

Our Values



Compassion

We treat every individual with kindness, empathy, and respect - honoring their life stories and unique journeys.



Community Connection

We foster a sense of family where relationships flourish, bridging generations and uniting individuals through shared joy.



Dignity & Respect

We honor the inherent worth of every person, creating an environment that celebrates diversity, equity, and inclusion.



Enrichment & Growth

We believe in lifelong learning, offering stimulating programs that nurture the mind, body, and spirit.



Safety & Well-Being

We prioritize the health and safety of our clients, ensuring a secure, welcoming space where everyone can thrive.



Collaboration

We partner with families, caregivers, and community stakeholders to ensure holistic, personalized care for every member.



Joy & Celebration

We believe that every day holds the potential for joy - fostering moments of laughter, creativity, and celebration.



**ROOTS
OF
ROCKLAND**
DAY CENTER

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**ROOTS
OF
ROCKLAND**
DAY CENTER



Roots of Rockland Day Center, Inc.

Deeply Rooted in Care, Growing
Together in Community.



About Us

A Place to Belong. A Community to Thrive.

At Roots of Rockland, we believe that every adult - regardless of age or ability - deserves not just care, but connection, purpose, and joy. We are a nonprofit adult day center in Rockland County, NY, offering a safe, nurturing space where older adults can spend their days engaged, supported, and truly seen. Families find peace of mind. Participants find belonging. And our community finds strength in compassion.

Our Mission To enrich the lives of older adults by providing high-quality daytime care, social engagement, and a vibrant community - while supporting families and caregivers with the trust and dignity they deserve.

Activities, Programs and Services

Social and Recreational Activities

- Arts & Crafts
- Music Therapy & Sing-Alongs
- Games & Puzzles
- Themed Social Events
- Book Club & Storytelling Hour
- Gardening Club (Indoor/Outdoor)
- Cooking & Baking Classes
- Intergenerational Activities

Health & Wellness Programs

- Chair Yoga & Gentle Stretching Classes
- Seated Exercise & Movement Therapy
- Tai Chi / Meditation for Seniors
- Blood Pressure Monitoring & Wellness Checks
- Nutrition Education & Healthy Cooking Demos
- Fall Prevention Workshops
- Walking Clubs (indoor/outdoor)

Nutritional Services

- Healthy Breakfast, Lunch, and Snacks Provided Daily
- Special Diet Accommodations
- Hydration Stations

Cognitive & Educational Programs

- Memory Enhancement Games & Activities
- Current Events Discussion Group
- Technology Training
- Brain Fitness Programs & Puzzles
- Guest Speakers on Topics of Interest

Transportation Services (Optional)

- Door-to-Door Pickup and Drop-Off
- Escort Assistance for Outings and Appointments

Community Outings and Field Trips

- Local Museums, Parks, and Libraries
- Shopping Trips
- Visits to Local Events
- Volunteer Opportunities

Family & Caregiver Support

- Caregiver Education Workshops
- Respite Care for Family Members
- Family Engagement Events & Open Houses
- Resource Referrals & Advocacy Assistance

