

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



# JUNE 2026 DAY PROGRAM CALENDAR & MENU

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

Amazing Place  
will be closed for  
staff training on  
Tuesday,  
June 16



### BRAIN HEALTH

**How to Help a Friend with Dementia**

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

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

- 7/15, 12-1pm, Virtual

**How to Help a Friend with Dementia**

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

**Worried About Your Memory? It May Not be Dementia**

- 7/16, 12-1pm, Amazing Place West

### AGING ROADMAP

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

### MEMORY TRAINING

- 7/23 - 7/30, 10am-12pm, Amazing Place West

### CAREGIVER EDUCATION

**Savvy Caregiver Express**

- 6/10 - 6/24, 10am-12pm, Virtual
- 7/7 - 7/21, 10am-12pm, Amazing Place West

**Caregivers Connect**

- 6/23, Magic Words, 1-2:30pm, Amazing Place West
- 7/9, When Cognitive Impact Interferes with Communication, 1-2:30pm, Amazing Place West

### SPANISH LANGUAGE

**Cuidando con Respeto**

- 6/6 - 6/13, 10am-1pm, St. Bartholomew the Apostle Catholic Church
- 6/10 - 6/24, 6-8pm, Virtual
- 7/18 - 7/25, 10am-1pm, Virtual

### SUPPORT GROUPS

**English Support Group**

- 6/16, 2-3:30pm, Amazing Place West

**Spanish Support Group**

- 6/19, 12-1pm, Amazing Place West



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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).

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

2:15 South Pacific Island Time  
3:15 Cornhole

1

9:00 Daily Introduction  
9:35 Classic Movies Pictionary  
10:20 Art Class  
11:00 Lifting Weights  
11:30 What Am I?

2:15 Italian Day (Festa della Repubblica)  
3:15 Learn to Twist

2

8:00 Current Events  
9:35 You Be the Judge  
10:20 "Casey at the Bat"  
11:30 Riddles & Stumpers

2:15 Science Behind Repetition  
2:45 Refreshments  
3:20 Stretch Away the Stress

3

8:00 Morning Catchup  
9:35 Mind Matters  
10:20 Our Adventures  
11:00 Rhythmic Exercise  
11:30 National Geographic

2:15 Amelia Earhart  
3:15 Skills Challenge

4

8:00 Morning Social  
9:35 Mixed Up Elvis Songs  
10:20 Making Connections  
11:00 Weighted Workout  
11:30 "Elvis: All Shook Up!"

2:15 Faithful Paws Dog Show  
4:30 Participants' Choice

5

8:00 Current Events  
9:35 Cranium Crunches  
10:20 Little League Week Begins  
11:00 Lite Exercise  
11:30 World Oceans Day

2:15 Nancy Sinatra & Boots  
3:15 Puzzles Galore

8

8:00 Morning Mazes  
9:35 You Be the Judge  
10:20 Hearing About Our Heroes  
11:30 Rick Steves Travels

2:15 Name That Tune  
3:20 XBOX Kinect Bowling  
4:30 Participants' Choice

9

9:35 NYT Puzzles  
10:20 Opening Minds Through Art (OMA)  
11:00 Balance Workout  
11:30 Drama Exercises

1:00 Dominos  
2:15 Famous Couples  
4:00 Loaded Questions

10

8:00 Coffee & Word Searches  
9:35 Sudoku  
10:20 Reminiscing  
11:00 Stretch & Strengthen  
11:30 World of Jacques Cousteau

2:15 Participant Council  
3:00 Refreshments  
4:30 Sequence Card Game

11

9:35 Men's Group – Mechanics  
10:20 Good & Plenty Day  
11:00 Friday Stretch  
11:30 Classic Songs Sing-along

2:15 Bill of Rights  
4:00 Random Houston History  
4:30 Game of Life

12

8:00 Pastel Coloring Art  
9:35 NYT Puzzles  
10:20 100 Things Found in a Kitchen  
11:30 Participants' Choice

2:15 Islamic New Year  
3:15 Backyard Balloon shootout  
4:00 Smile Power

15

**CLOSED FOR STAFF TRAINING**

16

9:35 Trivial Pursuit  
10:20 Opening Minds Through Art (OMA)  
11:00 Chair Yoga  
11:30 Ted Talks

2:15 The artist M.C. Escher  
3:20 Relaxation Meditation  
4:30 Share a Poem

17

8:00 Morning Chat  
9:35 Mind Matters  
10:20 Family Feud  
11:00 Rhythmic Workout

1:00 Rummikub  
2:15 Houston's Streetcar History  
3:20 US Open Putt-Putt Challenge

18

8:00 Coffee & Donuts with the Dads  
9:35 Fatherly Sayings Game  
10:20 Fathers Around the World  
11:00 Morning Stretch  
11:30 Bird Tales

2:15 Saluting the Dads  
4:00 Dad Jokes

19

8:00 News to Houston  
9:00 Daily Introduction  
9:30 Finish the Lyric  
11:00 Tai Chi

2:15 Tropical Island Destinations  
4:00 Game of Things  
4:30 Blackjack Tournament

22

8:00 Morning Social Hour  
9:35 Visual Spatial Games  
10:20 Fish Tales  
11:00 Seated Yoga  
11:30 Name 5

2:15 Scattergories  
3:20 Hokey Pokey Warm-up

23

8:00 Current Events  
9:35 Proofreading  
11:00 Working Our Range of Motion  
11:30 New Participant Consortium

2:15 Trotting with the Trotters  
3:15 Afternoon Stretches  
4:30 Skip-bo

24

8:00 Word Searching  
9:35 What's That Sound?  
10:20 Summer Camp Memories  
11:00 Rhythmic Workout

2:15 Word Warriors  
2:45 Refreshments  
3:20 Stretch & Relas

25

9:35 Linking Words Puzzle  
10:20 Pet Chat  
11:00 Rhythmic Exercise  
11:30 Family Feud

2:15 Movie & Popcorn  
3:15 Shooting for the Gold  
4:30 Funny Sayings Friday

26

8:00 Puzzling Matters  
9:35 Stories in a Bucket  
10:20 Taboo Word Game  
11:00 Flexing  
11:30 Word Mahjong

2:15 The Price is Right  
4:00 Bird Tales

29

9:35 Drama Exercises  
10:20 Putting the Past in Order  
11:00 Balance Workout  
11:30 Sing-along

1:00 Leisure Hour  
2:15 Gone Fishing Day  
4:00 Life Stories

30

# ACTIVITIES JUNE 2026

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