

EMPOWERING YOU
TO CONTINUE
TO LEARN AND GROW

ADULT DAY PROGRAMS

Five 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
- * **New Brighton Community Center**
400 - 10th Street NW, New Brighton, 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.

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 * Facebook: Rise, Incorporated
An Equal Opportunity Employer



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

Rise's five 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 personal growth.

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

* **Emma B. Howe Northtown Family YMCA:** 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, physical and intellectual 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.

* **New Brighton Community Center:** Serving people with intellectual disabilities; open 7 a.m. to 3 p.m.



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



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