MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Fresh Cut Fruit Breaded Chicken Cutlet Vegetable Medley Roasted Potatoes Oatmeal Raisin Cookie 	 Garden Salad Chicken w/ Curry Sauce Mushroom Rice Pilaf Broccoli w/ Butter Pecan Sandie 	 Spinach Salad Grilled Salmon w/ Lemon Butter Rosemary Potatoes Green Beans Ranger Cookie 	 Garden Salad w/ 6 Blue Cheese Roasted Chicken Mashed Potatoes Carrot Lyonnaise Carrot Cake 	 Fruit Salad Chicken w/ Caper Butter Farro & Rice Pilaf Raasted Zucchini Chocolate Chip Cookie
*Peanut Butter & Apples	*Cheese & Grapes	*Yogurt & Peaches	*Bananas with Peanut Butter	*Tuna & Chips
 Tomato Feta Salad Chicken w/ Dill Yogurt Yellow Squash w/ Tomatoes Golden Raisin Rice Pilaf Cranberry Bread *Cheese & Grapes 	 Fresh Cut Fruit Grilled Chicken Entrée Caesar Salad Roasted Potatoes Ginger Snaps *Berry & Yogurt Parfait	 Green Goddess 2 Salad Grilled Pork Tenderloin Tomato Rice Pilaf Garlic Green Beans & Mushrooms Oatmeal Raisin Cookie *Apples & Peanut Butter 	 Carrot Raisin Slaw Roasted Chicken Vegetable Rice Pilaf Asparagus & Peppers Fresh Cut Fruit *Cheese & Grapes	 Greek Salad Rosemary Chicken Garlic Mashed Potatoes Carrots w/ Basil Chocolate Chip Cookie *Fresh Fruit
 Caesar Salad Pecan Crusted Chicken Horseradish Mashed Potatoes Asparagus & Peppers Brownie w/ Strawberries *Yogurt & Fruit	 Cucumber Sunomono w/ Pineapple Grilled Salmon w/ Ginger Glaze Veggie Rice Stir Fry Broccoli w/ Black Bean Sauce Fresh Cut Fruit *Pimento Cheese & Chips 	 Garden Salad Grilled Pork Tenderloin Sweet Potato Mash Carrots w/ Basil Chocolate Chip Cookie *Fresh Fruit	 Fresh Fruit Salad Parmesan Chicken Pesto Potatoes Garlic Green Beans Fresh Cut Fruit *Birthday Cake	Closed for Staff Training
Fresh Fruit Salad Herbed Coated Chicken Pasta w/ Marinara Asparagus w/ Herb Butter Ginger Snaps	· Garden Salad 25 · Grilled Salmon 25 · Almond Rice · Vegetable Medley · Fresh Fruit	· Apple & Blue Cheese Salad · Roasted Chicken · Sweet Potato Mash · Green Beans · Cranberry Bread	Closed for Holiday	Closed for Holiday
*Crackers and Cheese	*Bananas with Peanut Butter	*Cheese And Fruit		

NOVEMBER MENU 2025

* Afternoon Snacks © 2025

Amanda Smith, MPH, RDN, LD (DT 07118)



Phone: (713) 552-0420 AmazingPlaceHouston.org

NOVEMBER 2025 DAY PROGRAM CALENDAR & MENU



CAREGIVER EDUCATION

Caregivers Connect

• 12/11 "Magic Words for the Holidays," 10–11:30am, Amazing Place Central

Savvy Express

• 12/3-17, 3 sessions, 1-3 pm, Virtual

SPANISH LANGUAGE

Spanish Caregiver's Connect

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

Cuidando con Respeto

- 11/8, 1–5:30pm, St. Cyril of Alexandria Catholic
- 11/15, 1-5:30pm, Radio Maria Houston

SUPPORT GROUPS

English Support Group

• 11/11, 12–1:30pm, Amazing Place

Spanish Support Group

• 11/18, 7–8pm, Memorial Drive Presbyterian or Virtual

HOUSTON SYMPHONY PROMOTION

The Houston Symphony is offering a 10% DISCOUNT ON TICKETS FOR CLASSICAL OR POPS CONCERTS

for our Day Program families.
Use promo code **SYMPHONY10.**The Symphony will be perform for our participants on
Monday, 11/17 at 10am.



Please register for all classes amazingplacehouston.org

THURSDAY

8:00 Searching for November

10:20 New Beginnings November

9:35 Proof Reading Exercise

1:00 Leisure Hour

3:20 Refreshments

4:30 Bananagrams

2:15 Lesser-known Spies

FRIDAY

8:00 Puzzling Matters 9:35 Stories in a Bucket 10:20 Jewelry Making 11:00 Weightlifting

1:00 Bridge Club

2:15 Faithful Paws Dog Show

3:20 Balloon Volleyball

8:00 Pastel Coloring Art 9:35 Malarkey – The

10:20 Watercolor Painting

Bluffing Game

11:30 Shark Tank Companies -Would You Invest?

2:15 Netherlands Special Guests

3:20 Refreshments 4:30 "Dear Abby"

8:00 Pancake Breakfast 10:20 Who Am I?

11:00 Exercise

11:30 America's Funniest Home Videos

1:00 Leisure Hour 2:15 Pickle Day

3:20 Stretch and Meditate

8:00 Coffee Conversation

9:35 Mind Matters

10:20 Painting Class

11:00 Stretch and Balance Workout

11:30 Participants' Choice

2:15 November Birthday Celebration!

3:15 BINGO

for Staff **Training**

Closed 27 for the Thanksgiving Holiday

Closed 28 for the **Thanksgiving** Holiday

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 at 713.552.0420 or yhoyos@ amazingplacehouston.org.

NOVEMBER ACTIVITIES 2025

11:00 Morning Workout

11:30 Jokes & One-liners

2:15 Nature Is Amazing

3:15 Turkey Toss

4:00 Pondering Prompts

2:15 Participant Council

3:20 Cornhole