

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CLOSED FOR NEW YEARS</div> <div>1</div>	<div>2</div> <ul style="list-style-type: none"> <li>Fresh Cut Fruit</li> <li>Italian Meat Sauce</li> <li>Pasta Marinara</li> <li>Green Beans w/ Red Peppers</li> <li>Chocolate Chip Cookie</li> </ul> <div>Cheese &amp; Grapes</div>	<div>3</div> <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Parmesan Crusted Chicken</li> <li>Roasted Zucchini</li> <li>Eggplant Rice Pilaf</li> <li>Ginger Snap</li> </ul> <div>Peanut Butter &amp; Banana</div>	<div>4</div> <ul style="list-style-type: none"> <li>Tomato Olive Salad</li> <li>Grilled Fresh Fish</li> <li>Pesto Potatoes</li> <li>Carrots w/ Tarragon</li> <li>Fresh Cut Fruit</li> </ul> <div>Cheese &amp; Bread</div>	<div>5</div> <ul style="list-style-type: none"> <li>Carrot Raisin Slaw</li> <li>Pork Tenderloin</li> <li>Sweet Potato Mash</li> <li>Sauté Cabbage w/ Greens</li> <li>Oatmeal Cranberry Cookie</li> </ul> <div>Tuna &amp; Chips</div>
<div>8</div> <ul style="list-style-type: none"> <li>Green Salad w/ Apples</li> <li>Chicken w/ Curry Sauce</li> <li>Lentil Rice Pilaf</li> <li>Yellow Squash w/ Herbs</li> <li>Fresh Cut Fruit</li> <li>Banana &amp; Peanut Butter</li> </ul>	<div>9</div> <ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Grilled Salmon</li> <li>Carrots w/ Basil</li> <li>Asparagus</li> <li>Oatmeal Raisin Cookie</li> </ul> <div>Cheese &amp; Grapes</div>	<div>10</div> <ul style="list-style-type: none"> <li>Tomato Basil Soup</li> <li>Grilled Chicken &amp; Mixed Greens</li> <li>Cranberry, Pecans &amp; Goat Cheese</li> <li>Marinated Green Beans</li> <li>Almond Cookie</li> <li>Fresh Cut Fruit</li> </ul>	<div>11</div> <ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Chicken w/ Artichokes &amp; Mushrooms</li> <li>Mashed Potatoes</li> <li>Roasted Zucchini</li> <li>Peanut Butteries</li> </ul> <div>Cheese &amp; Bread</div>	<div>12</div> <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Pork Carnitas in Tomatillo Sauce</li> <li>Lentil Rice Pilaf</li> <li>Corn Relish</li> <li>Pecan Sandie Cookie</li> </ul> <div>Pimento Cheese &amp; Chips</div>
<div>15</div> <ul style="list-style-type: none"> <li>Blue Cheese Garden Salad</li> <li>Pecan Crusted Chicken</li> <li>Roasted Potatoes</li> <li>Cauliflower Medley</li> <li>Chocolate Chunk Cookie</li> </ul> <div>Cheese &amp; Grapes</div>	<div>16</div> <ul style="list-style-type: none"> <li>Farro Salad</li> <li>Grilled Chicken w/ Chimichurri</li> <li>Tomato Olive Rice Pilaf</li> <li>Yellow Squash w/ Tarragon</li> <li>Ranger Cookie</li> </ul> <div>Banana &amp; Bread</div>	<div>17</div> <ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Almond Crusted Trout</li> <li>Carrots w/Basil</li> <li>Spaghetti Squash</li> <li>Pecan Sandie Cookie</li> </ul> <div>Guacamole &amp; Chips</div>	<div>18</div> <ul style="list-style-type: none"> <li>Goat Cheese Salad</li> <li>Grilled Chicken w/ Creole Butter</li> <li>Mashed Potatoes</li> <li>Broccoli w/ Herb Butter</li> <li>Brownie</li> <li>Peanut Butter &amp; Bread</li> </ul>	<div>19</div> <ul style="list-style-type: none"> <li>Green Goddess Salad</li> <li>Chicken w/ Cucumber Relish</li> <li>Roasted Sweet Potatoes</li> <li>Zucchini &amp; Mushrooms</li> <li>Fresh Cut Fruit</li> <li>Cheese &amp; Bread</li> </ul>
<div>22</div> <ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Grilled Chicken w/ Caper Relish</li> <li>Gluten Free Pasta Marinara</li> <li>Vegetable Medley</li> <li>Ginger Snap</li> </ul> <div>Cheese &amp; Grapes</div>	<div>23</div> <ul style="list-style-type: none"> <li>Carrot Slaw</li> <li>Grilled Salmon</li> <li>Roasted Red Potatoes</li> <li>Green Beans</li> <li>Fresh Cut Fruit</li> </ul> <div>Peanut Butter &amp; Banana</div>	<div>24</div> <ul style="list-style-type: none"> <li>Curry Carrot Soup</li> <li>Chicken Cobb Salad</li> <li>Corn, Blue Cheese &amp; Sundried Tomatoes</li> <li>Oatmeal Raisin Cookie</li> </ul> <div>Cheese &amp; Bread</div>	<div>25</div> <ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Quinoa Crusted Chicken</li> <li>Olive &amp; Caper Rice</li> <li>Broccoli w/ Herb Butter</li> <li>Peanut Butteries</li> </ul> <div>Tuna &amp; Chips</div>	<div>26</div> <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Pork Tenderloin</li> <li>Sweet Potato Mash</li> <li>Sautéed Mixed Greens</li> <li>Chocolate Chunk Cookie</li> </ul> <div>Fresh Fruit</div>
<div>29</div> <ul style="list-style-type: none"> <li>Greek Salad</li> <li>Chicken Creole</li> <li>Herbed Rice Pilaf</li> <li>Carrots w/ Basil</li> <li>Fresh Cut Frui</li> </ul> <div>Cheese &amp; Grapes</div>	<div>30</div> <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Chicken Stuffed w/ Sundried Tomatoes</li> <li>Roasted Potatoes w/ Herbs</li> <li>Fresh Green Beans</li> <li>Spice Cake</li> </ul> <div>Cheese &amp; Bread</div>	<div>31</div> <ul style="list-style-type: none"> <li>Fresh Cut Fruit</li> <li>Grilled Pork Tenderloin</li> <li>Roasted Mushrooms</li> <li>Broccoli &amp; Cauliflower</li> <li>Ginger Snap</li> <li>Peanut Butter &amp; Bread</li> </ul>	<div>AMAZING PLACE</div> <div>JAN 2024 MENU</div> 	



# FAMILY SPIRIT

DAY PROGRAM CALENDAR AND MENU
JANUARY 2024

## START THE NEW YEAR BY TAKING CARE OF YOURSELF

### Join our Caregiver Self-Care Retreat




The new year brings new beginnings, so what better resolution for dementia caregivers than to kickstart a self-care regimen in 2024? Making this even easier is Amazing Place's first-ever **Caregiver Self-Care Retreat** Wednesday, February 21 – Friday, February 23 at Camp For All in picturesque Burton, TX close to Brenham.

Our Amazing Place caregiver experts, **Sally Davis, RN, MSN; Sharon Cantrell, MS;** and **Katherine Christie, LMSW,** will be leading this restorative, two-night free retreat designed to nourish the mind, body and soul. Attendees will be able to relax, connect with each other and recharge as they consider how to manage caregiver stress, and learn about new resources and tools that may work best for their particular circumstances. Respite reimbursement is available. For details or more information on the retreat, contact **Pam Berkley** at [pberkley@amazingplacehouston.org](mailto:pberkley@amazingplacehouston.org).

Regardless of the time of year, we all should practice self-care. Consider the following for yourself. And remember, whatever stage you find yourself in as a dementia caregiver, we are always here to support you!

Scan for more details and registration



### Self-Care Checklist

**TAKE CARE OF YOUR OWN HEALTH.** Find ways to improve sleep. Move around consistently. Eat a healthy diet. Drink plenty of water. And don't forget to schedule your own annual doctor's appointments and get needed vaccines.

**BE INTENTIONAL IN ASKING FOR AND ACCEPTING HELP.** Make a list of how others can help. If someone loves to cook, let them do so on your behalf. Know a good organizer? Get them to help coordinate transportation, housecleaning and appointments. Take brisk walks with friends who love to exercise.

**SET REALISTIC GOALS.** Break large tasks into smaller steps and focus on what's most important. Follow a daily routine. And remember, it's okay to just say no to requests that are taxing.

**SOCIALIZE.** Stay connected to stay engaged, energized and less isolated. Make time for friends and family and do things you personally love with others.

**SEEK OUT SUPPORT.** Amazing Place can help you with caregiving resources and how to find a support group to help you address challenges with a hopeful heart.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CLOSED FOR NEW YEARS DAY</div>	<div>2</div> <div> 8:00 AM Puzzling Matters  9:00 AM Daily Introduction  9:35 AM Travel Songs Pictionary  10:20 AM Painting Class  11:30 AM National Parks in Winter   2:15 PM Baby Boomers  3:20 PM Laughter Yoga </div>	<div>3</div> <div> 8:00 AM Crosswords  10:20 AM You Be the Judge  11:00 AM Morning Workout  11:30 AM Jokes &amp; Riddles   2:15 PM Inventions Inspired by Sci-Fi Novels  3:20 PM Cornhole </div>	<div>4</div> <div> 8:00 AM Wacky Wordies  9:35 AM Drama Group – Charades   10:20 AM Life Stories  11:00 AM Zumba  11:30 AM “Awwducational”   2:15 PM The Real Tom Thumb  3:20 PM Stretch &amp; Meditate </div>	<div>5</div> <div> 8:00 AM Puzzling Matters  9:35 AM Men’s Coffee Chat  10:20 AM Taboo Word Game  11:00 AM Cycling  11:30 AM Word Mahjong   2:15 PM Futuristic Friday  4:00 PM Bird Tales </div>
<div>8</div> <div> 8:00 AM Current Events  9:35 AM Cranium Board Game  10:20 AM Poor Sportsmanship  11:00 AM Lite Exercise  11:30 AM Elvis Hits Sing-along   2:15 PM Hollywood Hits  4:00 PM Afternoon Tea </div>	<div>9</div> <div> 8:00 AM Morning Watercolors  9:35 AM You Be the Judge  10:20 AM Poetry Appreciation  11:30 AM Jokes &amp; Riddles   2:15 PM Scattergories Challenge  3:20 PM Xbox Kinect Bowling  4:00 PM Winter Vacation Memories </div>	<div>10</div> <div> 7:30 AM Puzzling Matters  9:35 AM Scrabble  10:20 AM Virtual Museum Tour  11:30 AM Balance Workout   1:00 PM Leisure Hour  2:15 PM Poets In Love  4:00 PM Ocean Day </div>	<div>11</div> <div> 8:00 AM Coffee &amp; Word Searches  9:35 AM Sudoku  10:20 AM Reminiscing  11:00 AM Stretch &amp; Strengthen  11:30 AM Riddle Me This   2:15 PM Grand Canyon Day  4:30 PM Sequence Card Game </div>	<div>12</div> <div> 9:35 AM Men’s Group – Tool Talk  10:20 AM Puzzle Society  11:30 AM Johnny Cash Sing-along   2:15 PM Poetry Appreciation  4:00 PM Random Houston History  4:30 PM Game of Life </div>
<div>15</div> <div> 8:00 AM Pastel Coloring Art  9:35 AM Brain Games  10:20 AM Life History  11:30 AM Spot the Difference   2:15 PM Culinary Arts – Strawberry Ice Cream  2:45 PM BINGO &amp; Ice Cream  4:30 PM Positive Traits </div>	<div>16</div> <div> 8:00 AM Jigsaw Puzzle Fun  9:35 AM Logo Quiz  10:20 AM Who Am I?  11:00 AM Stretch &amp; Strengthen  11:30 AM Rick Steves Travel   2:15 PM January Birthdays Celebration  4:00 PM Afternoon Gamers Group </div>	<div>17</div> <div> 8:00 AM Week In Review  9:35 AM Trivial Pursuit  10:20 AM Art Class  11:00 AM Chair Yoga  11:30 AM People’s Choice Entertainment   2:15 PM Where Am I?  3:20 PM “Imagine That” Relaxation </div>	<div>18</div> <div> 8:00 AM Morning Chat  9:35 AM Trivia Crack  10:20 AM Family Feud  11:00 AM Rhythmic Workout   1:00 PM Bridge Club  2:15 PM Aircraft Carriers  4:00 PM Funniest Jokes </div>	<div>19</div> <div> 8:00 AM Pet Tales  9:35 AM Men’s Coffee Chat  10:20 AM Opposites Word Game  11:00 AM Morning Stretch  11:30 AM TimeSlips – Group Story   2:15 PM Penguin Awareness  4:00 PM Imagine if... </div>
<div>22</div> <div> 8:00 AM News to Houston  9:00 AM Daily Introduction  9:35 AM Wacky Wordies  10:20 AM You Be the Judge  11:30 AM Blackjack Game   2:15 PM Getting Squirrely  4:00 PM Game of Things </div>	<div>23</div> <div> 8:00 AM Morning Social Hour  9:35 AM Baby Swaddle Relay  10:20 AM Astrology Fun  11:00 AM Seated Yoga  11:30 AM Name 5   2:15 PM Destination – Newfoundland &amp; Labrador  4:00 PM Random Houston History </div>	<div>24</div> <div> 8:00 AM Current Events  9:35 AM Proofreading  10:20 AM Name That Instrument  11:00 AM Working Our Range of Motion  11:30 AM New Participant Consortium   2:15 PM Participant Council Meeting  4:30 PM Skip bo </div>	<div>25</div> <div> 8:00 AM Wordsearching  9:35 AM What’s That Sound?  10:20 AM Matching Baby Animals  11:00 AM Marching Toward Fitness  11:30 AM What Am I?   2:15 PM Robot Day  3:20 PM Stretch &amp; Relax </div>	<div>26</div> <div> 9:35 AM Linking Words Puzzle  10:20 AM Stories in a Bucket  11:00 AM Rhythmic Exercise  11:30 AM Game of Things   2:15 PM Australia Day  3:15 PM Wordscapes  4:30 PM Evening Tea </div>
<div>29</div> <div> 9:00 AM Daily Introduction  9:30 AM 10 Benefits of Puzzling  10:20 AM Banana Fo Fana Song Day  11:00 AM Macho Man Workout   1:00 PM Bible Study  2:15 PM Star of the Month – Tom Selleck  4:00 PM Stretch &amp; Meditate </div>	<div>30</div> <div> 8:00 AM Cranium Crunches  9:35 AM Pic Wits  10:20 AM Putting the Past in Order  11:30 AM Name That Tune   1:00 PM Bridge  2:15 PM Tea &amp; Trivia Tuesday  3:20 PM Stretch Away the Stress </div>	<div>31</div> <div> 9:35 AM Logic Puzzles  10:20 AM Sentence Sequencing  11:00 AM Walkin’ Winter Workout  11:30 AM Positive Quotes   2:15 PM The Seeing Eye  3:20 PM Survivor Inspired Challenges  4:00 PM Pet Chat </div>	<div> <div>  <div>JANUARY 2024</div>  </div> </div>	

DAILY PROGRAM SCHEDULE\*

7:30

Coffee & juice served; Individualized options range from worksheets to reading the paper

9:00

Introduction to the day’s schedule

10:00

Assorted programs ranging from art to cognitive exercises

11:00

Mild physical exercise

11:30

Entertainment & educational programming

Noon

Lunch

1:00

Bible study & alternate programs

2:15

Group presentations

2:45

Afternoon refreshments

3:30

Stretching and/or meditation

4:00

Reminiscing

5:00

Participant choice programming

\* Schedule may change for special events and programs may be adjusted to meet the needs of participants.

Our curriculum incorporates elements of the creative and cultural arts, enriched social activities, civic service, fitness, compensatory cognitive interventions, and spirituality.


For more information, contact:

Emile Unverzagt, MA, AD/TXC

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