

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY MENU 2026 <i>Amanda Smith, MPH, RDN, LD</i> Amanda Smith, MPH, RDN, LD (DT 07118) * Afternoon Snacks © 2026				
- Greek Salad - Italian Meat Sauce - Pasta Marinara - Green Beans w/ Herb Butter - Oatmeal Raisin Cookie 6	- Green Goddess Salad - Grilled Fresh Trout - Horseradish Mashed Potatoes - Carrots w/ Basil - Blueberry Cake 7	- Honey Mustard Salad - Pecan Crusted Chicken - Garlic Mashed Potatoes - Carrots & Basil - Oatmeal Raisin Cookie 1	- Fresh Cut Fruit - Grilled Chicken - Roasted Potatoes - Entree Caesar Salad - Chocolate Chip Cookie 2	CLOSED FOR JULY 4TH HOLIDAY 3
Cheese & Grapes*	Peanut Butter & Apples*	Cheese & Grapes*	Watermelon*	
- Garden Salad - Pecan Crusted Chicken - Garlic Mashed Potatoes - Carrots & Green Beans - Chocolate Brownie 13	- Cucumber Yogurt Salad - Almond Crusted Trout - Raisin Rice Pilaf - Roasted Zucchini - Fresh Cut Fruit 14	- Fruit Salad - Dill Grilled Salmon - Mushroom Rice Pilaf - Broccoli w/ Herb Butter - Chocolate Chip Cookie 8	- Honey Mustard Salad - Marsala Chicken - Pesto Potatoes - Vegetable Medley - Ranger Cookie 9	- Farro & Tomato Salad - Roasted Chicken - Sweet Potato Steak Fries - Swiss Chard & Greens - Ginger Snap Cookie 10
Cheese & Grapes	Peanut Butter & Bananas*	Fresh Cut Fruit*	Yogurt & Berries*	Cheese & Bread*
- Fresh Cut Fruit - Grilled Chicken w/ Artichoke Butter - Mushroom Rice Pilaf - Vegetable Medley - Chocolate Cherry Cookie 20	- Caesar Salad - Herb Grilled Salmon - Roasted Rosemary Potatoes - Green Beans w/ Basil Butter - Peanut Butteries 21	- Fresh Cut Fruit - Dill & Lemon Salmon - Horseradish Mashed Potatoes - Vegetable Medley - Spice Cake 15	- Blue Cheese Salad - Roasted Pork Tenders - Asparagus & Peppers - Vegetable Rice - Cranberry Cookie 16	- Goat Cheese Salad - Grilled Chicken w/ Caper Relish - Gluten Free Pasta Marinara - Green Beans & Mushrooms - Carrot Cake 17
Cheese & Grapes*	Peaches & Yogurt*	Pimento Cheese*	Fresh Cut Fruit*	Yogurt & Fruit*
- Green Goddess Salad - Grilled Chicken w/ Tomatillo Sauce - Sweet Potato Mash - Green Beans w/ Basil Butter - Ginger Snap 27	- Caesar Salad - Almond Crusted Trout - Mushroom Rice Pilaf - Roasted Zucchini - Oatmeal Ginger Cookie 28	- Cucumber Quinoa Salad - Grilled Trout w/ Pumpkin Seeds - Horseradish Mashed Potatoes - Vegetable Medley - Pecan Sandie 22	- Blue Cheese Salad - Grilled Chicken w/ Lemon Butter - Roasted Sweet Potatoes - Asparagus w/ Herb Butter - Chocolate Chip Cookie - Fresh Cut Fruit* 23	- Mediterranean Cabbage Slaw - Roasted Chicken w/ Olive Tapenade - Turmeric Rice pilaf - Vegetable Medley - Ginger Snap 24
Yogurt & Berries*	Tuna & Chips*	Cheese & Apples*	Fresh Cut Fruit*	Peanut Butter & Bananas*
- Green Goddess Salad - Grilled Chicken w/ Tomatillo Sauce - Sweet Potato Mash - Green Beans w/ Basil Butter - Ginger Snap 27	- Caesar Salad - Almond Crusted Trout - Mushroom Rice Pilaf - Roasted Zucchini - Oatmeal Ginger Cookie 28	- Carrot Raisin Slaw - Tarragon Grilled Salmon - Raspberry Compote - Horseradish Mashed Potatoes - Vegetable Medley - Fresh Cut Fruit 29	- Garden Salad - Roasted Chicken - Raisin Rice Pilaf - Roasted Squash & Mushrooms - Carrot Cake 30	- Fresh Fruit Salad - Grilled Chicken over Greek Salad - Roasted Potatoes - Chocolate Chunk Cookie 31
		Cheese & Grapes*	Peanut Butter & Apples*	Watermelon*



AMAZING PLACE

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

JULY 2026

DAY PROGRAM

CALENDAR & MENU

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



Amazing Place will be closed July 3.

Happy 250th Birthday America!

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY ACTIVITIES 2026 © 2026		8:00 Table Tent Craft 9:35 Cranium Crunches 10:20 July IQ 11:30 Joking Around 1	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	CLOSED FOR JULY 4TH HOLIDAY 3
8:00 July Word Search 9:35 Mind Matters 10:20 Flower Arranging 11:00 Tai Chi 11:30 You Be the Judge 6	9:35 Brain Boosters 10:20 Times We Treasure 11:00 Dance Fit 7	7:30 Houston News 9:35 You Be the Judge 10:20 Watercolor Art 11:00 Rhythmic Exercise 11:30 Participants' Choice 8	7:30 Morning Coffee Chat 9:35 Encyclopedia Challenge 10:20 Loaded Questions 11:30 Sports Talk & Trivia 9	7:30 Coffee Chat 9:35 7 Little Words 10:20 Opening Minds Through Arts 11:30 Motorcycle Slang 10
2:15 Who is the Dalai Lama? 3:15 Just Putting Around	1:00 Bible Study 2:15 Family Feud 3:20 Laughter Yoga 4:30 Would you Rather?	2:15 A Roller Coaster Day 4:30 Left, Right, Center	2:15 When Am I? 3:20 Spot the Difference 4:30 Roulette Tournament	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	7:30 Coffee Chat 9:35 Visual Spatial Games 10:20 Life Stories 15	7:30 Early Bird Social 9:35 Thematic Puzzles 10:20 "Mama Told Me..." 16	9:35 Who Wants to Be a Millionaire? 10:20 Lemonade Day Reminiscing 11:00 Ballet for Balance 17
9:00 Morning Introduction 9:30 Cranium 11:00 Tai Chi 11:30 50's & 60's Sing-along 20	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	7:30 Coffee & Puzzles 9:35 Wordscapes 10:20 Scattergories 11:00 Rhythmic Workout 11:30 M.A.S.H. 23	9:00 This Day in History 9:35 Word Associations 10:20 Our Hometowns 11:30 Sing-along 24
1:00 Rummikub 2:15 Participant Council 4:30 Lemonade in the Shade	2:15 World Orca Day 4:00 Random Houston History 4:30 Card Games	1:00 Dominoes 2:15 Out of Thin Hare Day 3:20 Stretch & Meditate 4:30 Advice Column Critique	2:15 Culinary Arts: Cooking Demo 2:45 Refreshments 3:20 Hula Hoop Games 4:00 Pet Chat	1:00 Scrabble 2:15 Mount Everest 3:20 50 States Trivia 4:00 Spot The Difference
8:00 Houston News 9:35 Cranium Crunches 10:20 Jazz Music Appreciation 11:00 Balance Exercises 27	9:00 Encyclopedic Knowledge 10:20 Loaded Questions 11:00 Light Weight Workout 11:30 MOMA Art Appreciation 28	7:30 Coffee Chat 9:35 Mind Matters 10:20 Nature is Amazing 11:30 Rhyming Riddles 29	8:00 Current Events 9:35 Wordy Gurdy 10:20 Tabby Talk 11:00 Rhythmic Exercise 11:30 Ted Talks 30	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
1:00 Bible Study 2:15 July Birthday Celebration 4:00 Birthday BINGO	1:00 Rummikub 2:15 Travelogue: Chile 4:00 Places We've Been	1:00 Jewelry Making 2:15 Artistry in Sports 3:15 X-Box Bowling	1:00 Bible Study 2:15 WAVES Anniversary 4:30 The A-mazing Marble Game	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.