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

The Daily Rise Blog...

STAYING HEALTHY, ACTIVE, AND HAPPY FROM HOME



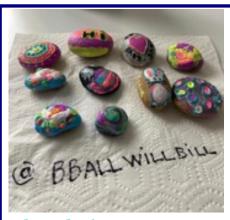
Monday is dedicated to Joan—She never failed to get up, get dressed and be fierce!

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 <u>MSalmon@cfsny.org</u>