The Residential Holiday Party Was A Blast !!!

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There’s No Party Like A CFS Party ...
...A CFS Party Don’t Stop
Out With The Old…

To celebrate the New Year, we used pieces of paper to write down things we wanted to leave in the past and we threw the paper in the GARBAGE…

In With The New…

How did you bring in the New Year??

It’s a New Day!
It’s a New Year!
It’s a New Decade!

What Will 2020 Bring

E K L R H T K Y I A
S V G O C S T T C P
S L I U V E W C C L
E U Y T F E E Q D I
C C L A I P G O O D
C K S X T S L I R Q
U C F A X L O H A R
S D N Y O J F P Q T
I C S K M U J H B O
E S S E N I P P A H

Can You Find These Words

ACCEPTANCE
FUN
GOOD
HAPPINESS
JOY
LOVE
LUCK
POSITIVE
SAFETY
SUCCESS
Treating Level During Turbulence

Try to maintain your routine!  
Get Up & Get Dressed!  
Try to Feel your best!

- You can still make connections while in place!

The Gyms may be closed but you can stay active inside! 135th becomes OneThirtyFit

Keoni Movement Arts offered a link to Virtual Chair Yoga that you can complete at home!

Although we cannot go into the community at this time, there are a bunch of virtual reality websites that allow you to explore communities remotely!! There are virtual tours available online!! Look out for our online activities, virtual workshops, podcast, & Daily Rise updates …  
#CFSCommunity
How you love yourself is how you teach others to love you ...
My Community Workshop

We enjoyed the My Community Series Hosted by the FDNY and the Transit Police!

We volunteered at the 5th Annual NY Cares Coat Drive ...

In what ways are you involved in your community?

We enjoyed the My Community Series Hosted by the FDNY and the Transit Police!

Exploring Other Communities…
The New Jersey Self Advocates spent a night at the Sands Casino in Bethlehem, Pennsylvania
Tamara and Linda attended the Staten Island Developmental Disabilities Council breakfast

Oscar Segal went to Lobby Day in Albany and attended the NYS Assembly meeting.

Self Advocacy will be resuming virtually !! Look out for the email equipped with the info !!
Oh The Places You’ll Go!

Some people enjoy going out in the winter…

Others gravitate towards indoor events…

New Jersey enjoys ShowTime!…

Valerie, Josie, Mark, & Ms. Angie went to a Chaka Khan concert!

When you are from NY you have to root for the Knicks… Check out James

Jill enjoyed The King Kong Musical!

Justina & Ricardo enjoyed their arts and crafts project painting ceramics
Celebrations

There is so much to Celebrate!

Michael celebrated getting his free cell phone.

Laura celebrated her birthday with her mom & of course she shared her delicious cake!

Welcome Yaritza to CFS

The Supported Employment Program had a celebration for their continued Employment!
Celebrations

Love was in the air …. New Jersey celebrated Valentine’s Day with a Sweetheart Dance

Jeannette had a great birthday celebration with her housemates

Ricardo celebrated his Birthday at home and at the CLUB!...

How do you plan on celebrating your birthday this year? Send in your Birthday Pictures!
What a Surprise! .. Spring Came Early..

& The Temperatures Continue to Rise…

What does Summer Have in Store ??

The Innovative Planning Department has a slew of events and workshops planned for the rest of this year

For More Information Check out our Website or our Social Media Pages

Teaneck wants you to know they are tougher that COVID-19 this St. Patrick’s Day

There is always a reason to SMILE!

Please submit all Good News, Photos & Stories to the Innovative Planning Team

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Luck is Believing You’re Lucky

Happy St. Patrick’s Day