

JANUARY MENU 2026

* Afternoon Snacks
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<div><div><div>• Fresh Cut Fruit</div><div>• Chicken w/ Curry Sauce</div><div>• Roasted Potatoes</div><div>• Broccoli</div><div>• Chocolate Chunk Cookie</div></div><div>5</div></div>	<div><div><div>• Garden Salad w/ Green Goddess</div><div>• Grilled Trout w/ Lemon Butter</div><div>• Roasted Sweet Potatoes</div><div>• Asparagus & Carrots</div><div>• Ranger Cookie</div></div><div>6</div></div>	<div><div><div>• Apple & Blue Cheese Salad</div><div>• Pecan Crusted Chicken</div><div>• Garlic Mashed Potatoes</div><div>• Fresh Green Beans</div><div>• Pecan Sandie</div></div><div>7</div></div>	<div><div><div>• Carrot Raisin Slaw</div><div>• Raspberry Glazed Salmon</div><div>• Pesto Potatoes</div><div>• Roasted Zucchini w/ Tarragon</div><div>• Peanut Butteries</div></div><div>8</div></div>	<div><div><div>• Tomato Basil Soup</div><div>• Grilled Chicken Caesar</div><div>• Artichoke Relish & Roasted Potatoes</div><div>• Tomatoes & Cucumbers</div><div>• Ginger Snaps</div></div><div>9</div></div>
<div><div><div>• Cheese & Grapes*</div></div><div>12</div></div>	<div><div><div>• Cole Slaw</div><div>• Grilled Salmon</div><div>• Mushroom Rice Pilaf</div><div>• Carrots w/ Basil</div><div>• Brownie</div></div><div>13</div></div>	<div><div><div>• Spinach Salad</div><div>• Sundried Tomato Chicken</div><div>• Asparagus & Red Peppers</div><div>• Turmeric Cauliflower Puree</div><div>• Ranger Cookie</div></div><div>14</div></div>	<div><div><div>• Fresh Cut Fruit Salad</div><div>• Pork Tenderloin</div><div>• Roasted Potatoes</div><div>• Sauté Cabbage & Collard Greens</div><div>• Spice Cake</div></div><div>15</div></div>	<div><div><div>• Garden Salad</div><div>• Meatloaf w/ Mushroom Sauce</div><div>• Mashed Potatoes</div><div>• Vegetable Medley</div><div>• Pecan Sandie</div></div><div>16</div></div>
<div><div><div>CLOSED FOR MARTIN LUTHER KING, JR. DAY</div></div><div>19</div></div>	<div><div><div>• Green Goddess Salad</div><div>• Chicken w/ Chimichurri</div><div>• Roasted Potatoes</div><div>• Carrots & Basil</div><div>• Pecan Sandie</div></div><div>20</div></div>	<div><div><div>• Tomato & Feta Salad</div><div>• Grilled Salmon</div><div>• Asparagus w/ Lemon & Quinoa</div><div>• Pesto Rice Pilaf</div><div>• Fresh Cut Fruit</div></div><div>21</div></div>	<div><div><div>• Garden Salad & Cranberries</div><div>• Paprika Chicken w/ Mushrooms</div><div>• Garlic Mashed Potatoes</div><div>• Fresh Green Beans</div><div>• Peanut Butter Cookie</div></div><div>22</div></div>	<div><div><div>• Tomato Feta Salad</div><div>• Roasted Herb Chicken</div><div>• Turmeric Rice Pilaf</div><div>• Roasted Mushrooms & Zucchini</div><div>• Carrot Raisin Cake</div></div><div>23</div></div>
<div><div><div>• Pineapple Slaw</div><div>• Chicken Mushroom Marsala</div><div>• Roasted Potatoes</div><div>• Broccoli</div><div>• Chocolate Chunk Cookie</div></div><div>26</div></div>	<div><div><div>• Blue Cheese Salad</div><div>• Grilled Salmon</div><div>• Sweet Potato Mash</div><div>• Carrots w/ Green Beans</div><div>• Oatmeal Raisin Cookie</div></div><div>27</div></div>	<div><div><div>• Cucumber & Wheat Bulgur Salad</div><div>• Grilled Trout</div><div>• Raisin Rice Pilaf</div><div>• Broccoli w/ Herb Butter</div><div>• Fresh Cut Fruit</div></div><div>28</div></div>	<div><div><div>• Fresh Fruit Salad</div><div>• Almond Crusted Chicken</div><div>• Turmeric Rice Pilaf</div><div>• Fresh Green Beans</div><div>• Fig & Olive Oil Cake</div></div><div>29</div></div>	<div><div><div>• Fresh Fruit Salad</div><div>• Mushroom Caper Pizza</div><div>• Grilled Chicken Caesar</div><div>• Fresh Tomatoes & Cucumbers</div><div>• Peanut Butter Cookie</div><div>• Peanut Butter & Crackers*</div></div><div>30</div></div>
<div><div><div>• Cheese & Grapes*</div></div></div>	<div><div><div>• Yogurt & Peaches*</div></div></div>	<div><div><div>• Cheese & Crackers*</div></div></div>	<div><div><div>• Artichoke Dip & Chips*</div></div></div>	



AMAZING PLACE®

3735 Drexel Drive
Phone: (713) 552-0420
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JANUARY 2026 DAY PROGRAM CALENDAR & MENU

HAPPY NEW YEAR 2026

May your year be filled with happiness, peace and love!

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JANUARY ACTIVITIES

2026

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<div>9:30 Putting the Past in Order</div> <div>11:00 Tai Chi</div> <div>11:30 Spanish Speakers Social</div> <div>2:15 Alcatraz Federal Prison</div> <div>2:45 Refreshments</div> <div>3:20 Participants' Choice</div> <div>4:30 Travelogue – Anchorage</div> <div>5</div>	<div>8:00 Early Morning Chit Chat</div> <div>9:35 Double Meanings</div> <div>10:20 Our First Jobs</div> <div>11:00 Balance Workout</div> <div>11:30 Health and Wellness</div> <div>2:15 Henry & His Motor Company</div> <div>4:30 Bananagrams</div> <div>6</div>	<div>8:00 Jig Saw Puzzle</div> <div>9:35 Encyclopedia Challenge</div> <div>10:20 Art Class</div> <div>11:00 Rhythmic Exercise</div> <div>2:15 "The Famous Mr. Ed"</div> <div>3:20 Meditation</div> <div>4:30 Teatime</div> <div>7</div>
<div>8:00 Wake and Caffeinate</div> <div>9:35 "The Rest of the Story"</div> <div>10:20 Flower Arranging</div> <div>11:30 Health and Wellness</div> <div>2:15 Alexander Hamilton</div> <div>3:20 Seated Yoga</div> <div>4:30 Jeopardy</div> <div>12</div>	<div>8:00 Puzzling Matters</div> <div>9:35 Mind Matters</div> <div>10:20 Watercolor Painting</div> <div>11:00 Light Weight Training</div> <div>2:15 Movie & Popcorn</div> <div>3:20 Sharpshooter Contest</div> <div>4:30 Participants' Choice</div> <div>13</div>	<div>8:00 Family Chat</div> <div>9:35 Wacky Wordies</div> <div>10:20 Spanish Speaker's Social</div> <div>11:30 MFA Louvre Couture Collection</div> <div>2:15 Participant Council Meeting</div> <div>2:45 Refreshments</div> <div>4:30 Participants' Choice</div> <div>14</div>
<div>CLOSED FOR MARTIN LUTHER KING, JR. DAY</div> <div>19</div>	<div>8:00 Morning Social</div> <div>9:30 Name That Tune</div> <div>10:20 Jeopardy</div> <div>11:30 Shark Tank – Would You Invest?</div> <div>2:15 George Burns Day</div> <div>3:20 Laughter Yoga</div> <div>4:00 Pet Chat</div> <div>20</div>	<div>8:00 January IQ</div> <div>9:35 60's Sing-along</div> <div>10:20 Jokes & Riddles</div> <div>11:00 Strength & Balance Workout</div> <div>2:15 Culinary Creations – Granola Bar Day</div> <div>3:20 Mindful Meditation</div> <div>4:00 Family Feud</div> <div>21</div>
<div>7:30 Current Events</div> <div>9:00 Daily Intro</div> <div>9:35 Proofreading Exercise</div> <div>10:20 Taking Pride in Our Work</div> <div>11:00 Ballet Balance</div> <div>2:15 Activity Professionals Appreciation Celebration</div> <div>4:30 Toad Hollow Day of Encouragement</div> <div>26</div>	<div>9:00 Good News Network</div> <div>9:35 Word Mahjong</div> <div>10:20 Game of Things...</div> <div>11:00 Working Out the Kinks</div> <div>2:15 Trivia Challenge</div> <div>3:20 Balloon Volleyball</div> <div>4:30 Teatime</div> <div>27</div>	<div>8:00 Pick Your Puzzle</div> <div>9:35 Mind Matters – Visual Spatial Games</div> <div>10:20 Cranium</div> <div>11:30 Health and Wellness</div> <div>2:15 January Birthday Celebration</div> <div>3:15 BINGO</div> <div>4:30 Afternoon Tea</div> <div>28</div>

CLOSED FOR NEW YEARS DAY

HAPPY NEW YEAR!!

<div>8:00 Current Events</div> <div>9:35 Puzzle Society</div> <div>10:20 Water Color Art Class</div> <div>11:30 The Digital Smithsonian</div> <div>2:15 Happy Birthday Elvis</div> <div>3:20 Xbox bowling</div> <div>4:00 Elvis' Hits Sing-along</div> <div>8</div>	<div>8:00 Coffee With Quanteequa</div> <div>9:30 Word Nerd Heaven</div> <div>10:20 "Soup's On" Day</div> <div>11:30 Riddle Me This</div> <div>2:15 The Phantom of the Opera</div> <div>3:20 Pre-weekend Workout</div> <div>4:00 50's-60's Sing-along</div> <div>9</div>
<div>9:35 Pictionary</div> <div>10:20 Houston History</div> <div>11:00 Winter Workout</div> <div>11:30 Rick Steves Europe</div> <div>2:15 Happy Days: Where Are They Now?</div> <div>3:20 Putt-Putt Fun</div> <div>4:00 Who Wants to be a Millionaire?</div> <div>15</div>	<div>8:30 Table Talk</div> <div>9:35 Proofreading</div> <div>10:20 Journey Discussions</div> <div>11:30 Winter Poetry</div> <div>2:15 We Shall Overcome</div> <div>3:20 Meditation</div> <div>4:00 Sharing Winter Stories</div> <div>16</div>
<div>8:00 Early Bird Small Talk</div> <div>9:35 Who Wants to be a Millionaire?</div> <div>11:30 Would You Rather?</div> <div>1:00 Bridge Club</div> <div>2:15 Queen Victoria's Reign Ends</div> <div>3:20 Staying Limber</div> <div>4:30 Skip-bo</div> <div>22</div>	<div>9:35 Junk Drawer Detective</div> <div>10:20 Connect 4 Team Trivia</div> <div>11:30 Name that Tune</div> <div>1:00 Rummikub</div> <div>2:15 Rock & Roll Hall of Fame</div> <div>2:45 Refreshments</div> <div>3:20 Target Throw</div> <div>23</div>
<div>9:35 Thematik</div> <div>10:20 "Once upon a midnight dreary..."</div> <div>11:00 Balance Workout</div> <div>1:00 Bible Study</div> <div>2:15 Sleeping Beauty Anniversary</div> <div>2:30 Up & Down Words</div> <div>4:00 Loaded Questions</div> <div>29</div>	<div>9:35 Brain Teasers</div> <div>10:20 Arts & Crafts</div> <div>11:30 Name That Tune</div> <div>1:00 Leisure Hour</div> <div>2:15 Participant Council</div> <div>2:45 Refreshments</div> <div>3:20 Marksmanship Challenge</div> <div>30</div>



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.