

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>Farro &amp; Tomato Salad <b>2</b></li> <li>Quinoa Crusted Chicken</li> <li>Mashed Sweet Potatoes</li> <li>Fresh Green Beans</li> <li>Zucchini Bread</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit Salad <b>3</b></li> <li>Grilled Salmon</li> <li>Lentil Rice Pilaf</li> <li>Collard Greens</li> <li>Chocolate Almond</li> <li>Cranberry Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Garden Salad <b>4</b></li> <li>Chicken w/ Artichoke &amp; Mushroom Sauce</li> <li>Roasted Potatoes</li> <li>Carrots w/ Basil</li> <li>Peanut Butteries</li> </ul>	<ul style="list-style-type: none"> <li>Cucumber Dill Yogurt Salad <b>5</b></li> <li>Grilled Fresh Fish</li> <li>Rutabagas w/ Paprika</li> <li>Cauliflower &amp; Carrots</li> <li>Chocolate Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Garden Salad w/ Green Goddess <b>6</b></li> <li>Quinoa Crusted Chicken</li> <li>Dill Parsnips</li> <li>Cabbage &amp; Greens</li> <li>Dried Cherry Cookie</li> </ul>
<ul style="list-style-type: none"> <li>Apples &amp; Peanut Butter*</li> </ul>	<ul style="list-style-type: none"> <li>Guacamole &amp; Chips*</li> </ul>	<ul style="list-style-type: none"> <li>Celery &amp; Blue Cheese Dip*</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Celery &amp; Peanut Butter*</li> </ul>
<ul style="list-style-type: none"> <li>Cole Slaw <b>9</b></li> <li>Slow Roasted Pork Tenderloin</li> <li>Mashed Potatoes</li> <li>Fresh Green Beans</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Goat Cheese Salad <b>10</b></li> <li>Almond Crusted Trout</li> <li>Roasted Sweet Potatoes</li> <li>Roasted Zucchini</li> <li>Peach Kuchen</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad <b>11</b></li> <li>Grilled Salmon</li> <li>Pesto Rice Pilaf</li> <li>Carrots w/ Herb Butter</li> <li>Chocolate Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Green Goddess Salad <b>12</b></li> <li>Marsala Mushroom Chicken</li> <li>Spanish Rice</li> <li>Vegetable Medley</li> <li>Cacao Cake w/ Icing</li> </ul>	<ul style="list-style-type: none"> <li>Cole Slaw <b>13</b></li> <li>Roasted Chicken</li> <li>Whipped Garlic Potatoes</li> <li>Green Beans w/ Onions</li> <li>GF Chocolate Cake</li> </ul>
<ul style="list-style-type: none"> <li>Cheese &amp; Crackers*</li> </ul>	<ul style="list-style-type: none"> <li>Fruit &amp; Yogurt*</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Apples &amp; Peanut Butter*</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Strawberries*</li> </ul>
<p><b>16</b></p> <p><b>CLOSED FOR PRESIDENTS DAY</b></p>	<ul style="list-style-type: none"> <li>Greek Salad <b>17</b></li> <li>Italian Meat Sauce</li> <li>Pasta Marinara</li> <li>Asparagus</li> <li>Chocolate Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad <b>18</b></li> <li>Grilled Fresh Fish</li> <li>Brown Rice Pilaf</li> <li>Carrots w/ Basil</li> <li>Ranger Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Caesar Salad <b>19</b></li> <li>Breaded Chicken</li> <li>Mashed Potatoes</li> <li>Fresh Green Beans</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Farro Salad <b>20</b></li> <li>Roasted Chicken</li> <li>Spaghetti Squash</li> <li>Asparagus</li> <li>GF Brownie w/ Pecans</li> </ul>
<ul style="list-style-type: none"> <li>Caesar Salad <b>23</b></li> <li>Arugula</li> <li>Crusted Chicken</li> <li>Roasted Garlic</li> <li>Mashed Potatoes</li> <li>Squash &amp; Zucchini</li> <li>Pecan Sandies</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit <b>24</b></li> <li>Grilled Salmon</li> <li>Herbed Potatoes</li> <li>Fresh Green Beans</li> <li>Ginger Snaps</li> </ul>	<ul style="list-style-type: none"> <li>Mediterranean Slaw <b>25</b></li> <li>Chicken &amp; Yogurt Curry Sauce</li> <li>Mushroom Rice Pilaf</li> <li>Asparagus w/ Herb Butter</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Spinach w/ Dill Cucumber <b>26</b></li> <li>Pecan Crusted Chicken</li> <li>Carrots w/ Basil</li> <li>Rutabagas w/ Yogurt Sauce</li> <li>Zucchini Bread</li> </ul>	<ul style="list-style-type: none"> <li>Garden Salad w/ Blueberries <b>27</b></li> <li>Fresh Rainbow Trout</li> <li>Almond Rice Pilaf</li> <li>Vegetable Medley</li> <li>Oatmeal Chocolate Chip Cookie</li> </ul>
<ul style="list-style-type: none"> <li>Apples &amp; Peanut Butter*</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad*</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>Berries &amp; Yogurt*</li> </ul>

# MENU FEBRUARY 2026



## FEBRUARY 2026 DAY PROGRAM CALENDAR & MENU

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



We are delighted to partner with **Opera in the Heights** on the Houston premiere of **LUCIDITY**. This beautiful opera is about memory loss & the power of music.

**Friday, March 6 at 7:30pm**  
**Sunday, March 8 at 2:00pm**

Visit [operaintheheights.org](http://operaintheheights.org) to purchase tickets. OITH is offering Amazing Place families & friends a 25% discount with discount code 25LUCIDITY.

### BRAIN HEALTH

**Navigating Your Aging Journey**

- 2/3, 12-1pm, Webinar

**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

### CAREGIVER EDUCATION

**Savvy Express**

- 2/3 - 2/17, 10am-12pm, St. John the Divine
- 3/3 - 3/17, 10am-12pm, Memorial Drive Presbyterian
- 3/16 - 3/30, 1-3pm, Virtual

**Savvy Caregiver**

- 3/5 - 4/2 9:30-11:30am, Amazing Place Central

### SUPPORT GROUPS

**English Support Group**

- 2/10, 12-1:30pm, Amazing Place Central

**Spanish Support Group**

- 2/23, 7-8pm, Memorial Drive Presbyterian

### SPANISH LANGUAGE

**Cuidando con Respeto**

- 2/11 - 2/25, 11am-12:30pm, Southwest Multi-Service Center
- 2/28, 12:30-6:30pm, Notre Dame Catholic Church



Please register for all classes & groups at [AmazingPlaceHouston.org](http://AmazingPlaceHouston.org)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**AMAZING PLACE**

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

8:00 Table Tent Craft & Chat  
9:35 Loaded Questions  
10:20 Word Mining  
11:30 Barbra Streisand's Chart Toppers  
2:15 Groundhog Day  
2:45 Refreshments  
4:00 Good or Bad (i.e. Drone Deliveries, self-driving cars)

2

9:00 Intro  
9:35 Reminiscing About  
10:20 Boat Load of Crossword  
11:00 Light Exercise  
2:15 "A Rose Is a Rose" – Gertrude Stein  
4:00 Andy Griffith's Timeless Wisdom  
4:30 Card Making Craft

3

8:00 Morning Puzzlers  
9:35 Brag a Little Day  
10:20 Sharing Snow Day Memories  
11:30 Sing-along – Andrews Sisters to Bing Crosby  
2:15 The USO  
3:15 Xbox Bowling  
4:30 Chicken Soup for the Soul

4

9:35 Mind Matters  
10:20 Yay or Nay (Nutella and other foods)  
11:00 Bopping to the Oldies  
2:15 Baseball's Hank Aaron  
2:45 Refreshments  
4:00 Participants' Choice  
4:30 Bird Tales

5

8:00 Coffee Social  
9:35 Men's Group – Superbowl  
10:20 Olympic Events Crossword  
11:30 Science Corner – Light  
2:15 Dog Show  
3:20 Winter Olympics Inspired Games  
4:00 Name That Tune

6

9:00 Weekend Recap  
9:35 Wordy Gurdy  
10:20 Jeopardy  
11:00 Morning Workout  
11:30 Best Superbowl Commercials  
2:15 Love your Pet Day  
3:20 Stretch & Meditate  
4:00 Satchel Paige Changes the Game

9

8:00 Puzzling Matters  
9:35 Good News Network  
10:20 Proofreading Challenge  
11:00 Tone It Up Tuesday  
11:30 Literary Couples  
2:15 Scattergories  
3:20 Chair Yoga

10

8:00 Coffee Chat  
9:35 Mind Matters  
10:20 Appreciate a Friend Day  
11:00 Physical Exercise  
2:15 A Visual History of Japan  
3:20 Balloon Bash  
4:30 Participants' Choice

11

9:35 Wordles & Connections  
10:20 Cranium Crunches  
11:30 Joke Time  
2:15 Abe Day  
3:20 Laughter Yoga  
4:00 Participants' Choice  
4:30 Life Stories

12

8:00 Jigsaw Fun  
9:35 Cranium Crunches  
10:20 Our Luckiest Moments  
11:00 Dancing to the Oldies  
11:30 Participants' Choice – Entertainment  
2:15 Valentine's Party!  
4:30 Frisky Felines

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**CLOSED FOR PRESIDENTS DAY**

16

8:00 Word Searches  
9:35 Homophones  
10:20 Mardi Gras Jeopardy  
11:30 Fat Tuesday Sing-along  
1:00 Leisure Hour  
2:15 Mardi Gras Around the World  
3:20 Darts

17

8:00 Coffee Time  
9:35 Mind Matters  
10:20 Reminiscing 1st Jobs  
11:30 New Participants' Consortium  
1:00 Ash Wednesday Bible Study  
2:15 Lent 101  
4:30 Thesaurus Fun

18

9:00 Daily Introduction  
9:35 Vocabulary Builders  
10:20 Watercolor Painting  
11:00 Rhythmic Exercise  
11:30 Share a Favorite Poem  
2:15 Opera in the Heights Performance  
4:30 Card Games

19

8:00 Current Events  
9:35 Men's Chat – Name That Tool  
11:00 Rhythmic Exercise  
1:00 Rummikub  
2:15 Participant Council  
3:20 WordScapes  
4:30 Behind the Name

20

9:00 Daily Introduction  
9:35 Jeopardy  
10:00 Houston Symphony Performance  
11:30 "Little Big Shots"  
2:15 Travelogue – Singapore  
3:20 Afternoon Stretch  
4:30 What's Your Verdict?

23

9:35 Word Mining  
10:20 Reminiscing – Childhood Games  
11:30 Amazing Opera Solos  
2:15 February Birthdays' Party  
3:20 Bolo Toss  
4:00 Participants' Choice  
4:30 Game of Things

24

8:00 Coffee Social  
9:35 Maze Dash  
10:20 Opposites Challenge  
11:30 MoMA – Art Appreciation  
2:15 Wild Cats  
3:20 Stretch It Out  
4:00 Storytelling

25

8:00 Puzzling Times  
9:35 Mind Matters  
11:00 Rhythmic Exercise Class  
11:30 Name That Tune  
1:00 Dominoes  
2:15 Black History Month  
2:45 Refreshments

26

9:35 Coffee Social  
10:20 Readers Theater  
11:00 Morning Workout  
11:30 Riddle Me This  
1:00 Putting Around  
2:15 Star of the Month – Poitier  
3:20 Silly Sound Off Game

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**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](mailto:yhoyos@amazingplacehouston.org).

**ACTIVITIES FEBRUARY 2026**