


# JULY MENU 2026

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

\* Afternoon Snacks © 2026

<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Italian Meat Sauce</li> <li>• Pasta Marinara</li> <li>• Green Beans w/ Herb Butter</li> <li>• Oatmeal Raisin Cookie</li> </ul> <p><b>6</b></p>	<ul style="list-style-type: none"> <li>• Green Goddess Salad</li> <li>• Grilled Fresh Trout</li> <li>• Horseradish Mashed Potatoes</li> <li>• Carrots w/ Basil</li> <li>• Blueberry Cake</li> </ul> <p><b>7</b></p>	<ul style="list-style-type: none"> <li>• Honey Mustard Salad</li> <li>• Pecan Crusted Chicken</li> <li>• Garlic Mashed Potatoes</li> <li>• Carrots &amp; Basil</li> <li>• Oatmeal Raisin Cookie</li> </ul> <p><b>1</b></p>	<ul style="list-style-type: none"> <li>• Fresh Cut Fruit</li> <li>• Grilled Chicken</li> <li>• Roasted Potatoes</li> <li>• Entree Caesar Salad</li> <li>• Chocolate Chip Cookie</li> </ul> <p><b>2</b></p>	<p><b>3</b></p> <p><b>CLOSED FOR JULY 4TH HOLIDAY</b></p>
<ul style="list-style-type: none"> <li>• Garden Salad</li> <li>• Pecan Crusted Chicken</li> <li>• Garlic Mashed Potatoes</li> <li>• Carrots &amp; Green Beans</li> <li>• Chocolate Brownie</li> </ul> <p><b>13</b></p>	<ul style="list-style-type: none"> <li>• Cucumber Yogurt Salad</li> <li>• Almond Crusted Trout</li> <li>• Raisin Rice Pilaf</li> <li>• Roasted Zucchini</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>14</b></p>	<ul style="list-style-type: none"> <li>• Fruit Salad</li> <li>• Dill Grilled Salmon</li> <li>• Mushroom Rice Pilaf</li> <li>• Broccoli w/ Herb Butter</li> <li>• Chocolate Chip Cookie</li> </ul> <p><b>8</b></p>	<ul style="list-style-type: none"> <li>• Honey Mustard Salad</li> <li>• Marsala Chicken</li> <li>• Pesto Potatoes</li> <li>• Vegetable Medley</li> <li>• Ranger Cookie</li> </ul> <p><b>9</b></p>	<ul style="list-style-type: none"> <li>• Farro &amp; Tomato Salad</li> <li>• Roasted Chicken</li> <li>• Sweet Potato Steak Fries</li> <li>• Swiss Chard &amp; Greens</li> <li>• Ginger Snap Cookie</li> </ul> <p><b>10</b></p>
<ul style="list-style-type: none"> <li>• Fresh Cut Fruit</li> <li>• Grilled Chicken w/ Artichoke Butter</li> <li>• Mushroom Rice Pilaf</li> <li>• Vegetable Medley</li> <li>• Chocolate Cherry Cookie</li> </ul> <p><b>20</b></p>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Herb Grilled Salmon</li> <li>• Roasted Rosemary Potatoes</li> <li>• Green Beans w/ Basil Butter</li> <li>• Peanut Butteries</li> </ul> <p><b>21</b></p>	<ul style="list-style-type: none"> <li>• Fresh Cut Fruit</li> <li>• Dill &amp; Lemon Salmon</li> <li>• Horseradish Mashed Potatoes</li> <li>• Vegetable Medley</li> <li>• Spice Cake</li> </ul> <p><b>15</b></p>	<ul style="list-style-type: none"> <li>• Blue Cheese Salad</li> <li>• Roasted Pork Tenders</li> <li>• Asparagus &amp; Peppers</li> <li>• Vegetable Rice</li> <li>• Cranberry Cookie</li> </ul> <p><b>16</b></p>	<ul style="list-style-type: none"> <li>• Goat Cheese Salad</li> <li>• Grilled Chicken w/ Caper Relish</li> <li>• Gluten Free Pasta Marinara</li> <li>• Green Beans &amp; Mushrooms</li> <li>• Carrot Cake</li> </ul> <p><b>17</b></p>
<ul style="list-style-type: none"> <li>• Green Goddess Salad</li> <li>• Grilled Chicken w/ Tomatillo Sauce</li> <li>• Sweet Potato Mash</li> <li>• Green Beans w/ Basil Butter</li> <li>• Ginger Snap</li> </ul> <p><b>27</b></p>	<ul style="list-style-type: none"> <li>• Carrot Raisin Slaw</li> <li>• Tarragon Grilled Salmon</li> <li>• Raspberry Compote</li> <li>• Horseradish Mashed Potatoes</li> <li>• Vegetable Medley</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>29</b></p>	<ul style="list-style-type: none"> <li>• Cucumber Quinoa Salad</li> <li>• Grilled Trout w/ Pumpkin Seeds</li> <li>• Horseradish Mashed Potatoes</li> <li>• Vegetable Medley</li> <li>• Pecan Sandie</li> </ul> <p><b>22</b></p>	<ul style="list-style-type: none"> <li>• Blue Cheese Salad</li> <li>• Grilled Chicken w/ Lemon Butter</li> <li>• Roasted Sweet Potatoes</li> <li>• Asparagus w/ Herb Butter</li> <li>• Chocolate Chip Cookie</li> <li>• Fresh Cut Fruit*</li> </ul> <p><b>23</b></p>	<ul style="list-style-type: none"> <li>• Mediterranean Cabbage Slaw</li> <li>• Roasted Chicken w/ Olive Tapenade</li> <li>• Turmeric Rice pilaf</li> <li>• Vegetable Medley</li> <li>• Ginger Snap</li> </ul> <p><b>24</b></p>
<ul style="list-style-type: none"> <li>• Yogurt &amp; Berries*</li> </ul>	<ul style="list-style-type: none"> <li>• Peaches &amp; Yogurt*</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Grapes*</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt &amp; Berries*</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt &amp; Fruit*</li> </ul>
<ul style="list-style-type: none"> <li>• Tuna &amp; Chips*</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Almond Crusted Trout</li> <li>• Mushroom Rice Pilaf</li> <li>• Roasted Zucchini</li> <li>• Oatmeal Ginger Cookie</li> </ul> <p><b>28</b></p>	<ul style="list-style-type: none"> <li>• Carrot Raisin Slaw</li> <li>• Tarragon Grilled Salmon</li> <li>• Raspberry Compote</li> <li>• Horseradish Mashed Potatoes</li> <li>• Vegetable Medley</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>29</b></p>	<ul style="list-style-type: none"> <li>• Garden Salad</li> <li>• Roasted Chicken</li> <li>• Raisin Rice Pilaf</li> <li>• Roasted Squash &amp; Mushrooms</li> <li>• Carrot Cake</li> </ul> <p><b>30</b></p>	<ul style="list-style-type: none"> <li>• Fresh Fruit Salad</li> <li>• Grilled Chicken over Greek Salad</li> <li>• Roasted Potatoes</li> <li>• Chocolate Chunk Cookie</li> </ul> <p><b>31</b></p>
<ul style="list-style-type: none"> <li>• Yogurt &amp; Berries*</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna &amp; Chips*</li> </ul>	<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>• Watermelon*</li> </ul>



## JULY 2026 DAY PROGRAM CALENDAR & MENU

3735 Drexel Drive  
Phone: (713) 522-0420  
AmazingPlaceHouston.org

**REMINDER!**  
Wellness Fridays for Day Program Caregivers  
**CONNECT, MOVE & MINGLE**  
Fridays – June 26, July 24 & August 28  
Amazing Place Central  
10:30 – 11:30AM

30 minutes of Tai Chi  
30 minutes of social time  
No experience required



SCAN TO REGISTER



**BRAIN HEALTH**  
Sensory Changes, Oral Health & Your Brain  
• 7/15, 12-1pm, Virtual

**SUPPORT GROUPS**  
English Support Group  
• 7/14, 12-1:30pm, Amazing Place Central  
Young Adults English Support Group  
• 7/10, 12-1:30pm, Amazing Place Central  
Spanish Support Group  
• 7/27, 7-8pm, Memorial Drive Presbyterian

**CAREGIVER EDUCATION**  
Savvy Caregiver Express  
• 8/11 – 8/25, 11am-1pm, Virtual  
Caregivers Connect  
• 7/29, Good Grief, 9:30-11am, Amazing Place Central  
• 8/5, When Cognitive Impact Interferes with Communication, 9:30-11am, Amazing Place Central  
**SPANISH LANGUAGE**  
Cuidando con Respeto  
• 7/18 – 7/25, 10am-1pm, Virtual



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

# JULY ACTIVITIES 2026

© 2026

8:00 July Word Search  
9:35 Mind Matters  
10:20 Flower Arranging  
11:00 Tai Chi  
11:30 You Be the Judge

**6**

2:15 Who is the Dalai Lama?  
3:15 Just Putting Around

9:35 Brain Boosters  
10:20 Times We Treasure  
11:00 Dance Fit

**7**

1:00 Bible Study  
2:15 Family Feud  
3:20 Laughter Yoga  
4:30 Would you Rather?

8:00 Table Tent Craft  
9:35 Cranium Crunches  
10:20 July IQ  
11:30 Joking Around

**1**

1:00 Rummikub  
2:15 Faithful Paws Dog Show  
4:30 Bananagrams

7:30 Houston News  
9:35 You Be the Judge  
10:20 Watercolor Art  
11:00 Rhythmic Exercise  
11:30 Participants' Choice

**8**

2:15 A Roller Coaster Day  
4:30 Left, Right, Center

9:35 Wordmining: "Semiquincentennial"  
10:20 What Am I?  
1:00 Dominoes  
2:15 Origins of Independence Day  
2:45 Refreshments  
3:20 Horseshoes  
4:00 Who Said It? Patriotic Quotes

**2**

7:30 Morning Coffee Chat  
9:35 Encyclopedia Challenge  
10:20 Loaded Questions  
11:30 Sports Talk & Trivia

**9**

2:15 When Am I?  
3:20 Spot the Difference  
4:30 Roulette Tournament

**CLOSED FOR JULY 4TH HOLIDAY**

**3**

7:30 Coffee Chat  
9:35 7 Little Words  
10:20 Opening Minds Through Arts  
11:30 Motorcycle Slang

**10**

2:15 Ice Age  
4:00 The Game of Things...  
4:30 Name That Tune

9:35 Cranium Crunches  
10:20 Writing with Stars  
11:30 The Price Is Right  
1:00 Bible Study  
2:15 World Cup of Soccer  
3:20 Strands (NYT puzzle)  
4:00 Intergenerational Conversations  
5:00 I Love Lucy!

**13**

7:30 Puzzling Matters  
9:35 Word Scrambles  
10:20 Summer Stories  
11:30 Diners, Drive-Ins & Dives

**14**

2:15 World Orca Day  
4:00 Random Houston History  
4:30 Card Games

7:30 Coffee Chat  
9:35 Visual Spatial Games  
10:20 Life Stories

**15**

1:00 Dominoes  
2:15 Out of Thin Hare Day  
3:20 Stretch & Meditate  
4:30 Advice Column Critique

7:30 Early Bird Social  
9:35 Thematic Puzzles  
10:20 "Mama Told Me..."

**16**

2:15 Culinary Arts: Cooking Demo  
2:45 Refreshments  
3:20 Hula Hoop Games  
4:00 Pet Chat

9:35 Who Wants to Be a Millionaire?  
10:20 Lemonade Day Reminiscing  
11:00 Ballet for Balance

**17**

1:00 Scrabble  
2:15 Mount Everest  
3:20 50 States Trivia  
4:00 Spot The Difference

9:00 Morning Introduction  
9:30 Cranium  
11:00 Tai Chi  
11:30 50's & 60's Sing-along

**20**

1:00 Rummikub  
2:15 Participant Council  
4:30 Lemonade in the Shade

8:00 Sports Chat  
9:35 Mini Letter Sudoku  
10:20 What Am I?  
11:00 Ballet  
2:15 Star of the Month: Ginger Rogers  
2:45 Refreshments  
3:15 Corn Hole  
4:00 Jeopardy

**21**

7:30 Puzzling Matters  
9:35 All About Spring Charades  
10:20 Watercolor Painting  
11:30 New Participants' Forum

**22**

1:00 Mahjong  
2:15 Trebek – Fast Facts  
4:30 Teatime

7:30 Coffee & Puzzles  
9:35 Wordscapes  
10:20 Scattergories  
11:00 Rhythmic Workout  
11:30 M.A.S.H.

**23**

1:00 Leisure Hour  
2:15 Mythology  
3:15 Bolo Toss

9:00 This Day in History  
9:35 Word Associations  
10:20 Our Hometowns  
11:30 Sing-along

**24**

2:15 Famous Animals  
3:15 Kinect Bowling  
4:00 Discussions on the Patio

8:00 Houston News  
9:35 Cranium Crunches  
10:20 Jazz Music Appreciation  
11:00 Balance Exercises

**27**

1:00 Bible Study  
2:15 July Birthday Celebration  
4:00 Birthday BINGO

9:00 Encyclopedic Knowledge  
10:20 Loaded Questions  
11:00 Light Weight Workout  
11:30 MOMA Art Appreciation

**28**

1:00 Rummikub  
2:15 Travelogue: Chile  
4:00 Places We've Been

7:30 Coffee Chat  
9:35 Mind Matters  
10:20 Nature is Amazing  
11:30 Rhyming Riddles

**29**

1:00 Jewelry Making  
2:15 Artistry in Sports  
3:15 X-Box Bowling

8:00 Current Events  
9:35 Wordy Gurdy  
10:20 Tabby Talk  
11:00 Rhythmic Exercise  
11:30 Ted Talks

**30**

1:00 Bible Study  
2:15 WAVES Anniversary  
4:30 The A-mazing Marble Game

8:00 Morning Teatime  
9:35 Name That Sound  
10:20 Forest BINGO  
11:00 Friday Stretch  
11:30 50's & 60's Sing-along

**31**

2:15 OMA Art Gatlery Showing  
4:00 Faces & Places



**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 713.522.0420 or [yhoyos@amazingplacehouston.org](mailto:yhoyos@amazingplacehouston.org).