system, discover the James Webb telescope, and imagine life on other worlds!



**The Sciencenter's
The Ocean
Friday, October 7th
4-5:15P**

Visit The Sciencenter's Tide Pool Touch Tank and make a mini tide pool sensory bin*!

*A supply list will be available soon.

**Preregister
Now!**

**Preregister
Now!**

**Interactive Hands (course)
Wednesday, June 8th
7-8P**

Interactive Hands is back! Join new host, Kelly, to learn more American Sign Language (ASL)! Signs and songs of your choice included!

Preregister



**Interactive
Hands
Premiere**



Social

**Interactive Hands (premiere)
Friday, August 26th
7-8P**

We proudly present the second premiere of the American Sign Language Group, Interactive Hands. Come together and watch their August 2021 performance!

Preregister

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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