Remaining physically and mentally active can have a significant impact on a person’s well-being, especially our senior population.

We strive to help residents maintain their mobility, sustain their memory and improve their overall health.

Daily activities allow for expression of feelings and creativity.

Sharing stories and experiences allows for meaningful relationships and builds new friendships.

Exercise exerts its effects on the brain through several mechanisms, including neurogenesis, mood enhancement, and endorphin release.

We strive to help residents maintain their mobility, sustain their memory and improve their overall health.

Why NEW DAY?

Residents who attend our program are in a structured, nurturing environment, yet have the liberty to pursue independent leisure activities of choice.

They stay atop of today’s world with daily “Current Events”, while reminiscing about the days of yesteryear in our “Memory Lane” group.

For our artistic residents, NEW DAY offers weekly arts and crafts groups of various levels of ability to ensure each resident is successful.

With weekly baking clubs, trips to the community, intergenerational programming, special music guests, pet therapy, and resident based volunteering projects under one roof, what better way is there to spend the day?
Benefits of the NEW DAY Program

- Provides residents with structured programming to maximize capabilities
- Reduces use of pharmacological treatment
- Reduces use of physical restraints
- Naturally increases resident food consumption and fluid intake.
- Encourages and maintains independence through exercising and increasing mobility
- Offers leisure time to socialize and foster friendships with peers
- Increases effective communication
- Offers residents the ability to live in the present moment comfortably

All residents of The Baptist Home are invited to attend our program. We also encourage and welcome families, friends, volunteers and guests!

Monday-Saturday
Two Sessions Per Day
10 AM-12 PM / 2 PM–5 PM

Join your loved one, visit, or volunteer during one or more of our sessions.