

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Fresh Cut Fruit 2 • Breaded Chicken Cutlet w/ Creole Mustard Sauce • Horseradish Mashed Potatoes • Vegetable Medley • Chocolate Chip Cookie • Peanut Butter & Apples* 	<ul style="list-style-type: none"> • Honey Mustard Salad 3 • Tarragon Grilled Salmon • Tomato Fig Salsa • Mushroom Rice Pilaf • Fresh Green Beans • Peanut Butter Cookie • Fresh Cut Fruit* 	<p>CLOSED FOR STAFF TRAINING</p>	<ul style="list-style-type: none"> • Green Goddess Salad 5 • Grilled Chicken w/ Artichoke Butter • Mushroom Rice Pilaf • Vegetable Medley • Fresh Cut Fruit • Cheese & Grapes* 	<ul style="list-style-type: none"> • Caesar Salad 6 • Pork Tenderloin Carnitas w/ Tomatillo Sauce • Cumin Roasted Potatoes • Carrots & Green Beans • Chocolate Cinnamon Cake • Guacamole & Chips*
<ul style="list-style-type: none"> • Cucumber Yogurt Salad 9 • Rosemary Grilled Chicken • Tomato Caper Sauce • Raisin Rice Pilaf • Roasted Zucchini • Fresh Cut Fruit • Cookies & Milk* 	<ul style="list-style-type: none"> • Curry Carrot Soup 10 • Grilled Chicken Caesar • Herb Roasted Potatoes • Cucumbers, Tomatoes & Artichokes • Zucchini Raisin Bread • Fresh Cut Fruit* 	<ul style="list-style-type: none"> • Fresh Cut Fruit 11 • Grilled Salmon w/Sundried Tomato Cream Sauce • Garlic Mashed Potatoes • Vegetable Medley • Zucchini Raisin Bread • Yogurt & Peaches* 	<ul style="list-style-type: none"> • Coleslaw 12 • Fresh Rainbow Trout • Mushroom Rice Pilaf • Carrots w/ Basil • Carrot Cake w/ Greek Yogurt • Cheese & Grapes* 	<ul style="list-style-type: none"> • Greek Salad 13 • Chicken w/ Caper Relish • Gluten Free Pasta Marinara • Yellow Squash & Mushrooms • Blueberry Cake • Peanut Butter & Apples
<ul style="list-style-type: none"> • Slow Roasted Pork Tenderloin 16 • Rosemary Potatoes • Green Beans w/ Basil Butter • Pecan Brownie • Yogurt & Peaches* 	<ul style="list-style-type: none"> • Cucumber Quinoa Salad 17 • Grilled Fresh Fish • Southwest Corn Salsa • Tomatillo Rice • Vegetable Medley • Chocolate Chip Cookie • Cheese & Grapes* 	<ul style="list-style-type: none"> • Blue Cheese Salad 18 • Grilled Chicken w/ Caper Butter • Spaghetti Squash Au Gratin • Asparagus w/ Herb Butter • Fresh Cut Fruit • Tuna & Chips* 	<ul style="list-style-type: none"> • Fresh Cut Fruit 19 • Dill Salmon • Mushroom Rice Pilaf • Carrots & Basil • Ginger Snap • Fresh Fruit* 	<ul style="list-style-type: none"> • Green Goddess Salad 20 • Quinoa Crusted Chicken • Sweet Potato Mash • Green Beans w/ Basil Butter • Ranger Cookie • Peanut Butter & Bananas*
<ul style="list-style-type: none"> • Honey Mustard Salad 23 • Pecan Crusted Chicken w/Creole Butter • Garlic Mashed Potatoes • Collard Greens & Cabbage • Fresh Cut Fruit • Cheese & Grapes* 	<ul style="list-style-type: none"> • Carrot Raisin Slaw 24 • Grilled Salmon w/ Raspberry Compote • Lentil Rice Pilaf • Vegetable Medley • Spice Cake • Fresh Fruit* 	<ul style="list-style-type: none"> • Garden Salad 25 • Arugula Crusted Chicken • Roasted Sweet Potatoes • Roasted Squash & Mushrooms • Chocolate Pecan Cake & Whip Cream • Peanut Butter & Bananas* 	<ul style="list-style-type: none"> • Fresh Cut Fruit 26 • Herb Grilled Trout • Green Beans w/ Peppers • Butternut Squash • Pecan Sandie • Yogurt & Fruit* 	<ul style="list-style-type: none"> • Honey Mustard Salad 27 • Roasted Chicken • Garlic Mashed Potatoes • Carrots & Basil • Oatmeal Raisin Cookie • Peanut Butter & Apples*
<ul style="list-style-type: none"> • Greek Salad 30 • Chicken & Mushroom Marsala • Carrot & Basil Rice Pilaf • Roasted Vegetables • Chocolate Chip Cookie • Yogurt & Berries* 	<ul style="list-style-type: none"> • Fresh Cut Fruit 31 • Grilled Salmon w/ Artichoke Butter • Mushroom Rice Pilaf • Vegetable Medley • Chocolate Cherry Cookie • Cheese & Grapes* 	<h1>MENU MARCH 2026</h1> <p>* Afternoon Snacks © 2026</p> <p><i>Amanda Smith, MPH, RDN, LD</i> Amanda Smith, MPH, RDN, LD (DT 07118)</p>		



MARCH 2026 DAY PROGRAM CALENDAR & MENU

621 Circle deMatel
Phone: (281)697-5885
AmazingPlaceHouston.org

Amazing Place will be closed for staff training on Wednesday, March 4

AMAZING PLACE WEST DAY PROGRAM IS NOW WELCOMING PARTICIPANTS!

The Amazing Place West Day Program has passed all necessary state inspections needed to become fully operational and we are now welcoming new participants to our Amazing Place family in Katy.



Our West Day Program Director Carol Cooper and her team are busy connecting with families to get those who have gone through the assessment process enrolled so they can start benefiting from the same great programs we offer participants at our Central Campus.

BRAIN HEALTH

Aging Roadmap
• 3/3 – 3/17, 1–3pm, Amazing Place West

Practical Tips for a Healthier You
• 3/12, 12–1pm, Amazing Place West

Navigating Your Aging Journey
• 4/9, 12–1pm, Amazing Place West

Memory Enhancement Training
• 4/7 – 4/14, 10am–12pm, Amazing Place West

SUPPORT GROUPS

English Support Group
• 3/17, 2–3:30pm, Amazing Place

Spanish Support Group
• 3/20, 12–1pm, Amazing Place West

CAREGIVER EDUCATION

Savvy Express
• 3/16 – 3/30, 1–3pm, Virtual

Caregivers Connect
• 3/11, I Need a Break!, 10–11:30am, Amazing Place West

NEW! Caregiver Q&A
• 3/18 10am–12pm, Amazing Place West

SPANISH LANGUAGE

Spanish Caregiver's Connect
• 3/7, Practical Tips for a Healthier Life, 10–11:30am, Iglesia Sobre La Roca Katy

Cuidando con Respeto
• 3/13 – 3/27, Recuerdos Perdidos, 8–9:30pm, Iglesia Sobre La Roca Katy
• 4/4, 12:30–5:30pm, Radio Maria Houston or Virtual

Please register for all classes & groups at amazingplacehouston.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Table Tent Craft 9:35 Brain Games 10:20 Sing-along 11:30 Old Stuff Day 2:15 Rodeo Day 3:15 Shuffleboard Bowling 4:00 Jeopardy	8:00 Coffee and Conversation 9:35 Boat Loads of Crosswords 10:20 Reminiscing About Life 11:00 Light Exercise 11:30 Spot the Difference 2:15 Holi Day 4:30 Jeopardy	CLOSED FOR STAFF HOLIDAY	9:35 Mind Matters – Visual Spatial Games 10:20 Reminiscing – Our Mentors 11:00 Bopping to the Oldies 2:15 Travelogue – London 2:45 Refreshments 4:00 Bird Tales 4:30 Participant Choice	8:00 Coffee Social 9:35 D-Day Anniversary 10:20 Science Corner 11:30 Get You Kicks on Route 66 2:15 Michelangelo 2:45 Afternoon Refreshments 4:00 Sharing Stories
8:00 Morning Puzzlers 9:35 Brag a Little Day 10:20 Painting Class 11:30 Sing-along 2:15 St. Frances of Rome 3:15 Xbox Bowling 4:30 Silly Cats	8:00 Puzzling Matters 9:35 Tech Tuesday: Computer Games 10:20 Good News Network 11:00 Tone It Up Tuesday 11:30 March Humor 2:15 Where Am I? 3:15 Laughter Yoga	8:00 Coffee Chat 9:35 Mind Matters 10:20 Remembering Handy Work & Honey-Do's 11:00 Rhythmic Exercise 2:15 Star of the Month Audrey Hepburn 3:20 Balloon Bash 4:30 Participant Choice	9:35 Wordles & Connections 10:20 Dennis the Menace 50's child-rearing norms 11:30 Taboo 2:15 National Alfred Hitchcock Day 3:20 Putter Challenge 4:00 Malarkey 4:30 Tea on the Patio	8:00 Jigsaw Fun 9:00 Morning Introduction 11:00 Dancing to the Oldies 11:30 "Who's on First?" Day 2:15 Good Samaritan Day 4:00 Jeopardy 4:30 Left, Right, Center
8:00 Houston News 9:35 Dictionary Day 10:20 Finish the Sports Phrase 11:00 Exercise 2:15 Movie Character Guess Who? 2:45 Afternoon Refreshments 4:00 Game of Things	Happy St. Patrick's Day! Wear Green! 9:35 Truth or Blarney 10:20 Art Class 11:30 Participants' Choice – Sing-along 1:00 Leisure Hour 2:15 St. Patrick's Day 4:00 Tales of the Irish	8:00 Coffee Time 9:35 Mind Matters 10:20 Reminiscing 11:30 Country Music Classics 1:00 Dominos Club 2:15 Chef Danny – Grain Salad Demo 4:30 Taboo	9:00 Daily Introduction 9:35 Spot the Difference 10:20 Writing "Thank You Notes" 11:00 Rhythmic Exercise 11:30 Wordscapes 2:15 Nurses Day 4:30 Card Games	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 4:00 Spring Poems & Memories
9:00 Daily Introduction 9:35 Jeopardy 10:20 Flower Arranging 11:30 "Little Big Shots" 2:15 The Tuskegee Airmen 3:00 Refreshments 4:30 Participants' Choice	9:35 Word Mining 10:20 Loaded Questions 11:30 National Ag Day 2:15 Opening Day Tomorrow! 3:20 Bolo Toss 4:00 Game of Things 4:30 Participants' Choice	8:00 Coffee Social 9:35 World Math Day 10:20 This Day in History 11:30 MoMA – Art Appreciation 2:15 George Orwell 3:20 Light Exercise 4:00 Storytelling	8:00 Puzzling Times 9:35 Mind Matters 11:00 Rise & Shine Exercise 11:30 Name That Tune 1:00 Dominoes 2:15 Graceland 2:45 Refreshments	8:00 Pancake Breakfast 10:20 Spring Time Memories 11:00 Morning Workout 11:30 Quentin Tarantino Day 1:00 Putting Around 2:15 All About Holy Week 3:20 Xbox Kinect
8:00 Weekend Update 9:35 Proofreading Challenge 10:20 Reminiscing: Money 11:30 Flower Arranging 2:15 Table Games 3:20 Stretch Away the Stress 4:00 March Random Trivia	8:00 Waking Up w/ Coffee & Conversation 9:35 Mind Matters 10:20 Painting 11:00 Balance Exercises 2:15 Sherlock Holmes 3:20 Xbox Kinect 4:00 Chicken Soup for the Soul			



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 ccchelton@amazingplacehouston.org.

ACTIVITIES
MARCH 2026
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