

# HOPE

THERAPEUTIC RIDING CENTER INC.

[www.LeavingHoofprints.org](http://www.LeavingHoofprints.org)

## SENIORS ~N~ SADDLES

### LEAVING HOOFPRI ASSISTED LIVING OUTREACH PROGRAM



Our **Seniors N Saddles** is an outreach program designed to get seniors out and active while enhancing overall level of enjoyment.

The **benefits include** increased peace, pleasure, confidence, connection, strength and stamina while reducing stress, agitation, and isolation.

**FEE:** This program is solely donation based! Thanks to the Orlandini Foundation our sponsors and volunteers! Contact HOPE to request a visit!



### >>> SENIORS~N~SADDLES ACTIVITIES >>>

>GROOMING >LEADING >THERAPEUTIC RIDING >FEEDING TREATS >HORSE PAINTING >GAMES  
>EQUINE CARE >OBSERVE THE HERD >NATURE SIT SPOT >EQUIFIT >YOGA

HOPE is a 501(c) 3 non-profit located in Rochester, IL. Our mission to positively impact the life course of people by connecting horses and humans. We strive to enrich the soul and improve lives by fostering hope and healing relationships through therapeutic, educational and recreational activities with horses.

Email [HOPE@LeavingHoofprints.org](mailto:HOPE@LeavingHoofprints.org)

[www.LeavingHoofprints.org](http://www.LeavingHoofprints.org)



Address: 2000 N. Walnut Rd, Rochester, IL 62563

Phone: 217-816-8802

WEB: [www.LeavingHoofprints.org](http://www.LeavingHoofprints.org)

## SENIORS~N~SADDLES

### ASSISTED LIVING OUTREACH PROGRAM

Seniors N Saddles is one of HOPE's community outreach programs for senior citizens living in local assisted living homes. This program is designed to get seniors out and active while enhancing overall level of enjoyment.

During their visit participants are introduced to the HOPE horses and have the opportunity to explore, connect, and bond with the horses. Some prefer to only observe and watch the horses and others interacting and that is perfectly fine too! The benefits include increased peace, pleasure, confidence, connection, strength and stamina while reducing stress, agitation, and isolation. Having an opportunity to bond with the horses is a very powerful and memorable experience. Our HOPE family, including volunteers and clients, are encouraged to participate!

#### **Seniors N Saddles activities you may choose from include:**

Grooming	Feeding Treats	Observe the Herd	Equifit
Leading	Horse Painting	Nature Sit Spot	Yoga
Therapeutic Riding	Equine Care	Mindfulness/Journaling	Equine Care

***FEE: This program is solely donation based.*** HOPE is thankful for any donation amount your facility would like to give! HOPE has several sponsor levels if your organization is interested in making your donation count towards a Sponsorship! Our sponsors allow HOPE to grow, provide care for our horses and offset the costs for participants while promoting health and wellness through therapeutic, education and recreational activities with horses.

If your facility would like to find out information about scheduling a time to visit HOPE or to have us come visit you please submit a request online at [www.LeavingHoofprints.org](http://www.LeavingHoofprints.org)