

Daily Routine at Joe's Place



6:00-8:00a.m – Social time with tea and coffee upon arrival.

8:00-9:30a.m – Light continental breakfast served fresh daily with milk, juice, coffee, or water.

9:30-10:00a.m – A reading and discussion of current events, weather, and special events happening in our area.

10:00-11:00a.m – Relaxation hour - A quiet time dedicated to reading, cognitive enhancement, and motivational activities.

11:00-12:00a.m – Exercise hour keeps our seniors active through low-impact exercises. From chair aerobics to yoga to noodle volleyball, we offer exercises in a fun and safe way.

12:00-1:00p.m – A well-balanced lunch, approved by a registered dietitian, will be made and served by our kitchen staff.

1:00-2:00p.m – Rest period, whether it be relaxing on the couches or napping in one of our memory foam beds, the day care will dim the lights and play peaceful music to relax our residents.

2:00-2:30p.m – Snack time!

2:30-5:00p.m – Therapeutic activities including arts & crafts, pet therapy, entertainment, physical therapy, bingo, puzzles, board games, intergenerational activities, music, hair and nail care in the spa, outside games, gardening, etc.

5:00-6:00p.m – We make sure your loved one is ready to be picked up and have activities to keep them busy until departure.