

# MAY MENU 2026

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

\* Afternoon Snacks © 2026

<ul style="list-style-type: none"> <li>Blue Cheese Salad</li> <li>Swiss Chard</li> <li>Crusted Chicken</li> <li>Turmeric &amp; Raisin Rice Pilaf</li> <li>Asparagus w/ Herb Butter</li> <li>Fresh Cut Fruit</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Garden Salad w/ Green Goddess</li> <li>Pork Carnitas w/ Tomatillo Sauce</li> <li>Sweet Potato Mash</li> <li>Fresh Green Beans</li> <li>Pecan Sandie Cookie</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Cole Slaw</li> <li>Almond Crusted Trout</li> <li>Tomato Rice Pilaf</li> <li>Carrots w/ Basil</li> <li>Blueberry Cake</li> </ul> <p>6</p>	<ul style="list-style-type: none"> <li>Fresh Cut Fruit</li> <li>Grilled Salmon</li> <li>Broccoli &amp; Cauliflower</li> <li>Mash Potatoes w/ Dill</li> <li>Peanut Butter Cookies</li> </ul> <p>7</p>	<ul style="list-style-type: none"> <li>Goat Cheese Salad</li> <li>Roasted Chicken</li> <li>Pesto Potatoes</li> <li>Fresh Green Beans</li> <li>Chocolate Cake</li> </ul> <p>1</p>
<ul style="list-style-type: none"> <li>Cheese &amp; Grapes*</li> </ul>	<ul style="list-style-type: none"> <li>Guacamole &amp; Chips*</li> </ul>	<ul style="list-style-type: none"> <li>Peanut Butter &amp; Bananas*</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt &amp; Fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Grapes*</li> </ul>
<ul style="list-style-type: none"> <li>Garden Salad w/ Green Goddess</li> <li>Chicken &amp; Creole Butter</li> <li>Roasted Potatoes</li> <li>Sautéed Greens</li> <li>Fresh Fruit</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Green Salad w/ Honey Mustard</li> <li>Grilled Salmon</li> <li>Roasted Brussel Sprouts</li> <li>Garlic Mashed Potatoes</li> <li>Fresh Fruit</li> <li>Peanut Butter &amp; Bread*</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Fresh Fruit</li> <li>Roasted Chicken</li> <li>Pesto Rice Pilaf</li> <li>Broccoli &amp; Cauliflower</li> <li>Spice Cake</li> </ul> <p>13</p>	<ul style="list-style-type: none"> <li>Cole Slaw</li> <li>Grilled Rainbow Trout</li> <li>Rice &amp; Farro Pilaf</li> <li>Vegetable Medley</li> <li>Ginger Snaps</li> </ul> <p>14</p>	<ul style="list-style-type: none"> <li>Cucumber Farro Salad</li> <li>Grilled Chicken w/ Olive Tapenade</li> <li>Roasted Sweet Potatoes</li> <li>Summer Squash Medley</li> <li>Oatmeal Cookie</li> <li>Pimento Cheese &amp; Chips*</li> </ul> <p>8</p>
<ul style="list-style-type: none"> <li>Cheese &amp; Bread*</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Grapes*</li> </ul>	<ul style="list-style-type: none"> <li>Peanut Butter &amp; Bananas*</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Chip Cookie*</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Chip Cookie*</li> </ul>
<ul style="list-style-type: none"> <li>Garden Salad</li> <li>Pesto Chicken</li> <li>Lentil Rice Pilaf</li> <li>Summer Squash w/ Tarragon</li> <li>Fresh Cut Fruit</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Fresh Cut Fruit</li> <li>Almond Trout</li> <li>Roasted Potatoes</li> <li>Asparagus &amp; Peppers</li> <li>Ginger Snap</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Tomato Feta Salad</li> <li>Herb Roasted Chicken</li> <li>Vegetable Rice Pilaf</li> <li>Fresh Green Beans</li> <li>Oatmeal Raisin</li> </ul> <p>20</p>	<ul style="list-style-type: none"> <li>Cole Slaw</li> <li>Grilled Salmon</li> <li>Roasted Potatoes</li> <li>Asparagus w/ Herb Butter</li> <li>Fresh Cut Fruit</li> </ul> <p>21</p>	<ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Pecan Crusted Chicken</li> <li>Roasted Potatoes</li> <li>Green Beans w/ Garlic</li> <li>Banana Bread</li> </ul> <p>22</p>
<ul style="list-style-type: none"> <li>Peanut Butter &amp; Bananas*</li> </ul>	<ul style="list-style-type: none"> <li>Pimento Cheese &amp; Chips*</li> </ul>	<ul style="list-style-type: none"> <li>Peanut Butter &amp; Bananas*</li> </ul>	<ul style="list-style-type: none"> <li>Birthday Cake*</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt &amp; Peaches*</li> </ul>
<p>25</p> <p><b>CLOSED FOR MEMORIAL DAY</b></p>	<ul style="list-style-type: none"> <li>Greek Salad</li> <li>Italian Meat Sauce</li> <li>Pasta Marinara</li> <li>Green Beans w/ Garlic</li> <li>Oatmeal Raisin Cookie</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>Cucumber Dill Salad</li> <li>Grilled Chicken w/ Artichoke Hearts</li> <li>Vegetable Medley</li> <li>Pecan Rice Pilaf</li> <li>Carrot Cake</li> </ul> <p>27</p>	<ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Grilled Fresh Fish</li> <li>Roasted Garlic Mashed Potatoes</li> <li>Broccoli w/ Lemon &amp; Olive Oil</li> <li>Pecan Sandie</li> </ul> <p>28</p>	<ul style="list-style-type: none"> <li>Fresh Fruit</li> <li>BBQ Chicken</li> <li>Mashed Potatoes</li> <li>Cole Slaw</li> <li>Chocolate Cake</li> </ul> <p>29</p>
<ul style="list-style-type: none"> <li>Fresh Cut Fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Grapes*</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Grapes*</li> </ul>	<ul style="list-style-type: none"> <li>Watermelon*</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt &amp; Peaches*</li> </ul>



## MAY 2026 DAY PROGRAM CALENDAR & MENU

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

CAREGIVER Q&A  
WED, MAY 6  
10AM-12PM  
JOIN US!

**SUPPORT GROUPS**

**English Support Group**  
• 5/12, 12-1:30pm, Amazing Place Central

**English Support Group (Young Adults)**  
• 5/8, 12-1:30pm, Amazing Place Central

**Spanish Support Group**  
• 5/18, 7-8pm, Memorial Drive Presbyterian



**BRAIN HEALTH**

**Practical Tips for a Healthier You**  
• 5/5, 12-1pm, Virtual

**Practical Tips for a Healthier You**  
• 5/19, 11am-12pm, St. John the Divine

**Worried About Your Memory? It May Not Be Dementia**  
• 5/28, 12-1pm, Belmont Village – Hunters Creek

**NEW! Best Brain Boosting Foods: What to Eat for Better Memory and Focus**  
• 6/3, 2-4pm, Amazing Place Central

**MEMORY TRAINING**

**Memory Enhancement Training**  
• 6/17-6/24, 10am-12pm, Chapelwood UMC

**CAREGIVER EDUCATION**

**Savvy Express**  
• 5/5-5/19, 10am-12pm, St. Luke's UMC  
• 6/5-6/19, 9:30-11:30am, Amazing Place Central  
• 6/10-6/24, 10am-12pm, Virtual

**NEW! Caregiver Q&A**  
• 5/6, 10am-12pm, Amazing Place Central

**SPANISH LANGUAGE**

**Cuidando con Respeto**  
• 5/13-5/27, 6-8pm, Amazing Place Central  
• 5/30, 1-6pm, Amazing Place Central or Virtual  
• 6/10-6/24, 6-8pm, Amazing Place Central or Virtual

**Caregivers Connect**  
• 6/5, ¡¡Necesito Descanso!! 7:30-8:30pm, Memorial Drive Presbyterian



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

# MAY ACTIVITIES

## 2026

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**AMAZING PLACE**

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](mailto:yhoyos@amazingplacehouston.org).

7:30 Table Tent Craft  
9:35 Cranium Crunches  
10:20 Famous May Birthdays  
11:30 Unique Endangered Animals

2:15 Faithful Paws Dog Show  
2:45 Refreshments  
4:00 Pet Chat

8:00 Morning Tea with Mothers  
9:35 Mind Matters  
10:20 The Many Monikers of Moms  
11:00 30 Second Dance Party

1:00 Rummikub  
2:15 Mother's Day Fun  
4:30 Bananagrams

7:30 Word Searching  
9:35 Men's Coffee Chat  
10:20 Endangered Species  
11:30 Planet Earth

1:00 Bible Study  
2:15 Chocolate Chip Day  
3:20 Xbox Bowling

8:00 May Word Search  
9:35 Word Mining  
10:20 Drama Exercises  
11:30 Shark Tank – Good Investment?

2:15 "Beautiful Day in the Neighborhood"  
3:00 Refreshments  
4:30 Puzzle Society Challenges

8:00 Coffee Social  
9:35 Cranium Crunches  
10:20 30 Second Mysteries  
11:30 Nature is Amazing

1:00 Dominoes  
2:15 Clint Eastwood Turning 96!  
3:20 Target Practice

8:00 Current Events  
9:35 Riddles  
10:20 Loaded Questions  
11:30 Who Am I?

2:15 Musical Masters  
2:45 Refreshments  
4:00 Family Chat  
4:30 Junk Drawer Detective

8:00 Current Events  
9:35 Men's Coffee Chat  
10:20 Stevie Wonder's Birthday  
11:30 New Participants' Consortium

2:15 Big Bend National Park  
2:45 Snack & Chat  
4:30 "Little Big Shots"

9:35 Mind Matters  
10:20 Art Class  
11:30 Word Spector

1:00 Rummikub  
2:15 May Birthday Celebration  
3:20 Birthday BINGO  
4:30 Skip-bo

8:00 Houston News  
9:35 Faces & Scenes  
10:20 Our World Travels  
11:00 Light Weight Workout  
11:30 Mexican BINGO

2:15 Graduation Memories Day  
3:20 Bolo Toss

9:35 Cranium Crunches  
10:20 Song Title Charades  
11:00 "Simon Says" Workout  
11:30 50's & 60's Sing-along

1:00 Scrabble  
2:15 Literature's Most Famous Grumps  
4:30 Advice Column Critique

9:00 Morning Introduction  
9:35 Spot The Difference  
11:00 Light Stretch

1:00 Pool Tournament  
2:15 Receptionists' Day  
3:20 Basketball Shoot Out  
4:00 Participants' Choice

9:00 Morning Introduction  
9:30 Wordles & Connections  
10:20 Trivial Pursuit  
11:00 Rhythmic Exercise  
11:30 Rick Steves Europe

1:00 Leisure Hour  
2:15 Travelogue - Guatemala

8:00 Advice Column Critique  
9:35 Visual Spatial Challenges  
10:20 Jeopardy  
11:30 You Be the Judge

2:15 All about NASA  
4:00 Feeling Grateful For...  
4:30 Grape Popsicle Day

7:30 Coffee Chat  
9:35 Deciphering License Plates  
10:20 Revisiting Mexico  
11:00 Working With Weights

2:15 Cinco de Mayo Party!  
3:15 Laughter Yoga  
4:30 Music Hits Sing-along

8:00 Morning Funnies  
9:35 Family Feud - "Survey Says"  
10:20 What Ever Happened to...?  
11:30 WordScapes

2:15 The Guggenheim Family  
2:45 Refreshments  
4:30 A Collage About Us

8:00 Mazes & Word Searches  
9:35 Analogy Challenge  
10:20 St. Martin's - Games & Prizes

1:00 Dominoes  
2:15 Fun in National Parks  
3:15 Rockin' Cornhole  
4:00 Summer Vacation Memories

9:35 Wordles & More  
10:20 Game of Things  
11:00 Stretch & Balance Exercises  
11:30 Jokes & Riddles

1:00 8-Ball  
2:15 Miles Davis' Birthday  
4:30 Patio Chat

8:00 Puzzling Matters  
9:35 Visual Spatial Games  
10:20 Flower Arranging  
11:00 Weighty Workout  
11:30 Jazz Appreciation

1:00 Billiards  
2:15 "May the 4th Be with You"  
4:30 Tea Time

7:30 Morning Warm-ups  
9:35 Proofreading Challenge  
10:20 Loaded Questions  
11:00 Chair Yoga  
11:30 Name That Tune

2:15 Participants' Council  
4:30 Participants' Choice

7:30 Browsing Reminiscence Magazine  
9:35 Wordy Gurdy  
10:20 Flower Arranging  
11:30 The Art of Mary Cassatt

2:15 International Museum Day  
3:20 Stretch Away the Stress  
4:00 Chicken Soup for the Soul

**CLOSED FOR MEMORIAL DAY**

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