

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Fresh Cut Fruit • Chicken Creole • Herb Rice Pilaf • Roasted Zucchini • Oatmeal Raisin Cookie 1	<ul style="list-style-type: none"> • Tomato Feta Salad • Dijon Pork Tenderloin • Carrots Lyonnaise • Asparagus w/ Lemon • Peanut Butter Cookie 2	<ul style="list-style-type: none"> • Garden Salad w/ Goat Cheese • Almond Crusted Trout • Garlic Mashed Potatoes • Carrots w/ Basil • Fresh Cut Fruit 3	<ul style="list-style-type: none"> • Green Goddess Salad • Grilled Salmon • Roasted Zucchini • Tomato Rice Pilaf • Chocolate Chip Cookie 4	<ul style="list-style-type: none"> • Cucumber Farro Salad • Rosemary Chicken w/ Caper Butter • Date Rice Pilaf • Garlic Green Beans • Ginger Snap 5
<ul style="list-style-type: none"> • Peanut Butter & Apples* 	<ul style="list-style-type: none"> • Cheese & Grapes* 	<ul style="list-style-type: none"> • Peanut Butter & Bananas* 	<ul style="list-style-type: none"> • Fresh Fruit* 	<ul style="list-style-type: none"> • Yogurt & Peaches*
<ul style="list-style-type: none"> • Caesar Salad • Pecan Crusted Chicken • Vegetable Medley • Garlic Mashed Potatoes • AP Ranger Cookie 8	<ul style="list-style-type: none"> • Carrot Raisin Slaw • Grilled Salmon • Vegetable Rice Pilaf • Green Beans w/ Peppers • Brownie & Berries 9	<ul style="list-style-type: none"> • Green Goddess Salad • Cumin Lime Chicken • Carrots w/ Tarragon • Turmeric Rice Pilaf • Fresh Cut Fruit 10	<ul style="list-style-type: none"> • Fresh Fruit Salad • Grilled Fresh Trout • Roasted Potatoes • Asparagus w/ Herb Butter • Cinnamon Chocolate Cake 11	<ul style="list-style-type: none"> • Blue Cheese Salad • Roasted Chicken • Basil Mashed Potatoes • Red Swiss Chard • Pecan Sandie Cookie 12
<ul style="list-style-type: none"> • Cheese & Grapes* 	<ul style="list-style-type: none"> • Peanut Butter & Apples* 	<ul style="list-style-type: none"> • Yogurt & Peaches* 	<ul style="list-style-type: none"> • Fresh Fruit* 	<ul style="list-style-type: none"> • Cheese & Grapes
<ul style="list-style-type: none"> • Garden Salad • Breaded Chicken Cutlet • Garlic Mashed Potatoes • Carrots w/ Basil • Fresh Cut Fruit 15	<p style="text-align: center;">CLOSED FOR STAFF TRAINING</p> 16	<ul style="list-style-type: none"> • Garden Salad • Pesto Chicken • Roasted Sweet Potatoes • Green Beans • Carrot Cake 17	<ul style="list-style-type: none"> • Tomato Feta Salad • Grilled Salmon • Vegetable Rice Pilaf • Asparagus & Carrots • Peanut Butter Cookie 18	<ul style="list-style-type: none"> • Fresh Cut Fruit • Grilled BBQ Chicken • Cole Slaw • Sweet Potato Steak Fries • Chocolate Chip Cookie 19
<ul style="list-style-type: none"> • Yogurt & Honey* 		<ul style="list-style-type: none"> • Peanut Butter & Apples* 	<ul style="list-style-type: none"> • Fresh Fruit* 	<ul style="list-style-type: none"> • Cheese & Bread*
<ul style="list-style-type: none"> • Garden Salad • Grilled Pesto Chicken • Pecan Rice Pilaf • Carrots w/ Basil • Ginger Snap 22	<ul style="list-style-type: none"> • Fresh Cut Fruit • Almond Crusted Trout • Sweet Potato Mash • Fresh Green Beans • Zucchini Bread 23	<ul style="list-style-type: none"> • Green Goddess Salad • Roasted Chicken • Asparagus & Peppers • Pasta Marinara • Fresh Cut Fruit 24	<ul style="list-style-type: none"> • Gorgonzola Salad • Grilled Salmon • Red Potatoes • Roasted Squash • Blueberry Cake 25	<ul style="list-style-type: none"> • Cole Slaw • Pork Carnitas • Tomato Rice Pilaf • Vegetable Medley • Ranger Cookie 26
<ul style="list-style-type: none"> • Yogurt & Fruit* 	<ul style="list-style-type: none"> • Cheese & Apples* 	<ul style="list-style-type: none"> • Birthday Cake* 	<ul style="list-style-type: none"> • Peanut Butter & Bananas* 	<ul style="list-style-type: none"> • Cheese & Apples*
<ul style="list-style-type: none"> • Caesar Salad • Grilled Chicken w/ Cucumber Dill Yogurt • Turmeric Rice Pilaf • Roasted Zucchini • Ginger Snap 29	<ul style="list-style-type: none"> • Cucumber Dill Yogurt Salad • Grilled Salmon • Almond Brown Rice • Cauliflower & Carrots • Banana Bread w/ Chocolate Chips 30	<h1>MENU JUNE 2026</h1>		
<ul style="list-style-type: none"> • Fruit Salad* 	<ul style="list-style-type: none"> • Tzatziki & Chips* 	<p>* Afternoon Snacks © 2026</p> <p style="text-align: center;"><i>Amanda Smith, MPH, RDN, LD</i> Amanda Smith, MPH, RDN, LD (DT 07118)</p>		



JUNE 2026 DAY PROGRAM CALENDAR & MENU

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

Calling All Day Program Caregivers

CONNECT, MOVE & MINGLE on Wellness Fridays!

Fridays – June 26, July 24 & August 28
Amazing Place Central
10:30 – 11:30AM

- 30 minutes of instructor-led Tai Chi
- 30 minutes of social time
- No experience required

Questions? Contact Mallory at mhejja@amazingplacehouston.org

SCAN TO REGISTER




BRAIN HEALTH

NEW! Best Brain Boosting Foods: What to Eat for Better Memory and Focus

- 6/3, 2-4pm, Amazing Place Central

Sensory Changes, Oral Health & Your Brain

- 7/15, 12-1pm, Virtual

MEMORY TRAINING

Memory Enhancement Training

- 6/17 – 6/24, 10am-12pm, Chapelwood UMC

CAREGIVER EDUCATION

Savvy Caregiver Express

- 6/10 – 6/24, 10am-12pm, Virtual

Caregivers Connect

- 7/29, Good Grief, 9:30-11am, Amazing Place Central

SPANISH LANGUAGE

Cuidando con Respeto

- 6/10 – 6/24, 6-8pm, Amazing Place Central or Virtual
- 7/18 – 7/25, 10am-1pm, Virtual

Caregivers Connect

- 6/15, ¡¡Necesito Descanso!!!, 7-8pm, Memorial Drive Presbyterian or Virtual

SUPPORT GROUPS

English Support Group

- 6/9, 12-1:30pm, Amazing Place Central

Young Adults English Support Group

- 6/12, 12-1:30pm, Amazing Place Central

Spanish Support Group

- 6/29, 7-8pm, Memorial Drive Presbyterian



Please register for all classes at amazingplacehouston.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

<p>8:00 Table Tent Construction 9:35 Searching for June 10:20 Sharing Past Summer Travels 11:00 Tai Chi 11:30 Monday's Music</p> <p>2:15 The Dinosaurs 3:15 Cornhole</p> <p style="text-align: right;">1</p>	<p>9:00 Daily Introduction 9:35 Pictionary 10:20 Art Class 11:00 Mobility Movements 11:30 What Am I?</p> <p>2:15 Greek Travels 3:15 Dance It Away</p> <p style="text-align: right;">2</p>	<p>8:00 Current Events 9:35 You Be the Judge 10:20 "Who's on First?" 11:30 Riddles & Stumpers</p> <p>2:15 Science Behind Repetition 2:45 Refreshments 3:20 Stretch Away the Stress</p> <p style="text-align: right;">3</p>	<p>8:00 Morning Catchup 9:35 Mind Matters 10:20 Our Adventures 11:00 Rhythmic Exercise 11:30 National Geographic</p> <p>2:15 Balloon Flight Day 3:15 Skills Challenge</p> <p style="text-align: right;">4</p>	<p>8:00 Morning Social 9:35 Brainteasers 10:20 Making Connections 11:00 Weighted Workout 11:30 "Elvis: All Shook Up!"</p> <p>2:15 Faithful Paws Dog Show 4:30 Participants' Choice</p> <p style="text-align: right;">5</p>	
<p>8:00 Current Events 9:35 Cranium Crunches 10:20 Little League Week Begins 11:00 Weighty Workout 11:30 Tee Ball Bloopers</p> <p>2:15 Nancy Sinatra & Boots 3:15 Puzzles Galore</p> <p style="text-align: right;">8</p>	<p>8:00 Morning Mazes 9:35 You Be the Judge 10:20 Poetry Appreciation 11:30 Rick Steves Travels</p> <p>2:15 Celtic Art Day 3:20 XBOX Kinect Bowling 4:30 Participant's Choice</p> <p style="text-align: right;">9</p>	<p>9:35 NYT Puzzles 10:20 Siblings 11:00 Balance Workout 11:30 Drama Exercises</p> <p>1:00 Dominos 2:15 Famous Couples 4:00 Loaded Questions</p> <p style="text-align: right;">10</p>	<p>8:00 Coffee & Word Searches 9:35 Sudoku 10:20 Reminiscing 11:00 Stretch & Strengthen 11:30 World of Jacques Cousteau and Lost at Sea Survival 2:15 Ocean Secrets & Creatures 3:00 Refreshments 4:30 Sequence Card Game</p> <p style="text-align: right;">11</p>	<p>Wear BLUE for Men's Health</p> <p>9:35 Men's Group 10:20 Wheel of Fortune 11:00 Friday Stretch 11:30 Classic Songs Sing-along 2:15 Opening Minds Through Art (OMA) 4:00 Random Houston History 4:30 Game of Life</p> <p style="text-align: right;">12</p>	
<p>8:00 Pastel Coloring Art 9:35 NYT Puzzles 10:20 100 Things Found in a Kitchen 11:30 Participant's Choice</p> <p>2:15 Islamic New Year 3:15 Backyard Balloon shootout 4:00 Smile Power</p> <p style="text-align: right;">15</p>	<p>CLOSED FOR STAFF TRAINING</p> <p style="text-align: right;">16</p>	<p>9:35 Trivial Pursuit 10:20 Turtle Trivia 11:00 Chair Yoga 11:30 Ted Talks</p> <p>2:15 The artist M.C. Escher 3:20 Relaxation Meditation 4:30 Share a Poem</p> <p style="text-align: right;">17</p>	<p>8:00 Morning Chat 9:35 Mind Matters 10:20 Family Feud 11:00 Rhythmic Workout</p> <p>1:00 Rummikub 2:15 Houston's Streetcar History 3:20 US Open Putt-Putt Challenge</p> <p style="text-align: right;">18</p>	<p>8:00 Coffee & Donuts with the Dads 9:35 Fatherly Sayings Game 10:20 Drum Circle 11:00 Light Exercise 11:30 Animal Dads</p> <p>2:15 Saluting the Dads 4:00 Dad Jokes</p> <p style="text-align: right;">19</p>	
<p>8:00 News to Houston 9:00 Daily Introduction 9:30 Finish the Lyric 11:00 Tai Chi</p> <p>2:15 Tropical Island Destinations 4:00 Game of Things 4:30 Roulette Tournament</p> <p style="text-align: right;">22</p>	<p>8:00 Morning Social Hour 9:35 Visual Spatial Games 10:20 Fish Tales 11:00 Seated Yoga 11:30 Name 5</p> <p>2:15 Scattergories 3:20 Hokey Pokey Warm-up</p> <p style="text-align: right;">23</p>	<p>8:00 Current Events 9:35 Proofreading 10:20 Home Video Chat 11:00 Rhythmic Exercise 11:30 New Participant Consortium</p> <p>2:15 June Birthday Celebration 3:20 BINGO</p> <p style="text-align: right;">24</p>	<p>8:00 Word Searching 9:35 What's That Sound? 10:20 Summer Camp Memories 11:00 Rhythmic Workout</p> <p>2:15 Participant Council Meeting 2:45 Refreshments 4:30 Skip-bo</p> <p style="text-align: right;">25</p>	<p>9:35 Linking Words Puzzle 10:20 Pet Chat 11:00 Working Our Range of Motion 11:30 Family Feud 2:15 Raggedy Ann Doll Anniversary 3:15 Shooting for the Gold 4:30 Funny Sayings Friday</p> <p style="text-align: right;">26</p>	
<p>8:00 Puzzling Matters 9:35 Stories in a Bucket 10:20 Taboo Word Game 11:00 Flexing 11:30 Word Mahjong</p> <p>2:15 Feast of Saint Peter & Paul 4:00 Animal Talk</p> <p style="text-align: right;">29</p>	<p>9:35 Drama Exercises 10:20 Putting the Past in Order 11:00 Balance Workout 11:30 Sing-along</p> <p>1:00 Leisure Hour 2:15 World Red Rose Day 4:00 Life Stories</p> <p style="text-align: right;">30</p>	<h1>ACTIVITIES JUNE 2026</h1> <p style="text-align: right;">© 2026</p>			

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.