



Embracing Aging Through Social Engagement (EASE) is a program for people with disabilities who are typically 55 and older, seeking meaningful experiences as an alternative to work. Our experienced staff provide guidance and support while creating an enjoyable, individualized plan for participants to enhance community access and improve their social skills.

## CENTER-BASED DAY SERVICES (EASE)

### PARTICIPANTS HAVE THE OPPORTUNITY TO EXPAND LEARNING THROUGH KEY CONTENT AREAS:

- Therapeutic Intervention & Adaptive Skill Functioning
- Community Access, Mobility and Safety
- Money Management & Budgeting
- Self-Direction and Goal Setting
- Personal Health & Wellness
- Positive Behavior and Mental Health Support
- Independent Living
- Communication
- Problem-Solving and Conflict Resolution
- Interest-Based Decision Making
- Personal Self-Care
- Socialization



While EASE is a center-based program, experiences may include: bowling, swimming, bingo, museums, fairs, shopping, crafts, games, rec centers, volunteer opportunities, and so much more!

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**HOURS ARE 9 AM-3 PM  
MONDAY THROUGH FRIDAY.  
FULL AND PART TIME OPTIONS  
TRANSPORTATION:**

Transportation is available through MRCI, but there may be limitations such as: distance, space of vehicle, wheelchair accessibility, etc.

## CONTACT INFORMATION

Referral Coordinator  
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