

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
		MARCH 2024 MENU									
								<ul style="list-style-type: none"><li>• Garden Salad w/ Apples</li><li>• Grilled Salmon</li><li>• Pesto Potatoes</li><li>• Brussel Sprouts</li><li>• Ginger Snap</li></ul>			
								• Tuna & Chips			
<ul style="list-style-type: none"><li>• Green Salad</li><li>• Tarragon Chicken</li><li>• Sweet Potato Mash</li><li>• Sauté Swiss Chard</li><li>• Ranger Cookie</li></ul>		4	<ul style="list-style-type: none"><li>• Fruit Salad</li><li>• Grilled Chicken over Mixed Greens</li><li>• Roasted Potatoes</li><li>• Tomatoes &amp; Goat Cheese</li><li>• Chocolate Chunk Cookie</li><li>• Peanut Butter &amp; Bananas</li></ul>	5	6		<ul style="list-style-type: none"><li>• Caesar Salad</li><li>• Italian Meat Sauce</li><li>• GF Pasta Marinara</li><li>• Asparagus &amp; Carrots</li><li>• Pecan Brownies</li></ul>	7	<ul style="list-style-type: none"><li>• Tomato Feta Salad</li><li>• Chicken w/ Cucumber Relish</li><li>• Turmeric Rice Pilaf</li><li>• Roasted Squash Medley</li><li>• Ginger Snap</li></ul>	8	
• Cheese & Grapes				Field trip to St. Anne Catholic Church where lunch will be provided		• Tuna & Chips		• Cheese & Bread		• Fresh Fruit	
<ul style="list-style-type: none"><li>• Garden Salad</li><li>• Mushroom Marsala Chicken</li><li>• Carrots Lyonnaise</li><li>• Garlic Mashed Potatoes</li><li>• Pecan Sandies</li></ul>		11	<ul style="list-style-type: none"><li>• Fresh Fruit Salad</li><li>• Chicken w/ Artichoke Relish</li><li>• Raisin Rice Pilaf</li><li>• Asparagus w/ Lemon</li><li>• Peanut Butter Cookie</li></ul>	12	<ul style="list-style-type: none"><li>• Garden Salad w/ Blue Cheese</li><li>• Pecan Crusted Chicken</li><li>• Pepper &amp; Farro Pilaf</li><li>• Green Beans</li><li>• Ranger Cookie</li></ul>		13	<ul style="list-style-type: none"><li>• Cole Slaw</li><li>• Grilled Salmon</li><li>• Roasted Sweet Potatoes</li><li>• Zucchini w/ Tarragon</li><li>• Blueberry Cake</li></ul>	14	<ul style="list-style-type: none"><li>• Tomato &amp; Feta Salad</li><li>• Grilled Pork Tenderloin</li><li>• Pesto Potatoes</li><li>• Carrots w/ Basil</li><li>• Fresh Fruit Salad</li></ul>	15
• Cheese & Bread		• Peaches & Yogurt		• Cheese & Grapes		• Fresh Fruit		• Tuna & Chips			
<ul style="list-style-type: none"><li>• Fresh Fruit Salad</li><li>• Sundried Tomato Chicken</li><li>• Vegetable Medley</li><li>• Red Potatoes</li><li>• Brownie</li></ul>		18	<ul style="list-style-type: none"><li>• Green Salad</li><li>• Pork Tenderloin</li><li>• Roasted Sweet Potatoes</li><li>• Sauté Swiss Chard &amp; Greens</li><li>• Ginger Snap</li></ul>	19	<ul style="list-style-type: none"><li>• Cole Slaw</li><li>• Almond Crusted Trout</li><li>• Garlic Mashed Potatoes</li><li>• Green Beans w/ Mushrooms</li><li>• Peanut Butter Cookie</li><li>• Cheese &amp; Grapes</li></ul>		20	<ul style="list-style-type: none"><li>• Garden Salad</li><li>• Grilled Chicken</li><li>• Turmeric Olive Rice</li><li>• Yellow Squash w/ Basil</li><li>• Banana Bread</li><li>• Bananas &amp; Peanut Butter</li></ul>	21	<ul style="list-style-type: none"><li>• Soup of the Day</li><li>• Grilled Chicken w/ Mixed Greens</li><li>• Corn &amp; Farro Relish</li><li>• Tomato, Cabbage &amp; Cucumbers</li><li>• Fresh Cut Fruit</li><li>• Spice Cake</li></ul>	22
• Cheese & Bread		• Tuna & Chips		• Cheese & Grapes		• Bananas & Peanut Butter		• Spice Cake			
<ul style="list-style-type: none"><li>• Garden Salad</li><li>• Pesto Chicken</li><li>• Pasta Marinara</li><li>• Carrots w/ Basil</li><li>• Chocolate Chunk Cookie</li></ul>		25	<ul style="list-style-type: none"><li>• Garden Salad</li><li>• Herbed Chicken w/ Mixed Greens</li><li>• Guacamole, Black Beans Relish</li><li>• Tomato &amp; Cucumbers</li><li>• Peanut Butteries</li></ul>	26	<ul style="list-style-type: none"><li>• Fruit Salad</li><li>• Cornbread Crusted Chicken</li><li>• Garlic Mashed Potatoes</li><li>• Asparagus w/ Herb Butter</li><li>• Ranger Cookie</li><li>• Bananas &amp; Peanut Butter</li></ul>		27	<ul style="list-style-type: none"><li>• Caesar Salad</li><li>• Sundried Tomato Chicken</li><li>• Garlic Green Beans</li><li>• Mushrooms Rice Pilaf</li><li>• Carrot Cake</li><li>• Pimento Cheese &amp; Chips</li></ul>	28	29	
• Cheese & Grapes		• Fresh Fruit		• Bananas & Peanut Butter		• Pimento Cheese & Chips		CLOSED FOR GOOD FRIDAY			
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# FAMILY SPIRIT

## DAY PROGRAM CALENDAR AND MENU MARCH 2024

## Cognitive Stimulation Therapy Is Here! Spread the Word!

We have a new offering! For those recently diagnosed with mild cognitive impairment (MCI), **Cognitive Stimulation Therapy (CST)** is an evidence-based treatment shown to significantly help those who aren't quite ready for our Day Program with their memory, language and orientation abilities.



Our Participant Program Director **Emile Unverzagt** is leading the way with this small group program that meets for an hour twice weekly for eight weeks and aims to engage participants in small group sessions of five to eight people. Each session follows a general theme, typically centered on current events that cater to the group's interests.

**"Each of us loves having one hour of time to be normal and have support. The best part is the laughing!"**  
— Pam G., CST  
Participant's Caregiver

"We have a lot of fun in these sessions, which are highly social," says Emile. "It's a positive, accepting atmosphere where opinions rather than facts are shared and new ideas, thoughts and associations are discussed."

**"It's like PT for the mind."**  
— Pat J., CST Participant Caregiver

Everyone in each group is experiencing cognition challenges of some sort. Some may struggle with memory and others may have trouble finding words or organizing their thoughts. Our CST sessions are common ground for building friendships, encouragement and learning.

An additional plus to the CST program is that participants' family caregivers also have a chance to bond while their loved ones are in session. Over coffee and cookies caregivers are able to connect with each other and are reminded they are not alone in the challenges they face.

Space is limited for the next CST group that begins **March 19** on campus. Based on the positive response, planning has begun for additional in-person sessions. We also are optimistic that in the future we will be able to offer CST virtually as well in Spanish. If you know someone who has been recently diagnosed, please have them reach out to either **Emile Unverzagt** at [eunverzagt@amazingplacehouston.org](mailto:eunverzagt@amazingplacehouston.org) or **Carol Cooper** at [ccooper@amazingplacehouston.org](mailto:ccooper@amazingplacehouston.org)

**"They enjoy coming. They've become friends just like we have." — Robert K., CST Participant's Caregiver**

**"They enjoy coming. They've become friends just like we have." — Robert K., CST Participant's Caregiver**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div>MARCH 2024</div>  </div>				
<div> <div>8:00 AM</div> <div>Puzzling Matters</div> <div>4</div> </div> <div> <div>9:35 AM</div> <div>Visual Spatial Games</div> </div> <div> <div>10:00 AM</div> <div>Houston Symphony Performs</div> </div> <div> <div>11:00 AM</div> <div>Weighty Workout</div> </div> <div> <div>11:30 AM</div> <div>Flower Arranging</div> </div> <div> <div>1:00 PM</div> <div>Billards</div> </div> <div> <div>2:15 PM</div> <div>"A Few of My Favorite Things"</div> </div> <div> <div>4:00 PM</div> <div>Tea Time</div> </div>	<div> <div>7:30 AM</div> <div>Puzzling Matters</div> <div>5</div> </div> <div> <div>9:35 AM</div> <div>Proof Reading Challenge</div> </div> <div> <div>10:30 AM</div> <div>Musical Performance by the Houston Junior League</div> </div> <div> <div>11:00 AM</div> <div>Working with Weights</div> </div> <div> <div>2:15 PM</div> <div>Scattergories</div> </div> <div> <div>3:15 PM</div> <div>Laughter Yoga</div> </div> <div> <div>4:00 PM</div> <div>Irish Hits Sing-along</div> </div>	<div> <div>9:35 AM</div> <div>50's &amp; 60's Sing-along</div> <div>6</div> </div> <div> <div>10:45 AM</div> <div>Depart to St. Anne Catholic School (all participants)</div> </div> <div> <div>11:30 AM</div> <div>Sing-along w/ St. Anne's School Choir</div> </div> <div> <div>12:00 PM</div> <div>Luncheon at St. Anne's</div> </div> <div> <div>1:15 PM</div> <div>Return to Amazing Place</div> </div> <div> <div>2:30 PM</div> <div>"Remember the Alamo"</div> </div>	<div> <div>8:00 AM</div> <div>Word Games</div> <div>7</div> </div> <div> <div>9:35 AM</div> <div>Off on a Tangent: Math Riddles</div> </div> <div> <div>10:20 AM</div> <div>Loaded Questions</div> </div> <div> <div>11:30 AM</div> <div>Who am I?</div> </div> <div> <div>2:15 PM</div> <div>Lucky 7 BINGO</div> </div> <div> <div>2:55 PM</div> <div>How Do You Eat an Oreo?</div> </div> <div> <div>4:00 PM</div> <div>Junk Drawer Detective</div> </div>	<div> <div>7:30 AM</div> <div>Coffee Social</div> <div>1</div> </div> <div> <div>9:35 AM</div> <div>Men's Group</div> </div> <div> <div>10:20 AM</div> <div>Famous March Birthdays</div> </div> <div> <div>11:30 AM</div> <div>"Sum" Punny March Humor</div> </div> <div> <div>2:15 PM</div> <div>Faithful Paws - Dog Show</div> </div> <div> <div>2:45 PM</div> <div>Refreshments</div> </div> <div> <div>4:00 PM</div> <div>Peace Corps Day</div> </div>
<div> <div>7:30 AM</div> <div>Waking Up w/ Friends</div> <div>11</div> </div> <div> <div>9:35 AM</div> <div>Spot the Difference</div> </div> <div> <div>10:20 AM</div> <div>Flower Arranging</div> </div> <div> <div>11:00 AM</div> <div>Stretch &amp; Strengthen</div> </div> <div> <div>11:30 AM</div> <div>Ramadan – True or False?</div> </div> <div> <div>2:15 PM</div> <div>Oscar Winning Movie Moments</div> </div> <div> <div>4:30 PM</div> <div>Scrabble</div> </div>	<div> <div>8:00 AM</div> <div>Morning Funnies</div> <div>12</div> </div> <div> <div>9:35 AM</div> <div>Family Feud – "Survey Says"</div> </div> <div> <div>10:20 AM</div> <div>Painting Class</div> </div> <div> <div>11:30 AM</div> <div>Wordscapes</div> </div> <div> <div>2:15 PM</div> <div>Alfred Hitchcock Day</div> </div> <div> <div>2:45 PM</div> <div>Refreshments</div> </div>	<div> <div>9:00 AM</div> <div>Morning Introduction</div> <div>13</div> </div> <div> <div>9:35 AM</div> <div>Where on Earth Is?</div> </div> <div> <div>11:00 AM</div> <div>Total Body Workout</div> </div> <div> <div>11:30 AM</div> <div>Rick Steves' Travel</div> </div> <div> <div>1:00 PM</div> <div>Leisure Hour</div> </div> <div> <div>2:15 PM</div> <div>K-9 Veteran's Day</div> </div> <div> <div>4:30 PM</div> <div>Participants' Choice</div> </div>	<div> <div>8:00 AM</div> <div>Current Events</div> <div>14</div> </div> <div> <div>9:35 AM</div> <div>Men's Coffee Chat</div> </div> <div> <div>10:20 AM</div> <div>What Am I?</div> </div> <div> <div>11:30 AM</div> <div>New Participant Consortium</div> </div> <div> <div>2:15 PM</div> <div>Participant Council</div> </div> <div> <div>2:45 PM</div> <div>Snack &amp; Chat</div> </div> <div> <div>4:30 PM</div> <div>"Little Big Shots"</div> </div>	<div> <div>7:30 AM</div> <div>Word Searching</div> <div>15</div> </div> <div> <div>9:35 AM</div> <div>Men's Coffee Chat</div> </div> <div> <div>10:20 AM</div> <div>Fun w/ Limericks</div> </div> <div> <div>11:30 AM</div> <div>Physical Brain Games</div> </div> <div> <div>1:00 PM</div> <div>Bible Study</div> </div> <div> <div>2:15 PM</div> <div>We're All Irish on St. Patrick's Day</div> </div> <div> <div>4:30 PM</div> <div>Xbox Bowling</div> </div>
<div> <div>7:30 AM</div> <div>Browsing Reminisce Magazine</div> <div>18</div> </div> <div> <div>9:35 AM</div> <div>Wordy Gurdy</div> </div> <div> <div>10:20 AM</div> <div>Flower Arranging</div> </div> <div> <div>11:00 AM</div> <div>Morning Stretch</div> </div> <div> <div>1:00 PM</div> <div>King of One Liners</div> </div> <div> <div>2:15 PM</div> <div>Pillsbury's Doughboy – Samples Included</div> </div> <div> <div>4:00PM</div> <div>School Daze Reminiscing</div> </div>	<div> <div>8:00 AM</div> <div>Welcome to Spring</div> <div>19</div> </div> <div> <div>9:35 AM</div> <div>Analogy Challenge</div> </div> <div> <div>10:00 AM</div> <div>"Bunny Hop" Carnival sponsored by St. Martin's</div> </div> <div> <div>1:00 PM</div> <div>Dominoes</div> </div> <div> <div>2:15 PM</div> <div>America's National Parks</div> </div> <div> <div>3:15 PM</div> <div>Laughter Yoga</div> </div>	<div> <div>8:00 AM</div> <div>Horoscope Fun</div> <div>20</div> </div> <div> <div>9:35 AM</div> <div>Cranium Crunches</div> </div> <div> <div>10:20 AM</div> <div>Art Class</div> </div> <div> <div>11:00 AM</div> <div>Light Weight Workout</div> </div> <div> <div>11:30 AM</div> <div>Rick Steves' Travel</div> </div> <div> <div>2:15 PM</div> <div>Armchair Travels: New Jersey</div> </div> <div> <div>4:30 PM</div> <div>30 Seconds Dance Party</div> </div>	<div> <div>8:00 AM</div> <div>Puzzling Matters</div> <div>21</div> </div> <div> <div>9:35 AM</div> <div>Mind Matters</div> </div> <div> <div>10:20 AM</div> <div>You Be the Judge</div> </div> <div> <div>11:30 AM</div> <div>Word Spector</div> </div> <div> <div>1:00 PM</div> <div>Rummikub</div> </div> <div> <div>2:15 PM</div> <div>March Birthday Celebration</div> </div> <div> <div>4:00 PM</div> <div>Funny Teacher Stories from Reader's Digest</div> </div>	<div> <div>8:00 AM</div> <div>Advice Column</div> <div>22</div> </div> <div> <div>9:35 AM</div> <div>Visual Spatial Challenges</div> </div> <div> <div>10:20 AM</div> <div>Astrology Chat</div> </div> <div> <div>11:30 AM</div> <div>Jewelry Craft</div> </div> <div> <div>1:00 PM</div> <div>Bridge Club</div> </div> <div> <div>2:15 PM</div> <div>Name That Tune</div> </div> <div> <div>4:00 PM</div> <div>Jeopardy</div> </div>
<div> <div>8:00 AM</div> <div>March Word Search</div> <div>25</div> </div> <div> <div>9:35 AM</div> <div>Human Blinko Catch</div> </div> <div> <div>10:20 AM</div> <div>Readers Theater</div> </div> <div> <div>11:30 AM</div> <div>Word Mining</div> </div> <div> <div>2:15 PM</div> <div>Holi</div> </div> <div> <div>3:00 PM</div> <div>Refreshments</div> </div> <div> <div>4:00 PM</div> <div>Puzzle Society Challenge</div> </div>	<div> <div>9:35 AM</div> <div>Manly March Puzzles</div> <div>26</div> </div> <div> <div>10:20 AM</div> <div>Game of Things</div> </div> <div> <div>11:00 AM</div> <div>Stretch &amp; Balance Exercises</div> </div> <div> <div>11:00 AM</div> <div>Jokes &amp; Riddles</div> </div> <div> <div>1:00 PM</div> <div>8-Ball</div> </div> <div> <div>2:15 PM</div> <div>Who Am I?</div> </div> <div> <div>4:00 PM</div> <div>Patio Chat</div> </div>	<div> <div>9:35 AM</div> <div>March Musician Bracket</div> <div>27</div> </div> <div> <div>10:20 AM</div> <div>Putt-putt Fun</div> </div> <div> <div>11:30 AM</div> <div>Participants' Choice</div> </div> <div> <div>1:00 PM</div> <div>Leisure Hour</div> </div> <div> <div>2:15 PM</div> <div>Team Table Puzzle</div> </div> <div> <div>4:00 PM</div> <div>TED Talk by "master procrastinator" Tim Urban</div> </div> <div> <div>4:30 PM</div> <div>Tea Time</div> </div>	<div> <div>8:00 AM</div> <div>Coffee Chat</div> <div>28</div> </div> <div> <div>9:35 AM</div> <div>NYT Connections Puzzle</div> </div> <div> <div>10:20 AM</div> <div>Malarkey - The Bluffing Game</div> </div> <div> <div>11:30 AM</div> <div>Star of the Month – Rex Harrison</div> </div> <div> <div>2:15 PM</div> <div>Sharing Life Stories</div> </div> <div> <div>4:00 PM</div> <div>Quirky Country Song Titles</div> </div> <div> <div>4:30 PM</div> <div>Sequence Board Game</div> </div>	<div> <div>29</div> <div>CLOSED FOR GOOD FRIDAY</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 Participant Program Director 713.552.0420 or eunverzagt@amazingplacehouston.org



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