

EMPOWERING YOU  
TO CONTINUE  
TO LEARN AND GROW

# YMCA / ADULT DAY PROGRAMS

Convenient Twin Cities locations  
make it easy to coordinate your services.

**Emma B. Howe Northtown Family YMCA**  
8950 Springbrook Dr. N.W.  
Coon Rapids, MN 55433

**Mounds View YMCA / Community Center**  
5394 Edgewood Dr.  
Mounds View, MN 55112

For more information or to make a referral,  
please contact  
Program Coordinator Judy Andersen  
612-775-2284  
email: [jandersen@rise.org](mailto:jandersen@rise.org).



Administrative Offices:  
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[www.rise.org](http://www.rise.org) \* Facebook: Rise, Incorporated  
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## RISE'S YMCA / ADULT DAY PROGRAM IS DESIGNED AROUND INDIVIDUALS' NEEDS AND INTERESTS

Rise's YMCA / Adult Day Program is designed to support adults in meeting their goals and fulfilling their interests through activities during the day.

The program offers a wide range of leisure, physical, and learning activities in integrated community settings at two local YMCAs:

- \* Emma B. Howe Northtown Family YMCA
- \* Mounds View YMCA / Community Center

Rise provides a unique opportunity for creating friendships and developing new possibilities for personal growth. Those attending range in age from the mid-20s to retirement age.

Program services are offered Monday through Friday, from 7 a.m. to 3 p.m. To meet each individual's unique needs and preferences, people can set their own flexible full-time or



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



part-time schedules. Rise transportation is available for people enrolled in the program.

Together with the person's support team, Rise team members develop customized support plans for every person we serve to empower individuals to continue to grow and learn.

Some of Rise's YMCA / Adult Day Program activities include:

- \* Art therapy
- \* Music therapy
- \* Cooking and nutrition
- \* YMCA group classes & events
- \* Fitness activities
- \* Swimming (Emma B. Howe location only)
- \* 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