



The Daily Rise Blog...

STAYING HEALTHY, ACTIVE, AND HAPPY FROM HOME

M
O
N
D
A
Y



The Carol Lane GH enjoys arts & crafts & they take pride in their artwork!



TUESDAY

The Riverdale IRA stays connected with a fun Game Night!



Workout WEDNESDAY



One Thirty Fit (135th IRA) enjoys dance parties as another way to workout.

Thankful THURSDAY



Happy birthday! In lieu of gifts this year, DSP Marisa fund-raised \$1000 for CFS!!

FRIDAY CELEBRATIONS



Wasiq had a great birthday. He celebrated with a cool haircut from DSP Rosemary



James loves to celebrate holidays but to no surprise his favorite thing to celebrate is his birthday

SATURDAY

Erica and Tameka made a banana pudding! It's an easy combination of Nilla Wafers, Vanilla Pudding & Bananas



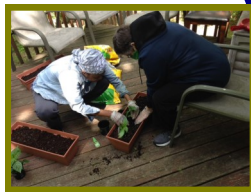
SUNDAY



The Nutley GH also spent time planting to beautify their home



Harvey and Lucy spent time beautifying the Rosedale IRA.



Weekly Inspiration!

What is the last challenge you accepted?



The NJ homes in Valerie's Cluster had a Bake off! The "Power Ranger" cake from New Milford won, 2nd place was the Cupcakes & flowers from Roselle. Teaneck, Elmwood Park, & Twain Pl also participated

Life is what you *BAKE* of it!

"The Darkest Nights Produce the Brightest Stars!"