



**For More Information Please Contact**

**P:** 914-739-2244 x5211

**F:** 914-739-0125

**E:** [info@YorktownADP.com](mailto:info@YorktownADP.com)

**2300 Catherine Street  
Cortlandt Manor, NY 10567**



*"I am beyond grateful for Serina and her team that run the social day program. They made my mom feel welcome instantly. She came home every day so excited to tell us about all of the fun things she did. It made life much less stressful knowing that she was eating well, exercising, and keeping her mind stimulated all day. The staff at this facility really care about the patients and treat them like family."*

- Tiffany London



**Yorktown Social Adult Day Program** is the perfect solution for our community seniors who need assistance/supervision while participating in activities that foster socialization and promote mental stimulation.

We pride ourselves in utilizing an interdisciplinary approach to memory care by reinvigorating the mind with engaging activities and events that are intellectual, cultural, and artistic. We transcend our activities to be thought-provoking and multi-sensory in order to meet individual needs and abilities of our participants. We invite you to join us in our specialized classes which include cooking, trivia, dance, exercise, music therapy, and live entertainment.

Our senior program is designed to maintain independence by providing social engagement, nutritional and daily living services through 1:1 assistance or gentle prompting in a safe, supportive and stimulating environment. Our goal is to provide exceptional care for your loved one and increase their quality of life while maintaining their ability to continue living at home.



## **Activities**

Socialization, as well as mental and physical stimulation, becomes even more important as we age. Our director plans a variety of social, intellectual, cultural, and educational group activities based on individual interests & abilities.

## **Nutritious Meals**

A registered dietitian oversees the daily menu, which includes a nutritious breakfast and lunch, as well as snacks throughout the day.

## **Optional Services Available**

- Respite for caregivers
- Personal hygiene & grooming
- Beauty Parlor
- Transportation (within certain mile radius)

## **Program Hours**

- Monday-Friday 8AM to 4PM
- Full Day Program: \$85 (Includes breakfast and lunch daily)
- Transportation: Optional \$15 (each way)