

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|--|---|---|--|--|
| <ul style="list-style-type: none"> • Garden Salad • Italian Meat Sauce • GF Pasta Marinara • Fresh Green Beans • Fruit Salad | <ul style="list-style-type: none"> • Fruit Salad • Grilled Chicken over Mixed Greens • Roasted Potatoes • Marinated Mozzarella & Tomatoes • Chocolate Chunk Cookie • Peanut Butter & Bananas | <ul style="list-style-type: none"> • Cucumber & Yogurt Salad • Grilled Salmon • Sweet Potato Mash • Carrots & Basil • Fresh Cut Fruit | <ul style="list-style-type: none"> • Caesar Salad • Grilled Chicken w/ Caper Relish • Vegetable Farro • Asparagus & Carrots • Pecan Brownies | <ul style="list-style-type: none"> • Carrot Raisin Slaw • Pork Tenderloin • Turmeric Rice Pilaf • Roasted Squash Medley • Ginger Snap | |
| <ul style="list-style-type: none"> • Cheese & Grapes | <ul style="list-style-type: none"> • Tuna & Chips | <ul style="list-style-type: none"> • Fresh Fruit | <ul style="list-style-type: none"> • Peaches & Yogurt | | |
| <ul style="list-style-type: none"> • Garden Salad • Chicken w/ Basil Sauce • Carrots Lyonnaise • Garlic Mashed Potato • Pecan Sandies | <ul style="list-style-type: none"> • Cole Slaw • Pork Tenderloin • Eggplant Rice Pilaf • Asparagus w/ Lemon • Peanut Butter Cookie | <ul style="list-style-type: none"> • Honey Mustard Garden Salad • Cornbread Crusted Chicken • Green Beans • Corn & Lima Bean Pilaf • AP Ranger Cookie • Peanut Butter & Bananas | <ul style="list-style-type: none"> • Fresh Cut Fruit • Grilled Salmon • Roasted Sweet Potatoes • Zucchini w/ Tarragon • Blueberry Cake | <ul style="list-style-type: none"> • Tomato & Feta Salad • Chicken Mushroom Marsala • Pesto Potatoes • Carrots & Peas • Fresh Fruit Salad | |
| <ul style="list-style-type: none"> • Cheese & Bread | <ul style="list-style-type: none"> • Fresh Fruit | <ul style="list-style-type: none"> • Cheese & Grapes | <ul style="list-style-type: none"> • Cookies & Milk | | |
| <ul style="list-style-type: none"> • Fresh Fruit Salad • Chicken w/ Chimichurri • Tomato Rice Pilaf • Asparagus • Fresh Cut Fruit | <ul style="list-style-type: none"> • Green Salad • Pork Tenderloin • Roasted Sweet Potatoes • Squash Medley • Ginger Snaps | <ul style="list-style-type: none"> • Cole Slaw • Grilled Salmon • Mushroom Rice Pilaf • Green Beans w/ Mushrooms • Peanut Butter Cookie | <ul style="list-style-type: none"> • Soup of the Day • Grilled Chicken over Mixed Greens • Artichoke Hearts Relish • Roasted Potatoes • Carrot Cake | <ul style="list-style-type: none"> • Garden Salad • Pecan Crusted Chicken • Garlic Mash Potatoes • Zucchini w/ Tarragon • Pecan Sandies • Pimento Cheese & Chips | |
| <ul style="list-style-type: none"> • Cheese & Bread | <ul style="list-style-type: none"> • Peanut Butter & Bananas | <ul style="list-style-type: none"> • Cheese & Grapes | <ul style="list-style-type: none"> • Peaches & Yogurt | | |
| <ul style="list-style-type: none"> • Blue Cheese Salad • Pesto Chicken • Mushroom Rice Pilaf • Carrots w/ Basil • Chocolate Chunk Cookie | <ul style="list-style-type: none"> • Fresh Fruit Salad • Herbed Chicken w/ Mixed Greens • Farro Pepper Salad • Tomato & Cucumbers • Peanut Butteries • Cheese & Grapes | <ul style="list-style-type: none"> • Garden Salad • Parmesan Crusted Chicken • Sweet Potato Mash • Brussel Sprouts • AP Ranger Cookie | <ul style="list-style-type: none"> • Caesar Salad • Broad Leaf Chicken • Garlic Mashed Potatoes • Green Beans & Mushrooms • Ginger Snap • Bananas & Peanut Butter | <ul style="list-style-type: none"> • Tomato Farro Salad • Grilled Salmon • Roasted Sweet Potato • Vegetable Medley • Fresh Cut Fruit | |
| <ul style="list-style-type: none"> • Yogurt & Peaches | <ul style="list-style-type: none"> • Cheese & Grapes | <ul style="list-style-type: none"> • Fresh Fruit | <ul style="list-style-type: none"> • Bananas & Peanut Butter | <ul style="list-style-type: none"> • Tuna & Chips | |
| <p>29</p> <p>CLOSED FOR STAFF TRAINING</p> | <ul style="list-style-type: none"> • Fresh Cut Fruit • Grilled Chicken Entrée Salad • Roasted Potatoes • Cucumbers, Tomatoes, Ranch Dressing • Ginger Snap | <p>30</p> <p>AMAZING PLACE</p> <p>APRIL 2024 MENU</p>  | | | <ul style="list-style-type: none"> • Tuna & Chips |



FAMILY SPIRIT

DAY PROGRAM CALENDAR AND MENU ← **APRIL 2024**

CAREGIVERS CONNECT!

We Sprinkle Laughter & Joy Into New Strategies



In leading our Savvy Caregiver® classes for the past six years, **Sharon Cantrell, MS**, our Caregiver Education Manager, understands what resonates with those caring for loved ones with dementia. Through her classes and in surveying more than 1,000 family caregivers who have taken one of our Savvy programs, Sharon has developed **Caregivers Connect!**, an Amazing Place offering that combines shared experiences, laughter and socialization to pave the way for learning new caregiving strategies.

"I realized that we needed a program where we could deep-dive into a single topic in a more informal gathering, rather than a structured class, where caregivers could share and learn from each other as well as from our dementia experts," Sharon says. "During **Caregivers Connect!** we openly talk about common challenges and pick up techniques that have worked for others along the way."

Caregiver Pam Grigg, whose husband was recently diagnosed, adds that the **Caregivers Connect!** session she attended was filled with love and laughter. **"I found support that I didn't know existed. And while we were addressing serious issues, we found we could laugh at shared experiences and that it's okay to have lots of conflicting feelings about your situation."**

Free of charge, in-person sessions are held periodically throughout the year and focus on a specific topic of interest.

Currently, four modules have been developed:

- "Magic Words" to Reduce Dementia Resistance
- I Need a Break!
- Dementia Super Symptoms
- Good Grief!

Find our current offerings at amazingplacehouston.org/family-caregiver-support



CAREGIVERS CONNECT!
A QUARTERLY GATHERING

"Good Grief!"

Dementia caregiving can be overwhelming. Are your family and friends clueless about how you feel? Please come share with other caregivers and learn strategies to find comfort and hope.

Wednesday, April 3, 10 – 11:30a.m.

Katy First United Methodist Church
5601 5th Street, Katy, TX 77493



Scan to register. Or to learn more about our many other caregiver programs, reach out to Pam Berkley at pberkley@amazingplacehouston.org

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|--|--|--|---|--|--|
| 8:00 AM Searching for April 9:35 AM Mind Matters 10:20 AM Flower Arranging 11:00 AM Tai Chi 11:30 AM Candid Camera 2:15 PM April Fool's Day 3:20 PM Malarkey | 8:00 AM Puzzling Matters 9:00 AM Daily Introduction 9:35 AM Classic Movies Pictionary 10:20 AM Painting Class 11:30 AM Scottish – What Am I? 2:15 PM Baby Boomers 3:20 PM Laughter Yoga | 8:00 AM Proverbial Wisdom 9:35 AM Crosswords 10:20 AM You Be the Judge 11:00 AM Morning Workout 11:30 AM Jokes and Riddles 2:15 PM Scattergories 3:20 PM Cornhole | 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 National Parks Tour 3:20 PM Stretch & Meditate | 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 Faithful Paws 4:30 PM Bird Tales | |
| 8:00 AM Current Events 9:35 AM Cranium Board Game 10:20 AM Name That Tune 11:00 AM Lite Exercise 11:30 AM Flower Arranging 2:15 PM Hollywood Hits 4:00 PM Afternoon Tea | 8:00 AM Morning Watercolors 9:35 AM You Be the Judge 10:20 AM Poetry Appreciation 11:30 AM Jokes & Riddles 2:15 PM Scattergories Challenge 3:20 PM Xbox Kinect Bowling 4:00 PM Advice Column Chat | 8:00 AM Puzzling Matters 9:35 AM Scrabble 10:20 AM National Sibling Day 11:00 AM Balance Workout 11:30 AM The Rifleman 2:15 PM King James V 4:30 PM Tea on the Patio | 8:00 AM Coffee & Word Searches 9:35 AM Sudoku 10:20 AM Reminiscing 11:00 AM Stretch & Strengthen 11:30 AM Riddle Me This 2:15 PM The Masters Tournament 4:30 PM Sequence Card Game | 9:35 AM Men's Group 10:20 AM Puzzle Society 11:00 AM Friday Stretch 11:30 AM Classic Country – Sing-a-long 2:15 PM Poets in Love 4:00 PM Random Houston History 4:30 PM Game of Life | |
| 8:00 AM Pastel Coloring Art 9:35 AM NYT Puzzles 10:20 AM Life History 11:30 AM Spot the Difference 2:15 PM April Birthday Celebration 2:45 PM BINGO 4:30 PM Positive Traits | 8:00 AM Jigsaw Puzzle Fun 9:35 AM Logo Quiz 10:20 AM Who Am I? 11:00 AM Stretch & Strengthen 11:30 AM Rick Steves' Travels 2:15 PM Culinary Arts – Yogurt Parfait 4:30 PM Afternoon Gamers Group | 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 Exercise | 8:00 AM Morning Chat 9:35 AM Trivia Crack 10:20 AM Family Feud 11:30 AM Rhythmic Workout 1:00 PM Bridge Club 2:15 PM International Day for Monuments 4:00 PM Funniest Jokes | 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 Time Slips – Group Story 2:15 PM General Douglas MacArthur 4:00 PM Imagine if... | |
| 8:00 AM News to Houston 9:00 AM Daily Introduction 10:00 AM Houston Symphony Concert 11:00 AM Tai Chi 11:30 AM Blackjack Game 2:15 PM Passover 101 4:00 PM Game of Things | 8:00 AM Morning Social Hour 9:35 AM Visual Spatial Games 10:20 AM Astrology Fun 11:00 AM Seated Yoga 11:30 AM Name 5 2:15 PM Destination: Scottish Highlands 4:00 PM Random Houston History | 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 Skipbo | 8:00 AM Word Searching 9:35 AM What's That Sound? 10:20 AM Virtual Museum Tour 11:00 AM Rhythmic Workout 11:30 AM What Am I? 2:15 PM New Orleans Jazz Fest 3:20 PM Stretch & Relax | 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 Audubon Day 3:15 PM Wordscapes 4:30 PM Evening Tea | |
| CLOSED FOR STAFF TRAINING | 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 Club 2:15 PM Tea and Trivia Tuesday 3:20 PM Stretch Away the Stress |  <h1 style="margin: 0;">APRIL 2024</h1>  | | | |

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:
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 Participant Program Director
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AMAZING PLACE.