Virtual Day Program Schedule
(Monday, June 22\textsuperscript{nd} – Friday, July 3\textsuperscript{rd})

As we all continue to practice social distancing, our Day Program Team has been working hard to offer several engaging virtual programs. Check out what we have planned for the next two weeks by clicking on the links below:
**Monday, June 22nd**  
(Day Program Participants Only)

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:00AM – 10:45AM</td>
<td><strong>Discover Newfoundland with Kaneisha and Candi</strong></td>
<td>Discover Day in Canada, today. We will explore Newfoundland and Labrador to learn fun facts. I wonder what other places have been named after dogs?</td>
</tr>
<tr>
<td>11:30AM – 12:00PM</td>
<td><strong>Rhythmic Exercise with Nancy &amp; Kaneisha</strong></td>
<td>Amazing Place’s wonderful volunteer Nancy will be leading us in exercise to the beat of music. You will need something to beat together, like two sticks, spoons, or whatever you can find to make noise. All the exercises you can do from your chair at home. Just make sure you have enough room to kick your feet and have a good time.</td>
</tr>
<tr>
<td>1:00PM – 1:45PM</td>
<td><strong>Seated Yoga with Jose &amp; Jada</strong></td>
<td>Today is United Nations International Yoga Day. Join Jose and Jada as they lead you through a set of exercises meant to limber you up.</td>
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[Click Here to Register in Advance]

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2:00PM – 2:45PM  Musical Theater Jukebox with Mitch & Emile  
In this activity we will be joining our wonderful volunteers from the Wildfish Theater Group. They will be taking request and discussing classic music from Broadway, theater, dance, and more. If you like music this is perfect for you. If you like the theater even better!

Click Here to Register in Advance

3:00PM – 3:45PM  Baby Boomers Recognition with Jada and Ray  
All ages and generations are welcome. Join us as we learn and reminisce on what is was like growing up between 1946-1964. What generation are you apart of?

Click Here to Register in Advance

4:00PM – 4:45PM  Trivia with Casey and Jose  
Join us as we work-out our brain with trivia. Join in to learn new and amazing facts that you never knew. Together we will join together to learn and grow in our knowledge.
*This program will be recorded.

Click Here to Register in Advance
**Tuesday, June 23rd (Everyone is Invited)**

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<td>10:00AM – 10:45AM</td>
<td><strong>Inspirational News with the Breakfast Club and Kaneisha and Candi</strong></td>
<td>The Breakfast Club radio show began 87 years ago today. Join us for a “Call to Breakfast” and inspirational stories. Grab some coffee or juice and join us!</td>
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<tr>
<td>11:00AM – 11:45AM</td>
<td><strong>Stretch &amp; Strengthen with Jose and Emile</strong></td>
<td>In this exercise program, Jose will lead us through a set of stretches to build up your muscles. All of the exercises can be done seated, you may be asked to stand if you are able. Please have enough room to stretch an exercise. *This program will be recorded.</td>
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<tr>
<td>1:00PM – 1:45PM</td>
<td><strong>All that Jazz with Bob Fosse and Kaneisha and Ray</strong></td>
<td>Bob Fosse is the only director in history to win an Oscar, Tony, and Emmy for his work with All That Jazz. As a choreography Fosse created many routines that became classic movie scenes. Join us for a jazzy time.</td>
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<td>2:00PM – 2:45PM</td>
<td>Famous Monuments with Jada and Jose</td>
<td>The Eiffel Tower, the Great Wall of China, and the Statue of Liberty are just a few of the most recognizable monuments from around the world. Where have you been? Come and discuss your travels at as we look at famous monuments and their history.</td>
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<tr>
<td>3:00PM – 3:45PM</td>
<td>Tea Time with Ray &amp; Casey</td>
<td>An Amazing Place staple, is afternoon tea time. Join us as we gather to quite our minds with soothing tea and the latest gossip.</td>
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<td>4:00PM – 4:45PM</td>
<td>Rock &amp; Roll Radio with Jada and Candi</td>
<td>Join us for some Rock &amp; Roll. We will explore the big Rock and Roll hits of the 50’s and 60’s. Come enjoy some classic Rock &amp; Roll. Be sure to bring your air guitar to play along.</td>
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Wednesday, June 24th  (Day Program Participants Only)

10:00AM – 11:45AM  Words, Words, Words with Kaneisha and Ray
Join us today as we explore old words, new words, lost words, and blue words. Using crosswords, word searches, freerice.com and other resources we will explore the many words of the English language.

Click Here to Register in Advance

11:00AM – 11:45AM  Machoman Exercise with David & Jada
Come and join David as he leads us in his classic exercise routine that he has been perfecting for 20 years at Amazing Place. This exercise is meant to be done seated and is for everyone.

Click Here to Register in Advance

2:00PM – 2:45PM  Zumba with Jose & Emile
In this activity, Jose will lead us through a high energy exercise routine. This can be done seated or standing, please be sure to allow enough room to move side to side and forward and back.
*This program will be recorded.

Click Here to Register in Advance

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<td>3:00PM – 3:45PM</td>
<td><strong>This Day in History with Casey and Ray</strong></td>
<td>We will take a look back in time at what historical events that took place on this day. We will discuss how those events shaped modern history and how the impact you.</td>
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<td>4:00PM – 4:45PM</td>
<td><strong>Country Crooning with Jada</strong></td>
<td>Country music to sing along too. We will look at the biggest country hits of the 20th century. If that was not enough, we will visit the hits of crooners like Bob Hope and Frank Sinatra.</td>
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<td>10:00AM – 10:30AM</td>
<td>Rhythmic Exercise with Nancy &amp; Kaneisha</td>
<td>Amazing Place’s wonderful volunteer Nancy will be leading us in exercise to the beat of music. You will need something to beat together, like two sticks, spoons, or whatever you can find to make noise. All the exercises you can do from your chair at home. Just make sure you have enough room to kick your feet and have a good time.</td>
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<td>1:00PM – 1:45PM</td>
<td>Bible Study &amp; Sing Along with Pam and Ray</td>
<td>Join us for a program to promote your spirituality. Amazing Place Bible Study volunteers will join us for a short devotional and a time of worship and praise. We will pray, sing hymns, enjoy a devotional, sing more hymns, and pray.</td>
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<tr>
<td>2:00PM – 2:45PM</td>
<td>Nurses Knowledge with Amazing Place Nurses</td>
<td>Join one or more of our Registered Nurses as they teach us how to be healthier and safer. We will discuss and learn about topics relevant to seniors and aging. There will be a Q &amp; A at the end of the program.</td>
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<td><strong>Jam Session with Amazing Place, Jada, and Candi</strong></td>
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<td>MUSIC, MUSIC, MUSIC! Today we will look back at the most recognizable songs of all time. Come ready to dance, sing, and enjoy some of the best music hits of all-time. *This program will be recorded.</td>
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<tr>
<td>5:00PM – 5:45PM</td>
<td><strong>Amazing Place Happy Hour with Pam</strong></td>
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<td>Hey, it’s 5 O’Clock somewhere, make yourself a drink and join us for some conversation and concoctions. We will be making drinks, alcohol not required, and discussing current and past events. Come and have a drink with us!</td>
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Friday, June 26th (Day Program Participants Only)

11:00AM – 11:45AM  
**Mind Matters with Kaneisha and Jose**
Today we will explore different brain games. In Mind Matters, we look to exercise different areas of the brain including; memory, language, executive functioning, and visual spatial skills.

[Click Here to Register in Advance]

1:00PM – 1:45PM  
**Laughter Yoga with Casey and Kaneisha**
We will be leading you in an exercise that all you have to do is laugh. It is a fun and exciting way to exercise. It helps to promote positive thinking, a better mood, and better health for all.

[Click Here to Register in Advance]

2:00PM – 2:45PM  
**Toronto Tours on A Towering Day with Pam and Ray**
The CN Tower in Toronto, Ontario opened today, June 25th, 1976. It is the tallest free-standing structure in North America. Join us as we discuss and learn about Toronto and its famous tower.

[Click Here to Register in Advance]

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3:00PM – 3:45PM  
**Helen Keller with Jada and Candi**

Tomorrow marks Helen Keller’s birth anniversary (1880). Join with us as we tell her triumphant story and inspiring quotes. They even made a movie about her story, *The Miracle Worker.*

[Click Here to Register in Advance]

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4:00PM – 4:45PM  
**Music Madness with Pam**

In this program we will be looking at a variety of music, suggestions are encouraged and welcome. You may hear every genre from classical to rock and roll and everything in between.

[Click Here to Register in Advance]
Monday, June 29th  
(Day Program Participants Only)

10:30AM – 11:15AM  
**Mind Matters with Kaneisha and Candi**
Today we will explore different brain games. In Mind Matters we look to exercise different areas of the brain including; memory, language, executive functioning, and visual spatial skills.

[Click Here to Register in Advance]

11:30AM – 12:00PM  
**Rhythmic Exercise with Nancy & Jada**
Amazing Place’s wonderful volunteer Nancy will be leading us in exercise to the beat of music. You will need something to beat together, like two sticks, spoons, or whatever you can find to make noise. All the exercises you can do from your chair at home. Just make sure you have enough room to kick your feet and have a good time.

[Click Here to Register in Advance]

1:00PM – 1:45PM  
**Anniversary of World War I with Kaneisha**
Join us as we discuss WWI on the anniversary. Did you know the war started and ended on this day in history? From Archduke Ferdinand, America joining the war, and the impact of the Treaty of Versailles.

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<td>4:00PM – 4:45PM</td>
<td><strong>Happy Hour Social with Jada</strong></td>
<td>Hey, it’s 5 O’Clock somewhere, make yourself a drink and join us for some conversation and concoctions. We will be discussing current and past events. Join us with your beverage of choice to wet your whistle after telling a tall tale. <em>This program will be recorded.</em></td>
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Tuesday, June 30th (Everyone is Invited)

10:30AM – 11:15AM  
**Opinionated Tuesday with Kaneisha and Ray**  
We give you a real life situation and want to know what you would do in that person's shoes. No opinion is wrong come tell us what you would do in these fun and exciting scenarios. These situations will come from You Be the Judge and Dear Abby.

[Click Here to Register in Advance](#)

11:30AM – 12:00PM  
**Zumba with Jose & Kaneisha**  
In this activity, Jose will lead us through a high energy exercise routine. This can be done seated or standing, please be sure to allow enough room to move side to side and forward and back.

[Click Here to Register in Advance](#)

1:00PM – 1:45PM  
**Music Madness with Pam and Candi**  
In this program we will be looking at a variety of music, suggestions are encouraged and welcome. You may hear every genre from classical to rock and roll and everything in between.

[Click Here to Register in Advance](#)
4:00PM – 4:45PM  Discovering the National Parks with Jada & Jose
Join us as we delve into the great National Park System. We will discuss what experiences you have had a national park. Also, we will share photos and videos of what these places are like and how they came to be.

Click Here to Register in Advance
Wednesday, July 1st (Day Program Participants Only)

10:30AM – 11:20AM
Mind Matters
Join us to exercise your brain this morning. We will dive into a variety of different games and discussion topics. Topics and games will be chosen based on attendees’ interest and skill level. Everyone will be challenged, but in a fun, failure-free way.

Click Here to Register in Advance

11:30AM – 12:00PM
Seated Exercise
Come and join David as he leads us in his classic exercise routine that he has been perfecting for 20 years at Amazing Place. This exercise is meant to be done seated and is for everyone.

Click Here to Register in Advance

1:00PM – 1:45PM
Jam Session with Amazing Place
MUSIC, MUSIC, MUSIC! Today we will look back at the most recognizable songs of all time. Come ready to dance, sing, and enjoy some of the best music hits of all-time.

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Continued on next page →
2:00PM – 2:45PM  International Joke Day Pam
What’s your clean joke of the day? We’d love to hear it. This is an opportunity to not only laugh at our jokes, but also share some of your favorites. Feel free to send jokes, memes and humorous stories to Eunverzagt@amazingplacehouston.org & we’ll be sure to give credit where credit is due.😊

Click Here to Register in Advance

4:00PM – 4:45PM  Ice Cream Social on Creative Ice Cream Flavors Jada
Join us wit as we discuss creative ice cream flavors like rhubarb-honey. We will also reminisce about summer. Grab a scoop of whatever may be in your fridge and join us at the Amazing Place Ice Cream Parlor.

Click Here to Register in Advance

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Thursday, July 2nd (Everyone is Invited)

10:30AM – 11:15AM  Mind Matters Pam
Join us to exercise your brain this morning. We will dive into a variety of different games and discussion topics. Topics and games will be chosen based on attendees’ interest and skill level. Everyone will be challenged, but in a fun, failure-free way.
*This program will be recorded.

11:30AM – 12:00AM  Zumba with Jose/Pam
In this activity, Jose will lead us through a high energy exercise routine. This can be done seated or standing, please be sure to allow enough room to move side to side and forward and back.

1:00PM – 1:45PM  Music of Laurence Welk Jada
*The Laurence Welk Show* premiered on July 2nd, 1955. This tribute will encourage attendees to sing along to some of his greatest hits & travel back to the era of the Big Band.

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| 2:00PM – 2:45PM | **Walmart - “The Price is Right” with Pam**  
In honor of Sam Walton’s birthday today, we’ll be sharing some interesting Walmart facts before we dive into a fun version of The Price is Right. |

Click Here to Register in Advance

| 4:00PM – 4:45PM | **Movie Moments Jada**  
This program consists of some of the greatest movie scenes of all time. Attendees will be encouraged to share their personal feelings & stories between entertaining clips. |

Click Here to Register in Advance
Friday, June 3rd (Day Program Participants Only)

Closed in honor of July 4th

Please celebrate with us by having a hot dog, listening to the star-spangled banner and watching fireworks tomorrow evening.