

For the week of April 11th—April 17th, The Innovative Planning Department presents...

The Daily Rise Blog

◆ STAYING HEALTHY, ACTIVE, AND HAPPY FROM HOME

MONDAY: Emily participates in chair Yoga ! How do you stay centered?



TUESDAY: Even though the public parks may be closed, Mark from Teaneck shoots hoops in the yard !

WEDNESDAY: The Strong Island Advocates continue to meet Wednesdays on Zoom. Advocating Never Stops !



THURSDAY: Although it was not what Stanley planned, he celebrated his 60th birthday indoors.



FRIDAY: Donovan maintains his routine by playing with his plush toys !



SATURDAY: Is there a common interest in the house? .. Do an activity collectively! The Simpson IRA enjoys doing Math worksheets together !

SUNDAY: The Sunset IRA celebrated EASTER by going on an Easter hunt inside. Melvin found the golden egg !



Weekly Inspiration

Be mindful and be careful throughout your day but don't let anxiety or worry get the better of you. **You are the conqueror of fear; *Not the other way around!***

Look out for our Zoom Invitations.
#KeepingBusyAtHome

Easter
BLESSINGS