

JULY MENU 2026

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* Afternoon Snacks © 2026

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



JULY 2026 DAY PROGRAM CALENDAR & MENU

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



BRAIN HEALTH

Sensory Changes, Oral Health & Your Brain

- 7/15, 12-1pm, Virtual

LUNCH & LEARN Worried About Your Memory? It May Not be Dementia

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

LUNCH & LEARN Food for a Healthier Brain

- 8/5, 12-1pm, Amazing Place West

MEMORY TRAINING

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

CAREGIVER EDUCATION

Savvy Caregiver Express

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

Caregivers Connect

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

SPANISH LANGUAGE

Cuidando con Respeto

- 7/18 - 7/25, 10am-1pm, Virtual
- 8/15 - 8/22, 10am-1pm, St. Bartholomew the Apostle Catholic Church

Please register for classes at AmazingPlaceHouston.org.



SUPPORT GROUPS

English Support Group

- 7/21, 2-3:30pm, Amazing Place West

Spanish Support Group

- 7/17, 12-1pm, Amazing Place West

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JULY ACTIVITIES 2026

© 2026

8:00 July Word Search
9:35 Mind Matters
10:20 Birthday of the Bikini
11:00 Ballet Exercises
11:30 You Be the Judge

6

2:15 Who is the Dalai Lama?
3:15 Home Run Derby

9:35 Cranium Crunches
10:20 TimeSlips
11:30 The Price Is Right

13

1:00 Rummikube
2:15 World Cup of Soccer
3:20 Strands (NYT puzzle)
4:00 Reminiscing
5:00 I Love Lucy!

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

20

1:00 Color Creations
2:15 July Birthday Celebration
2:45 BINGO
4:30 Gratitude Exercises

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

27

1:00 Bible Study
2:15 Audubon Day
4:00 Comedy Celebration Day

9:00 Good News Network
10:20 Times We Treasure
11:00 Dance Fit

7

1:00 Figuring out the Numbers
2:15 Family Feud
3:20 Laughter Yoga
4:30 Would You Rather?

7:30 Puzzling Matters
10:20 Summer Stories
11:00 Heart Healthy Workout
11:30 Anthony Bourdain

14

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

8:00 Sports Chat
9:35 Mini Letter Sudoku
10:20 Life Experiences
11:00 Stress Reducing Stretches

21

2:15 Founding of Rome
2:45 Refreshments
3:15 Seated Boxing
4:00 Jeopardy

9:00 Shipshape Day
10:20 Loaded Questions
11:00 Light Weight Workout
11:30 MOMA Art Appreciation

28

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

8:00 Table Tent Craft
9:35 Cranium Crunches
10:20 July IQ
11:30 Mammoth Cave National Park
1:00 Rummikub
2:15 History of the National Anthem
4:30 Bananagrams

1

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

8

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

7:30 Coffee Chat
9:35 Visual Spatial Games
10:20 Opening Minds Through Art

15

1:00 Dominoes
2:15 Eliminate Ennui Day
3:20 Stretch & Meditate
4:30 Advice Column Critique

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 Trotters Musical Performance
4:30 Teatime

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

29

1:00 Jewelry Making
2:15 Art Gallery Showing
3:15 X-Box Bowling

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
9:00 National Anthem
10:20 Loaded Questions
11:30 Encyclopedia Challenge

9

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

7:30 Early Bird Social
10:20 "Mama Told Me..."
11:00 Rise & Revive the Body

16

2:15 Star of the Month – Ginger Rogers
2:45 Refreshments
3:20 Hula Hoop Games
4:00 Pet Chat

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

23

1:00 Leisure Hour
2:15 Participant Council Meeting
3:15 Bolo Toss

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

30

1:00 Bible Study
2:15 Billboard Top 100
4:30 The A-mazing Marble Game

CLOSED FOR JULY 4TH HOLIDAY

3

7:30 Coffee Chat
9:35 7 Little Words
10:20 Motorcycle Slang
11:30 Who Am I?

10

2:15 Frankfurter Friday
4:00 The Game of Things...
4:30 What's Wrong With This Picture?

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

17

1:00 Scrabble
2:15 National Parks Highlight
3:20 Frisbee Fun
4:00 Spot The Difference

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

24

2:15 Culinary Arts Demo
3:20 Kinect Bowling
4:00 Discussions on the Patio

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 Happy Birthday Harry Potter
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: Casey Chelton, AD, Participant Program Manager at 281.697.5885 or cchelton@amazingplacehouston.org.