



AMAZING PLACE®

ENDING THE STIGMA OF DEMENTIA

Virtual Day Program Schedule

(Monday, July 27th – Friday, August 7th)

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:

** All programs will be recorded.

<u>Monday</u> July 27th	<u>Tuesday</u> July 28th	<u>Wednesday</u> July 29th	<u>Thursday</u> July 30th	<u>Friday</u> July 31st
<u>Monday</u> August 3rd	<u>Tuesday</u> August 4th	<u>Wednesday</u> August 5th	<u>Thursday</u> August 6th	<u>Friday</u> August 7th

Beginning on Monday, August 10th, our Virtual Day Program will transition to a subscription-based service, offering five days of programming each week (10:00am - 12:00pm and 1:00pm - 3:00pm, Monday - Friday). For more information, please contact Carol Cooper at ccooper@amazingplacehouston.org.

Monday, July 27th

(Day Program Participants Only)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

We will gather for a **Brief Introduction** followed by our **Brain Gym**. Did you know your brain is a muscle? We will “work out” using a variety of **Brain Games** to stimulate and exercise our brains in small groups this morning.

10:45AM –
11:10AM

We will all reconvene as a group for a **Music & Movement Program** with Amazing Place’s wonderful volunteer, Nancy. She will lead us in a rhythmic exercise class as we move to the beat of the music. This class is so much fun that you will not believe it is exercise! All you will need is something to beat together, like two sticks, wooden spoons, or anything you can find to make noise. The entire class can be done from your chair at home – just make sure you have enough room to kick your feet and have a good time!

11:10AM –
Noon

Find out everything you will ever need to know About Today! Join us for **Small Group Discussions About July 27th**. We will discuss this date and all things associated with it. Did you know today is Hula-Hoop Day and Bugs Bunny’s birthday?

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

We begin with an **Introduction** before splitting into small groups to **Explore Texas History**. We will explore all things Texas, from its beginning until today.

1:45PM –
2:10PM

This **Seated Exercise Class** is designed to stimulate and stretch your muscles. It is SO important that we stretch and exercise every day. All you will need is enough room to move your arms and legs!

2:10PM –
3:00PM

This afternoon's **Breakout Sessions** will be centered around Sports and Music. One group will discuss important **Sports Statistics and Records** (like Pete Rose passing Ty Cobb for most singles in baseball history). Another group will explore the **Musical Theater Jukebox**.

[Return to Home Page](#)

Tuesday, July 28th

(Everyone is Invited)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

After a short **Meet & Greet**, we will split up into small groups for **Icebreakers** followed by a **Social Hour!** Join us in small groups as we spend time sharing stories and getting to know more about each other. Where are you from? Where would you like to go on vacation? What would you do if you won the lottery

10:45AM –
11:10AM

Join us for a **Zumba Exercise Class** today. Zumba is a fun and energetic way to exercise to music. You will be asked to stand and sit throughout this exercise program. If you are not able to stand safely you can follow along in your chair. Just be sure you enough room to move around!

11:10AM –
Noon

It is time for **Brain Games** to strengthen our minds with fun and challenging activities. Let us join in small groups to exercise our minds.

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

After a brief **Meet & Greet**, we will head to the **Brain Gym** in smaller groups where we will exercise our brains with some clever *category games*. How many green fruits can you name?

1:45PM –
2:10PM

It's time to limber up as we **Stretch & Meditate** this afternoon. What a wonderful way to exercise your body and center your mind after a long day!

2:10PM –
3:00PM

Connect with us this afternoon as we explore **Tiger Trivia**. In small groups we will discuss tigers, lions, bears, and other exotic animals. Oh my, this will be BIG fun!

[Return to Home Page](#)

Wednesday, July 29th

(Day Program Participants Only)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

After a brief **Meet & Greet**, participants will join smaller groups for **Icebreakers**. Then we will “Flip over” to the **Travel Channel**. Have you ever daydreamed about different travel destinations? We will do this together as we explore the many incredible places we have traveled. These small group discussions will cover different countries, continents, cultures, cuisines, and more!

10:45AM –
11:10AM

Join us for a relaxing morning stretch! Throughout this **Seated Exercise Class**, we will be working on flexibility by lengthening different muscles from head to toe.

11:10AM –
Noon

Join in to strengthen your mind through challenging and entertaining **Brain Games** like *Crosswords*, *Moral Dilemmas*, *Spot the Difference*, and much more.

Continued on next page →

[Return to Home Page](#)

**1:00PM –
3:00PM**

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

**1:00PM –
1:45PM**

After an initial ***Meet & Greet***, we will break out into smaller groups. One group will enjoy an interactive session centered around ***Bible Trivia & Songs***. The other group will be working memory muscles through a variety of ***Category Games*** like *Scattergories*.

**1:45PM –
2:10PM**

As we ***Stretch & Meditate*** this afternoon, we will develop physical and mental flexibility. This is a terrific way to work your body and mind after a long day.

**2:10PM –
3:00PM**

Houston is home to NASA's Johnson Space Center. Join us as we host ***Small Group Discussions*** to explore all things celestial! We will discover many fun facts from NASA about space travel. What mysteries might be lurking out in the depths of our universe?

[Return to Home Page](#)

Thursday, July 30th

(Everyone is Invited)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

After a short **Meet & Greet**, we will split up into small groups for **Icebreakers** followed by **Brain Games** to strengthen our minds with fun and challenging activities.

10:45AM –
11:10AM

We will all reconvene as a group for a **Music & Movement Program** with our wonderful volunteer, Nancy. She will lead us in a rhythmic exercise class as we move to the beat of the music. This class is so much fun that you will not believe it is really exercise! All you will need is something to beat together, like two sticks, wooden spoons, or anything you can find to make noise. The entire class can be done from your chair at home – just make sure you have enough room to kick your feet and have a good time!

11:10AM –
Noon

Today is International Day of Friendship. Join us for **Small Group Discussions** as we examine the importance of friends in our lives. What way have friends from other countries affected you? What important qualities do your friends have?

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

After a brief **Meet & Greet**, will separate into smaller groups. One group will enjoy an interactive **Bible Study** discussion while another group will take part in a **Mind Matters** program which will include some more challenging brain games.

1:45PM –
2:10PM

Join us for a relaxing afternoon stretch. This **Seated Exercise Class** is designed to stimulate and stretch your muscles. It is SO important that we stretch & exercise every day. All you will need is enough room to move your arms and legs!

2:10PM –
3:00PM

Express Yourself! Join these **Roundtable Discussions** as we tackle some fun topics in smaller groups. Enjoy *Horoscope Fun*, *Dear Abby*, and other activities designed to explore and share opinions and feelings.

[Return to Home Page](#)

Friday, July 31st

(Day Program Participants Only)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

We will gather for a **Brief Introduction** followed by our **Brain Gym**. Did you know your brain is a muscle? We will “work out” using a variety of **Brain Games** to stimulate and exercise our brains in small groups this morning.

10:45AM –
11:10AM

You do not want to miss this High Energy Exercise routine called **Stretch & Strengthen**. This can be done seated or standing – just be sure to allow enough room in every direction to move!

11:10AM –
Noon

Join us for **Loaded Questions** and **Poetry Appreciation Day**! We will breakout into small discussion groups to explore some of those hard-to-answer loaded questions and celebrate our appreciation for poetry.

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

After a short **Meet & Greet**, we will break out into smaller groups. Today's Topics will include **Biographical Information and Discussions**. Who is or was an influential person in your life?

1:45PM –
2:10PM

Join us for a relaxing afternoon stretch! Throughout this **Seated Exercise Class**, we will be working on flexibility by lengthening different muscles from head to toe.

2:10PM –
3:00PM

“Fly me to the moon!” This afternoon, we will breakout into smaller discussion groups to explore the many wonders of the moon and the stars. What is your favorite saying or song about the moon? “I love you to the moon and back”?

3:00PM –
4:00PM

Cooking with Chef Michael

[Click Here to Register in Advance](#)

Enjoy the culinary world of Mexico while exploring the archaeological sites of Teotihuacán. We will make several outstanding dishes and look at the history of the City of the Gods! Items on the menu will include Green Tomatillo Salsa, Vegetarian Picadillo, Hearty Black Beans, Fresh Guacamole de Miguel, and Coconut Sugar Flan!

[Return to Home Page](#)

Monday, August 3rd

(Day Program Participants Only)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

After a short **Meet & Greet**, participants will be divided into smaller groups for some **Icebreakers**, followed by **Conversations About Friendship**. What qualities do you value most in a friend? Who is your best friend?

10:45AM –
11:10AM

We will all reconvene as a group for a **Music & Movement Program** with Amazing Place's talented volunteer, Nancy. She will lead us in a rhythmic exercise class as we move to the beat of the music. This class is so much fun that you will not believe it is really exercise! All you will need is something to beat together, like two sticks, wooden spoons, or anything you can find to make noise. The entire class can be done from your chair at home – just make sure you have enough room to kick your feet and have a good time!

11:10AM –
Noon

During these breakout sessions, we will once again split into smaller groups to focus on **Category Games**. Today begins **Farmers Market Week**. What benefits might you get from eating locally grown food? How many fruits can you name?

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

Join us this afternoon for a friendly conversation about **Current & Past Events**. Then we will split into small groups to discuss all that has happened **Today in History**. Have you ever heard of the *Good News Network*?

1:45PM –
2:10PM

After working our brains, we will relax with some **Chair Yoga**. This gentle form of yoga improves flexibility, concentration, and strength, while boosting your mood and reducing stress and joint strain.

2:10PM –
3:00PM

It's time to strengthen those mind muscles! We will have small groups focusing on **Brain Games** like 4 Pics - 1 Word, Logo Quiz, Trivia and more.

3:00PM –
4:00PM

It's time for a **Musical Jukebox Jam Session** with our awesome volunteer, Mitch, from WildFish Theatre. We will explore a variety of songs and genres, and we always welcome requests!

[Return to Home Page](#)

Tuesday, August 4th

(Everyone is Invited)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

We will spend some time ***Getting to Know Each Other*** before breaking into smaller groups for a little ***Show & Tell***. We invite you to bring a special photo, memento, collectible, or anything of meaning to share with others.

10:45AM –
11:10AM

This ***Seated Exercise Class*** is designed to stimulate and stretch your muscles. It is SO important that we stretch and exercise every day. All you will need is enough room to move your arms and legs!

11:10AM –
Noon

Join us as we ***Explore the World*** and its most famous ***Landmarks and Monuments***. You may be familiar with some, like Machu Picchu, the Egyptian Pyramids, and the Astrodome. Which incredible landmarks have you seen?

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

After a brief **Meet & Greet**, we will split up into separate groups. One group will use their **Visual-Spatial Skills** to conquer games such as “Spot the Difference”. Others will enjoy some **Spiritual Stimulation** including hymns, trivia, proverbs and more.

1:45PM –
2:10PM

Let’s get limber! This **Stretching & Meditation** class is designed to integrate physical stretches and mental relaxation techniques to achieve a greater sense of calm and serenity after a long day.

2:10PM –
3:00PM

During **Roundtable Discussions**, we will tackle topics in small groups so that everyone has an opportunity to express their ideas. We’ll be discussing a variety of topics and sharing stories. What are YOU thankful for?

[Return to Home Page](#)

Wednesday, August 5th

(Day Program Participants Only)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

After a short **Meet & Greet**, participants will be divided into smaller groups for **Icebreakers** followed by **Coffee Chat**. Grab a cup of your favorite morning beverage and join us for a stimulating discussion of the most **Current Events**.

10:45AM –
11:10AM

Start the day right with this **High Energy Exercise** routine! You can do this seated or standing – just be sure to allow enough room to move.

11:10AM –
Noon

We will also work out this morning in the brain gym! Join us for some **Cognitive Exercises** focusing on strengthening these brain muscles: visual spatial, memory, and language.

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

After a quick **Meet & Greet**, we will split up into smaller groups to collectively **Create a Story**. One group may write a poem and the other may write a creative Mad Lib. Join us as we use a variety of methods to create vivid stories with words.

1:45PM –
2:10PM

Exercise is vital to your health. Now is the time to limber up as we **Stretch & Meditate**. This is a great way to stimulate your muscles, center the mind, and set yourself up to have a wonderful evening!

2:10PM –
3:00PM

This afternoon, we will be doing some positive thinking in our small groups. You won't want to miss out on **Compliments Galore**. We will tackle only pleasant topics such as gratitude and good news!

[Return to Home Page](#)

Thursday, August 6th

(Everyone is Invited)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

After a brief **Meet & Greet**, participants will get to know even more about each other during **Icebreakers**. We will then strengthen our mind muscles with challenging and entertaining **Brain Games** like *Trivia*, *Family Feud*, and *Name Five* (just to name a few!).

10:45AM –
11:10AM

Together we will “get our groove on” during this **Music & Movement Program** with Amazing Place’s groovy volunteer, Nancy. She will lead us in a rhythmic exercise class as we move to the beat of the music. This class will definitely leave you 🎵 “feelin’ groovy”! 🎵 All you need is something to beat together - like two sticks, wooden spoons, or anything you can find to make noise. The entire class can be done from your chair at home – just make sure you have enough room to kick your feet and have a good time!

11:10AM –
Noon

Join a group for **Art Appreciation** as we look at art as a source of inspiration and joy. “Beauty is in the eye of the beholder!” Another group will be talking about **Corporate Culture** discussing different jobs/careers while exploring the many elements that create a specific workplace environment.

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

After an initial **Meet & Greet**, we will separate into smaller groups. One group will enjoy an interactive **Bible Study** discussion. Other groups will “fine-tune” their knowledge of the English language with **Word Games** on Freerice.com, Crosswords, Word Specter, and more.

1:45PM –
2:10PM

Revitalize and energize with this invigorating exercise program! Throughout this **Circuit Training Class**, we will focus on repetitions with low resistance in order to build muscle tone and definition while improving cardiovascular health.

2:10PM –
3:00PM

Join these **Roundtable Discussions** as we take tackle some fun topics in smaller groups. Today is **Farmworker Appreciation Day** so we will share stories and discuss what life is like growing up on a farm. How many different types of farmers are there?

[Return to Home Page](#)

Friday, August 7th

(Day Program Participants Only)

10:00AM –
Noon

Wake Up with Amazing Place!

[Click Here to Register in Advance](#)

10:00AM –
10:45AM

After a brief **Morning Chat**, participants will split up into small groups for **Icebreakers**, followed by **Current Events**. Today is **International Beer Day!** Another group will share **Military Stories** as today is the anniversary of the creation of the original **Purple Heart Medal**. This Badge of Military Merit, as it was formerly known, was established by George Washington on this day in 1782.

10:45AM –
11:10AM

Rise & Grind with this invigorating morning exercise routine. Join us to improve your conditioning, flexibility, and strength. Exercise is an integral part of your physical and emotional well-being. We will accommodate all fitness levels.

11:10AM –
Noon

Next, we will strengthen our mind muscles through challenging and entertaining **Brain Games** like **Crosswords**, **Moral Dilemmas**, **Spot the Difference**, and many more. Brain exercise makes you wise!

Continued on next page →

[Return to Home Page](#)

1:00PM –
3:00PM

Good Afternoon with Amazing Place

[Click Here to Register in Advance](#)

1:00PM –
1:45PM

After a brief **Meet & Greet**, everyone will split up into smaller groups. Today's topics will include **Happiness Happens**, all about positivity and sharing happiness with others. Others will gather to

1:45PM –
2:10PM

Let's limber up as we **Stretch & Meditate**. This is a great way to stay flexible, center the mind, and prepare for the end of the day. Ajahm Brahm said, "Meditation is like a gym in which you develop the powerful mental muscles of calm and insight."

2:10PM –
3:00PM

"Express Yourself!" We all have opinions - share yours and learn from others this afternoon. Join us as we express our opinions in small groups discussing Dear Abby, You Be the Judge, and more.

[Return to Home Page](#)