

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JANUARY MENU 2026

* Afternoon Snacks
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Amanda Smith, MPH, RDN, LD
Amanda Smith, MPH, RDN, LD (DT 07118)

5	· Fresh Cut Fruit · Chicken w/ Curry Sauce · Roasted Potatoes · Broccoli · Chocolate Chunk Cookie	6	· Garden Salad w/ Green Goddess · Grilled Trout w/ Lemon Butter · Roasted Sweet Potatoes · Asparagus & Carrots · Ranger Cookie	7	· Apple & Blue Cheese Salad · Pecan Crusted Chicken · Garlic Mashed Potatoes · Fresh Green Beans · Pecan Sandie	1	CLOSED FOR NEW YEARS DAY HAPPY NEW YEAR!!	2	· Greek Salad · Grilled Chicken w/ Olive Tapenade · Pasta Marinara · Roasted Squash Medley · Ginger Snap Cookie
12	· Garden Salad · Breaded Chicken Cutlet · Garlic Mashed Potatoes · Green Beans & Carrots · Oatmeal Raisin Cookie · Peanut Butter & Apples*	13	· Cole Slaw · Grilled Salmon · Mushroom Rice Pilaf · Carrots w/ Basil · Brownie	14	· Spinach Salad · Sundried Tomato Chicken · Asparagus & Red Peppers · Turmeric Cauliflower Puree · Ranger Cookie	8	· Carrot Raisin Slaw · Raspberry Glazed Salmon · Pesto Potatoes · Roasted Zucchini w/ Tarragon · Peanut Butteries	9	· Tomato Basil Soup · Grilled Chicken Caesar · Artichoke Relish & Roasted Potatoes · Tomatoes & Cucumbers · Ginger Snaps
19	CLOSED FOR MARTIN LUTHER KING, JR. DAY	20	· Fresh Fruit*	21	· Peanut Butter & Bananas*	15	· Fresh Cut Fruit Salad · Pork Tenderloin · Roasted Potatoes · Sauté Cabbage & Collard Greens · Spice Cake	16	· Garden Salad · Meatloaf w/ Mushroom Sauce · Mashed Potatoes · Vegetable Medley · Pecan Sandie
26	· Pineapple Slaw · Chicken Mushroom Marsala · Roasted Potatoes · Broccoli · Chocolate Chunk Cookie	27	· Blue Cheese Salad · Grilled Salmon · Sweet Potato Mash · Carrots w/ Green Beans · Oatmeal Raisin Cookie	28	· Cucumber & Wheat Bulgur Salad · Grilled Trout · Raisin Rice Pilaf · Broccoli w/ Herb Butter · Fresh Cut Fruit	29	· Fresh Fruit Salad · Almond Crusted Chicken · Turmeric Rice Pilaf · Fresh Green Beans · Fig & Olive Oil Cake · Artichoke Dip & Cheese & Crackers*	30	· Fresh Fruit Salad · Mushroom Caper Pizza · Grilled Chicken Caesar · Fresh Tomatoes & Cucumbers · Peanut Butter Cookie · Peanut Butter & Crackers*
	· Cheese & Grapes*		· Yogurt & Peaches*		· Cheese & Crackers*				



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

JANUARY 2026 DAY PROGRAM CALENDAR & MENU



BRAIN HEALTH

Memory Enhancement Training

- 3/3-3/20, 10am-12pm, St. John the Divine
- Aging Roadmap**
- 2/11-2/25, 1-3pm, St. Luke's United Methodist

SUPPORT GROUPS

English Support Group

- 1/13, 12-1:30pm, Amazing Place Central

Spanish Support Group

- 1/26, 7-8pm, Memorial Drive Presbyterian

CAREGIVER EDUCATION

Savvy Express

- 1/13-1/27, 11am-1pm,
The Tradition Buffalo Speedway (lunch included)
- 1/20-2/3, 11am-1pm, Virtual
- 2/3-2/17, 10am-12pm, St. John the Divine
- 3/3-3/17, 10am-12pm, Memorial Drive
Presbyterian



Please register for all classes at
AmazingPlaceHouston.org.

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JANUARY ACTIVITIES

2026

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9:30 Putting the Past in Order
11:00 Tai Chi
11:30 Spanish Speakers Social

2:15 Alcatraz Federal Prison
2:45 Refreshments
3:20 Participants' Choice
4:30 Travelogue – Anchorage

8:00 Wake and Caffeinate
9:35 "The Rest of the Story"
10:20 Flower Arranging
11:30 Health and Wellness

2:15 Alexander Hamilton
3:20 Seated Yoga
4:30 Jeopardy

5

8:00 Early Morning Chit Chat
9:35 Double Meanings
10:20 Our First Jobs
11:00 Balance Workout
11:30 Health and Wellness

2:15 Henry & His Motor Company
4:30 Bananagrams

6

8:00 Jig Saw Puzzle
9:35 Encyclopedia Challenge
10:20 Art Class
11:00 Rhythmic Exercise

2:15 "The Famous Mr. Ed"
3:20 Meditation
4:30 Teatime

7

CLOSED FOR MARTIN LUTHER KING, JR. DAY

19

8:00 Morning Social
9:30 Name That Tune
10:20 Jeopardy
11:30 Shark Tank – Would You Invest?

2:15 George Burns Day
3:20 Laughter Yoga
4:00 Pet Chat

20

8:00 January IQ
9:35 60's Sing-along
10:20 Jokes & Riddles
11:00 Strength & Balance Workout

2:15 Culinary Creations – Granola Bar Day
3:20 Mindful Meditation
4:00 Family Feud

21

7:30 Current Events
9:00 Daily Intro
9:35 Proofreading Exercise
10:20 Taking Pride in Our Work
11:00 Ballet Balance
2:15 Activity Professionals Appreciation Celebration
4:30 Toad Hollow Day of Encouragement

26

9:00 Good News Network
9:35 Word Mahjong
10:20 Game of Things...
11:00 Working Out the Kinks

2:15 Trivia Challenge
3:20 Balloon Volleyball
4:30 Teatime

27

8:00 Pick Your Puzzle
9:35 Mind Matters – Visual Spatial Games
10:20 Cranium
11:30 Health and Wellness

2:15 January Birthday Celebration
3:15 BINGO
4:30 Afternoon Tea

28

CLOSED FOR NEW YEARS DAY

HAPPY NEW YEAR!!

1

8:00 Houston News
9:35 Taboo-Word Game
10:20 Fun From New Years' Past
11:30 New Participant Consortium

2:15 Faithful Paws Dog Show
3:20 Stretch & Relax
4:30 Are You Smarter Than a Fifth Grader?

8

8:00 Current Events
9:35 Puzzle Society
10:20 Water Color Art Class
11:30 The Digital Smithsonian

8:00 Coffee With Quaneequa
9:30 Word Nerd Heaven
10:20 "Soup's On" Day
11:30 Riddle Me This

15

9:35 Pictionary
10:20 Houston History
11:00 Winter Workout
11:30 Rick Steves Europe

2:15 Happy Days: Where Are They Now?
3:20 Putt-Putt Fun
4:00 Who Wants to be a Millionaire?

8:30 Table Talk
9:35 Proofreading
10:20 Journey Discussions
11:30 Winter Poetry

2:15 We Shall Overcome
3:20 Meditation
4:00 Sharing Winter Stories

22

8:00 Early Bird Small Talk
9:35 Who Wants to be a Millionaire?
11:30 Would You Rather?

1:00 Bridge Club
2:15 Queen Victoria's Reign Ends
3:20 Staying Limber
4:30 Skip-bo

9:35 Junk Drawer Detective
10:20 Connect 4 Team Trivid
11:30 Name that Tune

1:00 Rummikub
2:15 Rock & Roll Hall of Fame
2:45 Refreshments
3:20 Target Throw

29

9:35 Thematik
10:20 "Once upon a midnight dreary..."
11:00 Balance Workout

1:00 Bible Study
2:15 Sleeping Beauty Anniversary
2:30 Up & Down Words
4:00 Loaded Questions

9:35 Brain Teasers
10:20 Arts & Crafts
11:30 Name That Tune

1:00 Leisure Hour
2:15 Participant Council
2:45 Refreshments
3:20 Marksmanship Challenge

30



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.