



FAMILY SPIRIT

DAY PROGRAM CALENDAR AND MENU  MARCH 2020



FLU SEASON IS STILL IN FULL SWING

Due to this year's abnormally high levels of flu activity, reports indicate the tail end of this season is still more active than even the worst period from last year's challenging flu season.* Therefore, it is important to remain vigilant and take necessary precautions to promote the health and safety of all our Participants and their families.

There are several ways you can prevent the spread of the flu - the most important being an annual flu vaccination. Our Health Services Manager, Logan Campbell, RN, BSN recommends that everyone be vaccinated each year before October. The flu vaccination is the best way to protect yourself and your family from the potentially serious complications caused by the influenza virus. Avoid those who are sick, practice frequent hand washing, cough or sneeze into your elbow, and try not to touch your eyes, nose, and mouth.

Symptoms of the flu typically begin to show within 1-4 days after the virus enters the body, which means it's possible to be contagious even before symptoms appear. Therefore, if a Participant has either had contact with someone who is experiencing symptoms or presents symptoms themselves, it is important for them to remain at home and rest.

If you have any questions or concerns, please contact our Health Services team at healthservices@amazingplacehouston.org or 713.552.0420 ext. 2402.

COMMON SIGNS AND SYMPTOMS OF THE FLU

- Muscle and body aches
- Headaches
- Fatigue (tired)
- Vomiting
- Diarrhea
- Fever/chills (not everyone will experience a fever)
- Coughing
- Sore throat
- Runny/stuffy nose

* "Weekly U.S. Influenza Surveillance Report.", Centers for Disease Control and Prevention, 21 Feb. 2020, www.cdc.gov/flu/weekly/index.htm.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 8:00 AM Searching for March 9:30 AM Compli-"mint" craft 11:00 AM Proverbial Wisdom 11:30 AM Ron Howard's B-day & <i>The Andy Griffith Show</i> 2:15 PM The Sound of Music "A Few of my Favorite Things" 3:10 PM Stretch & Relax 4:15 PM Xbox Kinect Bowling | 8:00 AM March Birthdays - <i>Word Search</i> 9:30 AM Mad Libs 10:30 AM Tai Chi 2:15 PM Grayfoxxe Concert 3:10 PM Gratitude Exercise 3:50 PM High Tea 4:30 PM Xbox Bowling | 8:00 AM Coffee & Conversation 9:30 AM Pic Wits 10:30 AM Zumba Gold 11:30 AM What's the Meaning of Your Name 2:15 PM Music Theater 3:10 PM People from <i>People Magazine</i> 4:30 PM Cranium Board Game | 8:00 AM Sharing Life Stories 9:30 AM Writing Class 11:00 AM Stories in a Bucket 11:30 AM *Irish Sing-Along 2:15 PM Houston Grand Opera Performance 3:10 PM Chapel Chat 3:50 PM Watercolor Painting | 9:00 AM Cranium Crunches 9:30 AM Tai Chi 10:30 AM Bee's Knees & Other Animal Idioms 11:30 AM Joke Exchange 2:15 PM *Ireland Fun Facts 3:10 PM Stretch & Relax 5:00 PM Left, Right, Center - <i>Game</i> |
| 8:00 AM Categories Challenge 9:30 AM Purim Puzzles 10:30 AM Cycling Class ★ 11:30 AM Who Am I? 2:15 PM 10 Things to Know About Purim 3:50 PM Loaded Questions 5:00 PM Participants' Choice | 8:00 AM Puzzling Matters 9:30 AM Watercolor Painting 11:00 AM Swapping Stories 11:30 AM Health & Wellness Chat 2:15 PM Name That Tune 3:10 PM Word Spector 4:30 PM Moon Balloon | 8:00 AM Billiards 9:30 AM Wheel of Fortune 10:30 AM Watercolor Art Class ★ 1:00 PM Leisure Hour 2:15 PM "Name That Name" Game 3:10 PM Freerice.com Vocabulary Build 3:50 PM Cranium - <i>Board Game</i> | 8:00 AM March IQ 9:30 AM Creative Writing 10:55 AM Bird Tales 11:30 AM Science Corner 2:15 PM Girl Scout Day 4:30 PM BINGO 5:00 PM Sequence Card Game | 8:00 AM Coffee & News 9:30 AM Tai Chi 11:00 AM Brain Busters ★ 11:30 AM MoMA - <i>Art Appreciation</i> 2:15 PM "Who's on 1st?" - Abbot & Costello 3:50 PM Spot the Difference 4:30 PM Corn Hole |
| 8:00 AM Wordy Gordy 9:30 AM Men's March Madness Bracket Challenge 10:30 AM Laughter Yoga 11:30 AM Music with Rachel 2:15 PM What is Brexit? 3:10 PM Jokes & Riddles 3:50 PM Herbal Tea Taste Testing | 8:00 AM Happy St. Patrick's Day! 9:30 AM Lucky Shamrock - <i>Craft</i> 11:00 AM Concentration Puzzles ★ 11:30 AM Rhyme Time 2:15 PM St. Patrick's/Birthday Celebration 3:10 PM Scrabble 3:50 PM *Remembering the Luck of the Irish | 8:00 AM Gardening Word Search 9:30 AM Newspaper Headline Game ★ 10:30 AM Percussion Exercise ★ 11:30 AM Patch Word Puzzles 2:15 PM Family Feud 3:10 PM Relaxation & Meditation 3:50 PM Bolo Toss | 8:00 AM Mazes 9:30 AM Junk Drawer Detective 10:55 AM Good News Network 11:30 AM Science Corner 2:15 PM Deborah Talks About Ireland 3:10 PM Wacky Wordies 3:50 PM Xbox Kinect Sports 4:30 PM "Little Big Shots" | 8:00 AM Horoscope Fun 9:30 AM Tai Chi 10:55 AM Analogies ★ 11:30 AM Funny Sayings Friday 2:15 PM Participant Council Meeting 3:10 PM Business Ethics 3:50 PM Team Crossword Challenge |
| 8:00 AM Current Events 9:30 AM Men's Group-Sporty Nicknames 10:30 AM Macho Man's Monday Workout 11:30 AM *All Things Irish - <i>Crossword</i> 2:15 PM Faithful Paws Visit 2:45 PM Chips & Dip Day Social 4:30 PM Putt-Putt Challenge | 7:30 AM Caffeine Kick-start 9:30 AM Concentration Puzzles 10:30 AM Cycling ★ 11:30 AM Health & Wellness Chat 2:15 PM *The Blarney Stone & Other Irish Sites 3:10 PM Stretch & Meditate 3:50 PM Jeopardy | 8:00 AM Morning Puzzles 9:30 AM Logical Numbers Puzzle 10:30 AM Rhythmic Fun 11:00 AM <i>Outing to St. Luke's Luncheon</i> (ALL participants will attend) 1:15 PM Leisure Hour 3:10 PM What Am I? 3:50 PM National Medal of Honor Day | 8:00 AM Coffee Social 9:30 AM *Truth or Blarney 11:00 AM Random Trivia 11:30 AM Science Corner 2:15 PM *Famous Irish Folks 3:10 PM Opening Day of Baseball 4:30 PM Xbox Kinect | 8:00 AM Spot the Difference 9:30 AM Tai Chi 10:30 AM Silly Name Places 11:30 AM This Day in History 2:15 PM *Culinary Arts - Irish Blueberry Scones 3:10 PM Who Am I? 3:50 PM Sudoku |
| 8:00 AM Brain Busting Worksheet 9:30 AM New Members Consortium 10:55 AM Life Stories 11:30 AM Family Feud 2:15 PM Celebrating Our Doctors 3:10 PM Art & Life of Van Gogh 3:50 PM Group Crossword | 8:00 AM Current Events 9:30 AM Name That Tune 10:30 AM St. Martin's Bunny Hop 11:00 AM Pre-Easter Bingo 2:15 PM Funny Women Who Made Us Laugh 3:10 PM Laughter Yoga 3:50 PM Lucky Moments |  <h1>MARCH 2020</h1> <p>March is Irish Culture month at Amazing Place. *denotes themed programs. St. Patrick's Day began as a religious holiday to honor Saint Patrick, who introduced Christianity to Ireland.</p> | | |

| DAILY PROGRAM SCHEDULE* | |
|-------------------------|---|
| 7:30 | Coffee, News & Independent Studies |
| 9:30 | Cognitive Exercises & Reminiscence Group (Mon. - Flower Arranging) (Tues. - Art) |
| 10:30 | Physical Exercise (low mobility group and mild group) (Tues. - Art) |
| 11:00 | Reminiscence/Informative program Physical Exercise (low mobility group and mild group) |
| 11:30 | Entertainment or Cognitive Exercises |
| Noon | Lunch |
| 1:00 | Leisure Choices |
| 2:15 | Large group presentations (examples: music,culture, current events, etc.) |
| 2:45 | Refreshments |
| 3:15 | Physical Group or Group Expression |
| 3:50 | Self-esteem or Reminiscence or Board Games |
| 4:30 | News/Entertainment |

*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
eunverzagt@amazingplacehouston.org
713.552.0420

| MARCH BIRTHDAYS | |
|-----------------|---------------------|
| ★ | PARTICIPANTS |
| 3-9 | Pat G. |
| 3-11 | Lillian H. |
| 3-11 | Noah J. |
| 3-13 | Marie K. |
| 3-17 | Deborah B. |
| 3-18 | Alice L. |
| 3-20 | Don J. |
| 3-22 | Corneille S. |
| 3-24 | Matilde O. |
| ★ | STAFF |
| 3-18 | Jose C. |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|---|--|---|--|--|
| <ul style="list-style-type: none"> Green Salad Tarragon Chicken Sweet Potato Mash Sauté Swiss Chard AP Ranger Cookie <p>2</p> <hr/> <ul style="list-style-type: none"> Peanut Butter & Crackers | <ul style="list-style-type: none"> Fresh Fruit Salad Grilled Chicken over Mixed Greens Cannellini Bean Relish Tomatoes & Marinated Mozzarella Chocolate Chunk Cookie <p>3</p> <hr/> <ul style="list-style-type: none"> Hummus w/ Chips | <ul style="list-style-type: none"> Cucumber, Carrot & Olive Salad Grilled Pork Tenderloin Roasted Rosemary Potatoes Fresh Green Beans Fresh Cut Fruit <p>4</p> <hr/> <ul style="list-style-type: none"> Fresh Cut Fruit | <ul style="list-style-type: none"> Caesar Salad Italian Meat Sauce GF Pasta Marinara Asparagus & Carrots Spice Cake <p>5</p> <hr/> <ul style="list-style-type: none"> Cheese & Crackers | <ul style="list-style-type: none"> Soup of the Day Chicken with Cucumber Relish Turmeric Rice Pilaf Roasted Squash Medley Ginger Snaps <p>6</p> <hr/> <ul style="list-style-type: none"> Guacamole & Chips | |
| <ul style="list-style-type: none"> Garden Salad Chicken with Basil Sauce Carrots Lyonnaise Garlic Mashed Potato Pecan Sandies <p>9</p> <hr/> <ul style="list-style-type: none"> Cheese & Grapes | <ul style="list-style-type: none"> Fresh Fruit Salad Chicken Mushroom Marsala Risotto with Basil Asparagus with Lemon Peanut Butter Cookie <p>10</p> <hr/> <ul style="list-style-type: none"> Peanut Butter & Crackers | <ul style="list-style-type: none"> Garden Salad w/ Blue Cheese Parmesan Crusted Chicken Eggplant Ratatouille Green Beans AP Ranger Cookie <p>11</p> <hr/> <ul style="list-style-type: none"> Black Bean Dip | <ul style="list-style-type: none"> Cole Slaw Grilled Salmon Roasted Sweet Potatoes Zucchini with Tarragon Chocolate Chuck Cookie <p>12</p> <hr/> <ul style="list-style-type: none"> Swiss Cheese & Crackers | <ul style="list-style-type: none"> Tomato & Feta Salad Grilled Pork Tenderloin Pesto Potatoes Carrots & Basil Fresh Fruit Salad <p>13</p> <hr/> <ul style="list-style-type: none"> Gazpacho & Chips | |
| <ul style="list-style-type: none"> Fresh Fruit Salad Pecan Chicken Tomato Rice Pilaf Broccoli & Carrots Brownies <p>16</p> <hr/> <ul style="list-style-type: none"> Grapes & Cheese | <ul style="list-style-type: none"> Green Salad Pork Tenderloin Roasted Sweet Potatoes Sauté Swiss Chard & Greens Ginger Snaps <p>17</p> <hr/> <ul style="list-style-type: none"> Yogurt w/ Peaches | <ul style="list-style-type: none"> Cole Slaw Almond Crusted Trout Garlic Mash Potatoes Green Beans w/ Mushrooms Peanut Butter Cookie <p>18</p> <hr/> <ul style="list-style-type: none"> Guacamole & Chips | <ul style="list-style-type: none"> Soup of the Day Grilled Chicken w/ Mixed Greens Artichoke Hearts Relish Tomato, Cucumbers, Radishes AP Ranger Cookie <p>19</p> <hr/> <ul style="list-style-type: none"> Fresh Cut Fruit | <ul style="list-style-type: none"> Garden Salad Grilled Chicken Turmeric Cauliflower Puree Yellow Squash w/ Basil Fresh Cut Fruit <p>20</p> <hr/> <ul style="list-style-type: none"> Peanut Butter & Crackers | |
| <ul style="list-style-type: none"> Gazpacho Soup Pesto Chicken Roasted Zucchini Carrots w/ Basil Chocolate Chunk Cookie <p>23</p> <hr/> <ul style="list-style-type: none"> Cheese & Crackers | <ul style="list-style-type: none"> Fresh Fruit Salad Herbed Chicken w/ Mixed Greens Guacamole, Black Bean Relish Tomato & Cucumbers Peanut Butteries <p>24</p> <hr/> <ul style="list-style-type: none"> Hummus w/ Chips | <ul style="list-style-type: none"> Garden Salad Parmesan Crusted Chicken Garlic Mashed Potatoes Asparagus w/ Herb Butter AP Ranger Cookie <p>25</p> <hr/> <ul style="list-style-type: none"> Peanut Butter & Chips | <ul style="list-style-type: none"> Caesar Salad Sundried Tomato Chicken Roasted Mushrooms Sauté Mixed Greens Ginger Snap <p>26</p> <hr/> <ul style="list-style-type: none"> Fresh Cut Fruit | <ul style="list-style-type: none"> Tomato Farro Salad Grilled Salmon Roasted Sweet Potato Vegetable Medley Fresh Cut Fruit <p>27</p> <hr/> <ul style="list-style-type: none"> Guacamole Chips | |
| <ul style="list-style-type: none"> Tomato Basil Soup Gulf Shrimp Salad Mixed Greens Garden Vegetables Oatmeal Raisin Cookie <p>30</p> <hr/> <ul style="list-style-type: none"> Cheese & Grapes | <ul style="list-style-type: none"> Blue Cheese & Apple Salad Grilled Fresh Fish Roasted Potatoes Fresh Green Beans Spice Cake <p>31</p> <hr/> <ul style="list-style-type: none"> Hummus with Chips |  <h1>MARCH 2020 MENU</h1> | | |  |