

EMPOWERING YOU  
TO CONTINUE  
TO LEARN AND GROW

# ADULT DAY PROGRAMS

Four convenient Twin Cities locations:

- \* **Emma B. Howe Northtown Family YMCA**  
8950 Springbrook Dr. N.W., Coon Rapids, MN 55433
- \* **Fridley Community Center**  
6085 N.E. 7th Street, Fridley, MN 55432
- \* **Maplewood YMCA / Community Center**  
2100 White Bear Avenue, Maplewood, MN 55109
- \* **Mounds View YMCA / Community Center**  
5394 Edgewood Dr., Mounds View, MN 55112

For more information or to make a referral,  
please contact Judy Andersen,  
Director of Adult Day Programs  
763.567.0626; email: [jandersen@rise.org](mailto:jandersen@rise.org).

Incorporated in 1971, Rise offers person-centered vocational, housing supports, and personal growth programs throughout the Twin Cities metro and Greater Minnesota areas. Annually, Rise serves more than 3,000 people who have a wide range of disabilities as well as refugees and immigrants.



Administrative Offices: 8406 Sunset Road N.E.  
Spring Lake Park, Minnesota 55432  
763.786.8334

[www.rise.org](http://www.rise.org) \* Facebook: Rise, Incorporated  
An Equal Opportunity Employer



## RISE'S ADULT DAY PROGRAMS ARE DESIGNED AROUND INDIVIDUALS' NEEDS AND INTERESTS

Rise's four Adult Day Programs (ADP) are designed to support adults, ages 18 through retirement, who have a disability and no longer wish to work. People benefit from and enjoy participating in day activities, creating friendships, and developing new opportunities for personal growth.

The programs offer a wide range of leisure, physical, and learning activities, Monday through Friday, in four integrated community locations, :

\* **Emma B. Howe Northtown Family YMCA** in Coon Rapids. Serving people with intellectual disabilities; open 7 a.m. to 3 p.m.

\* **Fridley Community Center.** Serving people with brain injuries and physical disabilities; open 9 a.m. to 3 p.m.

\* **Maplewood YMCA / Community Center:** Serving people with brain injuries and physical disabilities; open 9 a.m. to 3 p.m.

\* **Mounds View YMCA / Community Center:** Serving people with intellectual disabilities; open 7 a.m. to 3 p.m.

Together with the person's support team, Rise team members develop customized support plans



## PEOPLE BENEFIT FROM A WIDE RANGE OF RECREATIONAL, HEALTH & FITNESS, AND SOCIAL ACTIVITIES



for every person which are designed to meet their specific needs and interests.

Adult Day Program activities include:

- \* Art therapy
- \* Music therapy
- \* Cooking and nutrition
- \* YMCA group classes & events
- \* Fitness and exercise activities
- \* Swimming (Northtown, Fridley & Maplewood)
- \* Volunteer community service projects
- \* Picnics and outdoor activities
- \* Social activities such as potlucks, discussion groups
- \* Community activities / special events like fairs, festivals and markets
- \* Learning activities, reading and discussion groups
- \* Medication administration

People can set their own flexible full-time or part-time schedules. Rise transportation and Metro Mobility may be available.

Referrals and funding sources including self-pay, MSHO, Medicaid waivers, Veterans Administration, and Workers Compensation.