

| 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>Cheese &amp; Grapes*</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>  |
| <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>  |



**AMAZING PLACE**  
621 Circle deMatel  
Houston, TX 77094  
Phone: (281)697-5885

# FEBRUARY 2026 DAY PROGRAM CALENDAR & MENU



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

**Understanding Dementia: Why Early Diagnosis Matters**

- 2/25, 12-1pm, Amazing Place West

**Aging Roadmap**

- 3/3 - 3/17, 1-3pm, Amazing Place West

### CAREGIVER EDUCATION

**Savvy Express**

- 2/12 - 2/26, 10am-12pm, Amazing Place West

**Caregivers Connect (I Need A Break!)**

- 3/11, 10-11:30am, Amazing Place West

**Q&A with AP Dementia Experts**

- 3/18, 10am-12pm, Amazing Place West

### SPANISH LANGUAGE

**Cuidando Con Respeto**

- 2/21 - 2/28, 10am-1pm, St. Bartholomew the Apostle Catholic Church
- 3/20 - 3/27, 5:30-8:30pm, Amazing Place West

### SUPPORT GROUPS

**English Support Group**

- 2/17, 2-3:30pm, Amazing Place West

**Spanish Support Group**

- 2/20, 12-1pm, Amazing Place West

**PLEASE JOIN US FOR BREAKFAST!**

**Fat Tuesday's Pancakes and Chat**

- Tuesday, 2/17, 8:00 - 9:00am




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

# MENU FEBRUARY 2026

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 Boat Load of Crossword  
10:20 Reminiscing About  
11:00 Light Exercise  
2:15 "A Rose Is a Rose" – Gertrude Stein  
4:00 Andy Griffith's Timeless Wisdom  
4:30 Lovely Bird Feeder 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 Chicken Soup for the Soul  
4:30 Xbox Bowling

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 Bird Tales  
4:30 Participants' Choice

5

8:00 Coffee Social  
9:35 Men's Group – Superbowl  
10:20 Olympic Events Crossword  
11:30 Science Corner  
2:15 Mary Leakey Day  
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 Satchel Paige Changes the Game  
3:20 Stretch & Meditate

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 Table Puzzles  
3:20 Laughter 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 Life Stories  
11:30 Cranium Crunches  
2:15 Abe Day  
3:20 Stretch & Meditate  
4:00 Joke Time  
4:30 Tea Time

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

13

**CLOSED FOR PRESIDENTS DAY**

16

8:00 "Fat Tuesday" Pancake Breakfast  
9:35 Homophones  
10:20 Mardi Gras Jeopardy  
11:30 Sing-along  
1:00 Leisure Hour  
2:15 Mardi Gras Around the World  
3:20 Laughter Yoga

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  
4:00 Thesaurus Fun

18

9:00 Daily Introduction  
9:35 Vocabulary Builders  
10:20 Painting  
11:00 Rhythmic Exercise  
11:30 Share a Favorite Poem  
2:15 February Birthdays' Party  
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

20

4:00 Zodiac Fun  
9:00 Daily Introduction  
9:35 Jeopardy  
10:00 Cooking Up Conversation  
11:30 "Little Big Shots"  
2:15 Travelogue – Singapore  
3:20 Afternoon Stretch

23

4:30 What's Your Verdict?  
9:35 Word Mining  
10:20 Reminiscing – Childhood Games  
11:30 Amazing Opera Solos  
2:15 The Price is Right  
3:20 Bolo Toss  
4:00 Game of Things

24

4:30 Participants' Choice  
8:00 Coffee Social  
9:35 Maze Dash  
10:20 Opposites Challenge  
11:30 MoMA – Art Appreciation  
2:15 "Shel" Silverstein  
3:20 Laughter Yoga

25

4:00 Storytelling  
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 Women's 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

27



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: Casey Chelton, AD, Participant Program Manager at 281.697.5885 or cchelton@amazingplacehouston.org.

# ACTIVITIES FEBRUARY 2026