

# MAY MENU 2026

\* Afternoon Snacks © 2026

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

<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>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>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>Garden Salad</li> <li>Pork Tenderloin w/ Mushrooms</li> <li>Roasted Sweet Potatoes</li> <li>Zucchini w/ Tomatoes</li> <li>Fresh Cut Fruit</li> </ul> <p>15</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>Watermelon*</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt &amp; Peaches*</li> </ul>



## MAY 2026 DAY PROGRAM CALENDAR & MENU

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

**COOKING DEMO WITH CHEF DANNY**  
WED, MAY 20  
2:15PM



### BRAIN HEALTH

**Practical Tips for a Healthier You**

- 5/5, 12-1pm, Virtual

**Sensory Changes, Oral Health and Your Brain**

- 5/27, 12-1pm, Amazing Place West

**How to Help a Friend with Dementia**

- 6/18, 12-1pm, Amazing Place West

### AGING ROADMAP

- 6/11-6/25, 10am-12pm, Amazing Place West

### SUPPORT GROUPS

**English Support Group**

- 5/19, 2-3:30pm, Amazing Place West

**Spanish Support Group**

- 5/15, 12-1, Amazing Place West

### CAREGIVER EDUCATION

**Savvy Express**

- 5/12-5/26, 10am-12pm, St. Bartholomew the Apostle Catholic Church
- 6/10-6/24, 10am-12pm, Virtual

**Caregivers Connect**

- 5/5, Super Symptoms, 10-11:30am, Amazing Place West

### SPANISH LANGUAGE

**Cuidando con Respeto**

- 5/30, 1-6pm, Virtual
- 6/6-6/13, 10am-1pm, St. Bartholomew the Apostle Catholic Church
- 6/10-6/24, 6-8pm, Virtual

**Caregivers Connect**

- 5/30, ¡El Duelo!, 10am-12:30pm, St. Bartholomew the Apostle Catholic Church



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: Casey Chelton, AD, Participant Program Manager at 281-697-5885 or [cchelton@amazingplacehouston.org](mailto:cchelton@amazingplacehouston.org).

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

2:15 Alamo Founding  
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 Movements

1:00 Rummikub  
2:15 Mother's Day Jeopardy  
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 Faithful Paws Dog Show  
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 Weekend Preview  
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 America's 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  
4:00 Funny Stories  
4:30 Skip-bo

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

2:15 Graduation Memories Day  
3:20 Bolo Toss

9:35 Cranium Crunches  
10:20 Field Trip  
11:30 50's & 60's Sing-along

1:00 Scrabble  
2:15 Strange But True  
3:15 Yard Games  
4:30 Advice Column Critique

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

1:00 Free Art  
2:15 Musicians with a Mission  
3:20 Laughter Yoga  
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 Cooking Demo w/ Danny

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

2:15 Swingin' to the Oldies  
3:00 Grape Popsicle Day  
4:00 Feeling Grateful For...

7:30 Coffee Chat  
9:35 Deciphering License Plates  
11:00 Working With Weights  
11:30 Armchair Travels to Mexico

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 Nurses Day  
2:45 Refreshments  
4:30 A Collage About Us

8:00 Mazes & Word Searches  
9:35 Analogy Challenge  
10:20 Games & Prizes

1:00 Dominoes  
2:15 Scattergories  
3:15 Laughter Yoga  
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 Free Art & Sketching  
2:15 National Spelling Bee Day  
4:30 Patio Chat

8:00 Puzzling Matters  
9:35 Visual Spatial Games  
10:20 Music That Shaped Us  
11:00 Weighty Workout  
11:30 Jazz Appreciation

1:00 Afternoon Putting  
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 National Geographic  
9:35 Wordy Gurdy  
10:20 Visit Your Relatives Day  
11:30 The Art of Mary Cassatt

2:15 Where Am I?  
3:20 Stretch Away the Stress  
4:00 Chicken Soup for the Soul

**CLOSED FOR MEMORIAL DAY**

**25**

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

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