

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div> OCTOBER MENU 2025 <div> * Afternoon Snacks © 2025 </div> </div> <div> Amanda Smith MPH, RDN, LD Amanda Smith, MPH, RDN, LD (DT 07118) </div> </div>				
<ul style="list-style-type: none"> <li>Garden Salad</li> <li>Roasted Chicken</li> <li>Garlic Mashed Potatoes</li> <li>Fresh Green Beans</li> <li>Toll House Cookies</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Pesto Chicken</li> <li>Farro Pilaf</li> <li>Broccoli &amp; Cauliflower</li> <li>Pecan Sandie</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit</li> <li>Chicken &amp; Yogurt Curry Sauce</li> <li>Herbed Rice w/ Raisins</li> <li>Carrots w/ Basil</li> <li>Berry Kuchen</li> </ul>	<ul style="list-style-type: none"> <li>Carrot Slaw</li> <li>Grilled Salmon</li> <li>Garlic Mashed Potatoes</li> <li>Asparagus w/ Peppers</li> <li>Ginger Snap</li> </ul>	<ul style="list-style-type: none"> <li>Spinach w/Dill Cucumber &amp; Dressing</li> <li>Breaded Chicken w/ Caper Butter</li> <li>Fresh Green Beans</li> <li>Roasted Sweet Potatoes</li> <li>Pumpkin Bread</li> </ul>
<ul style="list-style-type: none"> <li>*Cheese &amp; Grapes</li> </ul>	<ul style="list-style-type: none"> <li>*Bananas &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>*Cheese &amp; Grapes</li> </ul>	<ul style="list-style-type: none"> <li>*Apples &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>*Peaches &amp; Yogurt</li> </ul>
<div> <div>13</div> <div>CLOSED FOR COLUMBUS DAY</div> </div>	<ul style="list-style-type: none"> <li>Greek Salad</li> <li>Italian Meat Sauce Pasta Marinara</li> <li>Roasted Zucchini</li> <li>Ginger Snap</li> </ul>	<ul style="list-style-type: none"> <li>Mediterranean Coleslaw</li> <li>Grilled Salmon w/ Chimichurri</li> <li>Roasted Sweet Potatoes</li> <li>Vegetable Medley</li> <li>Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Cucumber Yogurt Salad</li> <li>Almond Crusted Trout</li> <li>Turmeric Rice Pilaf</li> <li>Carrots w/ Basil</li> <li>Pecan Brownies</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Cut Fruit</li> <li>Grilled Chicken over Mixed Greens &amp; Caesar Dressing</li> <li>Roasted Potatoes</li> <li>Oatmeal Raisin Cookie</li> </ul>
<ul style="list-style-type: none"> <li>*Cheese &amp; Grapes</li> </ul>	<ul style="list-style-type: none"> <li>*Bananas &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>*Peaches &amp; Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>*Apples &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>*Cheese &amp; Fruit</li> </ul>
<ul style="list-style-type: none"> <li>Garden Salad</li> <li>Grilled Chicken w/ Curry Sauce</li> <li>Herbed Raisin Rice</li> <li>Cauliflower &amp; Carrots</li> <li>Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Mediterranean Slaw</li> <li>Quinoa Crusted Chicken</li> <li>Garlic Mashed Potatoes</li> <li>Spinach &amp; Greens</li> <li>Pecan Sandie</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Grilled Salmon</li> <li>Mushroom Rice Pilaf</li> <li>Asparagus &amp; Carrots</li> <li>Ranger Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Pecan Crusted Chicken</li> <li>Roasted Red Potatoes</li> <li>Carrots Lyonnaise</li> <li>Orange Fig Cake</li> </ul>	<ul style="list-style-type: none"> <li>Green Goddess Salad</li> <li>Slow Roasted Pork Tenderloin</li> <li>Sweet Potato Mash</li> <li>Asparagus</li> <li>Fresh Cut Fruit</li> </ul>
<ul style="list-style-type: none"> <li>*Apples &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>*Bananas &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>*Cheese &amp; Grapes</li> </ul>	<ul style="list-style-type: none"> <li>*Fruit &amp; Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>*Pimento Cheese &amp; Chips</li> </ul>
<ul style="list-style-type: none"> <li>Garden Salad w/ Blueberries</li> <li>Paprika Chicken</li> <li>Almond Rice Pilaf</li> <li>Vegetable Medley</li> <li>Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Carrot Raisin Slaw</li> <li>Almond Crusted Trout</li> <li>Roasted Squash</li> <li>Corn &amp; Potato Medley</li> <li>Pumpkin Bread</li> </ul>	<ul style="list-style-type: none"> <li>Green Goddess Salad</li> <li>Slow Roasted Pork Tenders</li> <li>Roasted Red Potatoes</li> <li>Fresh Green Beans</li> <li>Chocolate Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Goat Cheese Salad</li> <li>Almond Crusted Trout</li> <li>Sweet Potato Mash</li> <li>Roasted Zucchini</li> <li>Bannana Bread</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Chicken Marsala</li> <li>Basil Rice</li> <li>Asparagus &amp; Peppers</li> <li>Oatmeal Cookie</li> </ul>
<ul style="list-style-type: none"> <li>*Apples &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>*Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>*Cheese &amp; Grapes</li> </ul>	<ul style="list-style-type: none"> <li>*Berries &amp; Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>*Banana &amp; Peanut Butter</li> </ul>
<ul style="list-style-type: none"> <li>Garden Salad w/ Blueberries</li> <li>Paprika Chicken</li> <li>Almond Rice Pilaf</li> <li>Vegetable Medley</li> <li>Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Carrot Raisin Slaw</li> <li>Almond Crusted Trout</li> <li>Roasted Squash</li> <li>Corn &amp; Potato Medley</li> <li>Pumpkin Bread</li> </ul>	<ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Chicken w/Artichoke Relish</li> <li>Carrots w/ Basil</li> <li>Roasted Red Potatoes</li> <li>Cranberry Cookies</li> </ul>	<ul style="list-style-type: none"> <li>Blue Cheese Salad</li> <li>Pork Carnitas w/ Tomatillo Sauce</li> <li>Roasted Sweet Potatoes</li> <li>Green Beans w/ Herb Butter</li> <li>Blueberry Cake</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Cut Fruit</li> <li>Grilled Chicken</li> <li>Entrée Caesar Salad</li> <li>Roasted Potatoes</li> <li>Cherry Toll House Cookie</li> </ul>
<ul style="list-style-type: none"> <li>*Cheese &amp; Grapes</li> </ul>	<ul style="list-style-type: none"> <li>*Tuna &amp; Chips</li> </ul>	<ul style="list-style-type: none"> <li>*Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>*Fruit &amp; Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>*Pimento Cheese &amp; Chips</li> </ul>



AMAZING PLACE
3735 Drexel Drive
Phone: (713) 552-0420
AmazingPlaceHouston.org

OCTOBER 2025 DAY PROGRAM CALENDAR & MENU



Amazing Arlene Contributes to Book for Caregivers

Amazing Place is fortunate to have many brain health experts on staff, including our **Family Services Director, Arlene Schollaert, LCSW**, who has contributed to *The Unexpected Journey*, written by Emma Heming Willis, the wife of actor Bruce Willis. The *New York Times* best seller is a roadmap for dementia caregivers, told through Emma’s own story of navigating the challenges of her husband’s Frontal Temporal Dementia (FTD) diagnosis. Filled with the expertise and advice of many nationally known dementia experts, including Arlene, the Amazing Place licensed therapist’s words of wisdom can now be found in the book’s section on Bringing in Help, specifically on “How do You Know It’s Time to Get Help, and What Kind of Help?” We hope you’ll have a chance to read this wonderful book which is available in bookstores an on Amazon.

CAREGIVER EDUCATION

Savvy Express

- 10/16 – 10/30, 1–3pm, Virtual

Caregivers Connect

- 12/11 “Magic Words for the Holidays,” 10–11:30am, Amazing Place Central

SPANISH LANGUAGE

Spanish Caregiver’s Connect!

- 12/2 “Magic Words for the Holidays,” 7–8:30pm, Memorial Drive Presbyterian or Virtual

SUPPORT GROUPS

English Support Group

- 10/14, 12–1:30pm, Amazing Place

Spanish Support Group

- 10/28, 7–8pm, Memorial Drive Presbyterian or Virtual

FRIDAY OCTOBER 31 “WILD FOR AP!” COSTUMES ARE ENCOURAGED

BRAIN HEALTH

Aging Roadmap Classes

- 10/15 – 10/29, 10am–12pm, Bellaire United Methodist

Memory Enhancement Training

- 10/8 – 10/15, 1–3pm, St. Luke’s United Methodist



Please register for all classes & groups at amazingplacehouston.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER  
ACTIVITIES 2025

© 2025

8:00 October Word Search  
9:35 Mind Matters -  
Wordles & Connections  
10:20 Flower Arranging  
11:00 Tai Chi  
11:30 New Tech for Seniors  
  
2:15 Oktoberfest Celebration  
4:00 Inspirational Short Stories

6

9:35 Brain Boosters  
10:20 Times We Treasure  
11:00 Adaptive Dance  
  
1:00 Bible Study  
2:15 Italian-American  
Heritage Month  
3:20 Laughter Yoga  
4:30 Would you Rather?

7

8:00 Table Tent Craft  
9:35 Strands & Other Puzzles  
10:20 October IQ  
11:30 Remembering  
Julie Andrews Songs  
  
1:00 Rummikub  
2:15 Yom Kippur  
4:30 Bananagrams

1

7:30 Houston News  
9:35 You Be the Judge  
10:20 Tongue Twisters  
11:00 Rhythmic Exercise  
11:30 Octopus Day  
  
2:15 Culinary Day - Apple Cake  
4:30 Left, Right, Center

8

9:35 WordScapes  
10:20 Password Game  
11:30 The Twilight Zone  
Anniversary  
  
1:00 Bridge Club  
2:15 Mid Autumn Festival  
3:20 30 Second Dance Party  
4:00 Participants' Choice

2

7:30 Morning Coffee Chat  
9:35 Encyclopedia Challenge  
10:20 Loaded Questions  
11:30 Haunted Houston!  
  
2:15 John Lennon Day  
3:20 Music Merrymaking  
4:30 Roulette

9

7:30 Current Events  
9:35 Linking Words Brain Buster  
10:20 MadLibs  
11:30 Facts & Funnies  
  
2:15 Dog Show by  
Faithful Paws  
3:20 Stretch Away Stress  
4:00 Clichés

3

7:30 Coffee Chat  
9:35 Puzzle Society Games  
10:20 Sharing Adventures  
11:30 Zorro  
  
2:15 Who Am I?  
4:00 The Game of Things...  
4:30 Participants' Choice

10

CLOSED  
FOR  
COLUMBUS  
DAY

13

7:30 Puzzling Matters  
9:35 Word Scrambles  
10:20 Fall Fun  
11:30 Rick Steve's Euro Tour  
  
2:15 History of Columbus Day  
4:00 Random Houston History  
4:30 Card Games

14

7:30 Coffee Chat  
9:35 Bird Tales  
10:20 Life Stories  
  
1:00 Dominoes  
2:15 Participant Art Show  
3:20 Stretch & Meditate  
4:30 Advice Column Critique

15

9:35 Cranium Crunches  
10:20 TimeSlips  
11:00 Theta Pansy Planting  
1:00 Bible Study  
  
2:15 Name That Tune  
3:20 Wheel of Fortune  
4:00 Random Knowledge  
4:30 I Love Lucy Day!

16

9:35 Cadillac's Birthday  
(Car Talk)  
10:20 Drum Circle  
11:30 Magic Tricks  
  
1:00 Scrabble  
2:15 Hocus Pocus Day  
3:20 Frisbee Fun  
4:00 Spot The Difference

17

9:00 Morning Intros  
9:30 Cranium Game  
11:00 Tai Chi  
11:30 Sing-along to  
50's & 60's hits  
  
1:00 Rummikub  
2:15 Chefs' Day  
3:20 Kinect Bowling

20

8:00 Sports Chat  
9:35 What's Wrong  
w/ This Picture?  
11:00 Balance Training  
  
2:15 Future Technologies  
2:45 Refreshments  
3:15 Corn Hole  
4:30 Jeopardy

21

7:30 Puzzling Matters  
9:35 All About Fall -  
Charades  
10:20 Watercolor Painting  
11:30 New Participants' Forum  
  
1:00 Mahjong  
2:15 Participant Council  
4:30 Teatime

22

7:30 Coffee & Puzzles  
9:35 Boo! Double "O"  
puzzles  
10:20 WordScapes  
11:00 Rhythmic Workout  
  
1:00 Leisure Hour  
2:15 Scattergories  
3:15 Bolo Toss

23

9:00 This Day in History  
9:35 Word Associations  
10:20 Life Stories  
11:30 Sing-along  
  
2:15 October Birthday  
Celebration  
3:15 BINGO  
4:00 Discussions on the Patio

24

8:00 Houston News  
9:35 Cranium Crunches  
10:20 Diving Into National  
Geographic  
11:00 Balance Exercises  
  
1:00 Bible Study  
2:15 National Black Cat Day  
4:00 Pet Chat

27

9:35 Encyclopedic  
Knowledge  
10:20 Loaded Questions  
11:00 Light Weight Workout  
11:30 MOMA – Art Appreciation  
  
1:00 Bible Study  
2:15 5 Senses  
4:00 Places We've Been

28

7:30 Coffee Chat  
9:35 Mind Matters  
10:20 Nature is Amazing  
11:30 Halloween Humor  
  
1:00 Dominoes  
2:15 Table Challenge  
3:15 X-Box Bowling

29

8:00 Ghostly Griddle  
Cakes  
9:35 Wordy Gurdy  
10:20 Spooktacular Paintings  
11:00 Rhythmic Exercise  
11:30 Participants' Choice  
1:00 Bible Study  
2:15 A Wicked Day  
4:00 Current Events

30

9:00 Morning Introduction  
9:35 Halloween Puzzles  
10:20 Jewelry Making  
11:30 Jokes & Riddles  
2:15 Halloween Party &  
Animal Fashion Show  
  
3:00 Spooky Snacks  
3:15 Harvest Festival Games

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Empowering Families Facing the  
Challenges of Dementia & Alzheimer's.  
Advancing Brain Health for All.

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:  
Yvonne Hoyos, AD, Participant Program  
Manager, 713.552.0420 or YHoyos@  
amazingplacehouston.org