Meet Bruce Eaton
Gardens Resident & Tennessee "VOL"

Happy Father's Day!

Gallopnyc - Meet the Horses of Forest Park
Post-Pandemic Era Gardens Celebrations
Spin-FH: Our Favorite Local Spin Studio

Your stories. Your photos. Your community.
The unassuming red stucco building that is home to GallopNYC, an organization changing the lives of hundreds of people each week, and a little piece of Forest Hills history.

GallopNYC, very simply, believes that horses make people’s lives better. The mission of this 501(c)(3) non-profit organization, founded in 2005, is to help riders in NYC with disabilities walk, talk, and learn, inspiring them to live their lives as fully, productively, and independently as possible. Through weekly riding sessions with PATH Int’l certified instructors, GallopNYC helps riders set goals and achieve measurable developmental, emotional, social, and physical skills (e.g., balance, coordination, muscle tone, attention span, self-confidence, social interaction, and responsibility). GallopNYC riders regularly achieve important developmental milestones such as their first words or first steps.

In January of 2017, GallopNYC purchased the stable from Lynne Holzhauser, whose family had run the stable on this block since 1960. Generations of Forest Hills residents have learned to ride here or have seen horses making trips from the barn across Union Turnpike to Forest Park, where riders walk, trot and canter on miles of beautiful bridle paths. Long ago, the block had several horse stables, offering rides in Forest Park.

Now the unassuming red stucco building is one of the few remaining horse stables in New York City. Home to more than 20 horses, the stables feature an indoor arena where GallopNYC offers hundreds of riding lessons each week and provides a space for the community to come together around horses and riders.

While GallopNYC purchased the barn in order to expand its therapeutic riding programs, they offer riding lessons for people without disabilities as well. “Horses make everyone’s life better, regardless. Period. Disability or not, woman or man, adult or child. Spending time around horses will make your life...”
“We’re proud to be NYC’s first and only barn committed to therapeutic riding,” Wilson continued, “which means that we give priority to the riders in our community that have a disability or are otherwise part of our programs. But once we’ve served those participants, we offer riding lessons for everyone else.”

Many GallopNYC volunteers live in Forest Hills and enjoy helping with the horses and riders. “The staff, volunteers, horses, and parents all work together to change lives every day,” said Wilson, “and we can’t do this work without help from the community. We’re so lucky to be a part of such a welcoming, caring community.”

Neighbors are welcomed at GallopNYC Open Houses or can just stop by. GallopNYC Forest Hills is open seven days a week, and the community is encouraged to visit the barn and learn about how to get involved - volunteering, riding, or donating to support our riders.

GallopNYC offers over 400 weekly therapeutic riding lessons at four different locations in NYC in Queens, Brooklyn, and the Bronx, including GallopNYC Forest Hills and Sunrise Stables in Howard Beach. Their programs include private and group therapeutic riding lessons, programs for Veterans, leadership programs for young people with disabilities, and programs for older adults. They also offer horse education programs to volunteers, Boy and Girl Scout programs, and recreational riding lessons, including lessons on the Bridle Path in Forest Park.

To learn more, volunteer, or to donate, please visit gallopnyc.org.