

Open Door

A UNIQUE DAY PROGRAM FOR OLDER ADULTS WITH DEVELOPMENTAL DISABILITIES



As people with developmental disabilities age, they face new challenges that can lead to greater isolation and unhappiness; our program offers a safe and warm setting that fosters an enhanced quality of life and a source of comfort for families.

Recreation, education and physical fitness activities provide opportunities for socialization and building self-esteem and the chance to communicate with peers.

"I WATCHED AS
MARY – WHO SAW
HERSELF AT 90 AS
VERY LIMITED –
WAS ENCOURAGED
BY HER TEAM
MEMBER, BETSY,
TO COMPLETE A
NUMBER OF CRAFT
PROJECTS. BOTH
SAW THEIR SELF-
ESTEEM BLOSSOM."

OPEN DOOR ACTIVITIES INCLUDE:

- Group discussion
- Music and arts and crafts
- Outings to parks
- Parties and other large group activities
- Yoga, Zumba and virtual bowling
- Hot nutritious lunch

~more on reverse side~

Open Door

~continued from reverse side~

Participants take part in Senior Center activities that allow them to get to know a more diverse group of adults and feel a greater sense of belonging.

Programming is in English and Spanish.

Open Door operates Monday through Friday,
9 am to 2 pm.

For more information, call Open Door Director at
(212) 927-5600, ext. 118.

Transportation within catchment area available (most of Northern Manhattan). Wheelchair accessible.

This program is supported by the New York State Office for People with Developmental Disabilities.

Help us widen our circle of support. For more information about becoming a community partner, call Ilana Dunner, Executive Director at 212-926-5600, ext. 114 or email: idunner@riverstonenyc.org.

