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

# The Daily Rise Blog

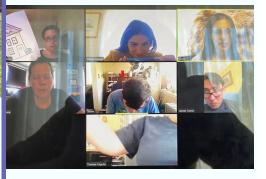
## ◆ STAYING HEALTHY, ACTIVE, AND HAPPY FROM HOME

**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!



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

