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.*

NEW!

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!*

Dance and Wellness
Monday, August 15th
5:30-6:45P

Learn to dance with Akilah!

Preregister

Walking Club
Tuesday, August 16th
5-6P
359 Hickories Park Road
Owego, NY 13827

Join Becky and get some steps in!

All are welcome to attend in-person or on ZOOM!

RSVP for in-person

Register for virtual

Skill Chef
Wednesday, August 17th
6-7P

Learn how to make strawberry shortcake!

Preregister

Interactive Hands
Wednesday, August 17th
7-8P

Join Kelly to learn more American Sign Language!

Preregister

Other Voices in the 607
Thursday, August 18th
6-7P

Join our Self-advocacy Group for ages 16+!

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 man 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!

Need Help Paying for Things?

Learn about and apply for Racker Family Reimbursement!

Click here for more info!

Racker

NEED HELP PAYING FOR THINGS?

Family Reimbursemement 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

RESPITE

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

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!

Interactive Hands (premiere)
Friday, August 26th

7-8P

Watch the American Sign Language Group perform their rendition of "Twinkle, Twinkle, Little Star!"

Preregister now!

Cornell Johnson Museum of Art's
Art and Sensory Adventures
Saturday, September 17th*
1-3P
In-Person

*Please note, this event has been rescheduled!

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!

We'll also have some other surprises in store! Don't miss out!

Email Dustin Zimmer to RSVP

Independence Workshop Series
Wednesdays in September - December
3-5P

Join us for a ZOOM series exploring independence at home and in the community.
All are welcome to join!

Series Roadmap

Wednesday, September 14th:

Join us as we explore how relationships and boundaries may change with independence.

Wednesday, October 12th:
Discuss the details inside a rental lease, as well as your rights as a tenant.

Wednesday, November 9th:
Explore ways to use technology safely and how it can boost independence skills.

Wednesday, December 14th:
Learn how to be more financially independence and ways to budget and prioritize your money.

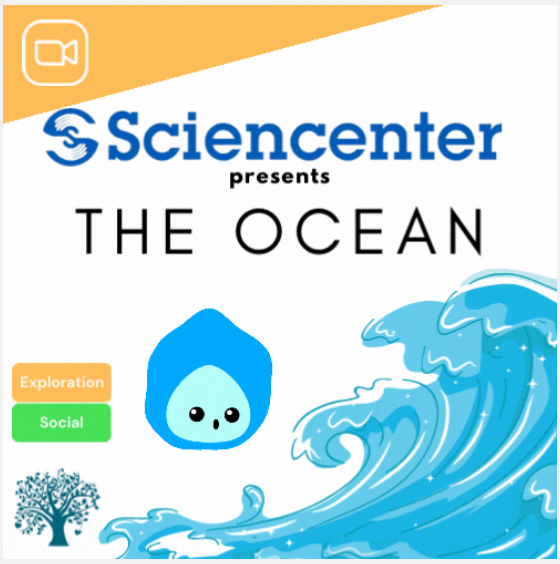
Preregister now!

Sciencenter Presents 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!



RallyCap Virtual Fitness Returning Fall 2022

Get movin' once more with Cornell and Ithaca College instructors!

Preregistration coming soon

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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