

For the week of April 4th—April 10th The Innovative Planning Department presents...



# The Daily Rise Blog...

STAYING HEALTHY, ACTIVE, AND HAPPY FROM HOME



**Monday** is dedicated to Joan—She never failed to get up, get dressed and be fierce!

**Tuesday** is going out to Will who keeps up his routine of exercising by walking his dog.



**Wednesday's** nominee is the Liberty IRA who stayed connected in place !



**Thursday's** winner is Will who painted eggs and placed them in Carl Shurtz Park to bring happiness to those who found them !

**Friday** goes out to Alex from the Teaneck, NJ IRA, he kept everyone groomed despite the barber shop being closed



**Saturday** goes out to One Thirty Fit (135th) who have been keeping active by dancing and engaging in at home workouts



**Sunday's** MVP is Damon from the 135th IRA ! He is trying new recipes so everyone can eat healthy and have delicious meals !

**Challenge of the week :** Try out a new dance, complete a TikTok Challenge, do Yoga !

Send us pictures of what you are doing daily !

*If you would like to be featured in this blog send your pictures in to [MSalmon@cfsny.org](mailto:MSalmon@cfsny.org)*