

The Daily Rise Blog...

STAYING HEALTHY, ACTIVE, AND HAPPY FROM HOME



MONDAY: The ladies at Twain Pl start their day with a healthy breakfast.



TUESDAY

At the Simpson IRA they washed the Residential van & had some fun with a water fight.



Workout WEDNESDAY: Kareem makes sure to stay safe while exercising, walking around his neighborhood.

Thankful THURSDAY:



The ladies at Nutley are grateful for the Zoom supports that allow them to stay connected. They enjoy Bingo & Karaoke.

FRIDAY Celebrations



Happy 66th Birthday to Richard K from Teaneck



Happy 56th Birthday to Leonard from Roselle.

SATURDAY



Sydney enjoyed the nice weather by taking a walk with DSP Jaleesa.



Sunset IRA made a Juneteenth presentation.

SUNDAY

Valerie from NJ celebrated Juneteenth with a cool T-Shirt



WEEKLY Inspiration:

Bryant and Cary were innovative in their celebration of Juneteenth this year. They normally attend the annual parade. This year they spent time learning about the holiday and challenged others to make presentations. *"If you're determined to learn, No one can stop you."*