

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
• Green Goddess Salad 3 • Marsala Mushroom Chicken • Carrot & Basil Rice Pilaf • Green Beans w/ Basil Butter • Oatmeal Raisin Cookie • Cheese & Grapes*	• Feta & Cabbage Slaw 4 • Slow Roasted Pork Tenderloin • Pesto Potatoes • Asparagus w/ Red Bell Peppers • Fresh Cut Fruit • Peanut Butter & Bananas*	• Farro & Tomato Salad 5 • Grilled Salmon • Roasted Summer Squash • Mushroom & Olive Rice Pilaf • Pecan Sandie • Fresh Fruit Salad*	• Honey Mustard Salad 6 • Pecan Crusted Chicken w/Creole Butter • Garlic Mashed Potatoes • Carrots & Basil • Carrot Cake • Yogurt & Fruit*	• Fruit Salad 7 • Roasted Chicken • Vegetable Medley • Roasted Sweet Potatoes • Peanut Butter Cookie • Cheese & Grapes*
• Watermelon & Feta Salad 10 • Breaded Chicken w/ Caper Sauce • Pasta Marinara • Fresh Green Beans • Ranger Cookie • Root Beer Float*	• Cucumber Yogurt Salad 11 • Rosemary Grilled Chicken • Raisin Rice Pilaf • Roasted Zucchini • Fresh Cut Fruit • Tuna & Chips*	• Honey Mustard Salad 12 • Pork Carnitas w/ Tomatillo Sauce • Cumin Roasted Potatoes • Carrots & Green Beans • Ginger Snap • Peanut Butter & Bananas*	• Fresh Cut Fruit 13 • Grilled Salmon • Horseradish Mashed Potatoes • Vegetable Medley • Brownie • Yogurt & Peaches*	• Blue Cheese Salad 14 • Almond Chicken • Farro Rice Pilaf • Carrots & Broccoli • Cranberry Cookie • Cheese & Grapes*
• Greek Salad 17 • Chicken w/ Olive Tapenade • Tomato Rice Pilaf • Asparagus w/ Peppers • Brownie • Peanut Butter & Bananas*	• Fresh Cut Fruit 18 • Grilled Fresh Salmon • Roasted Potatoes • Summer Squash w/ Mushrooms • Chocolate & Cherry Cookies • Yogurt & Peaches*	• Garden Salad 19 • Chicken w/ Corn Salsa • Cilantro Lime Rice • Fresh Green Beans • Almond Cookie • Cheese & Apples*	• Beet & Goat Cheese Salad 20 • Chicken w/ Chimichurri • Red Roasted Potatoes • Carrots w/ Basil • Fresh Cut Fruit • Birthday Cake*	21 CLOSED FOR STAFF TRAINING
• Caesar Salad 24 • Italian Meat Sauce • Pasta Marinara • Vegetable Medley • Oatmeal Chocolate Chip • Peanut Butter & Apples*	• Carrot Raisin Slaw 25 • Tarragon Grilled Salmon • Horseradish Mashed Potatoes • Asparagus & Peppers • Ginger Snap • Yogurt & Fruit*	• Garden Salad 26 • Roasted Pork w/ Creamy Avocado Salsa • Rosemary Potatoes • Carrots & Snow Peas • Banana Nut Bread • Pimento Cheese & Chips*	• Mediterranean Slaw 27 • Almond Crusted Trout • Raisin Rice Pilaf • Vegetable Medley • Fresh Cut Fruit • Peanut Butter & Bananas*	• Blue Cheese Salad 28 • Quinoa Crusted Chicken • Mushroom Rice Pilaf • Vegetable Medley • Blueberry Kuchen • Cheese & Grapes*
• Fresh Cut Fruit 31 • Grilled Chicken w/ Artichoke Relish • Fresh Green Beans • Roasted Potatoes • Toll House Cookies • Peanut Butter & Bananas*	MENU AUGUST 2026 * Afternoon Snacks © 2026 <i>Amanda Smith, MPH, RDN, LD</i> Amanda Smith, MPH, RDN, LD (DT 07118)			



AUGUST 2026 DAY PROGRAM CALENDAR & MENU

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

CAREGIVER EDUCATION

Savvy Caregiver Express

- 8/11 – 8/25, 11am–1pm, Virtual
- 8/25 – 9/8, 10am–12pm, The Tradition – Buffalo Speedway
- 9/3 – 9/17, 10am–12pm, Belmont Village Senior Living – Hunters Creek
- 9/11 – 9/25, 9:30–11:30am, AP Central

Caregivers Connect

- 8/5, When Cognitive Impact Interferes with Communication, 9:30–11am, AP Central
- 8/26, Magic Words, 9:30–11am, AP Central

SPANISH LANGUAGE

¡Conectandonos como Cuidadores!

- 9/11, 7–8:30pm, ¡El Duelo!, Memorial Drive Presbyterian

Evento Especial (English subtitles)

- 9/2, 6–7:30pm, Causas Y Como Reducir el Riesgo con el Dr. Juan Toledo, Memorial Drive Presbyterian

SUPPORT GROUPS

English Support Group

- 8/11, 12–1:30pm, AP Central

Young Adults English Support Group

- 8/14, 12–1:30pm, AP Central

Spanish Support Group

- 8/31, 7–8pm, Memorial Drive Presbyterian



Please register at
amazingplacehouston.org

Amazing Place will be closed on Friday, August 21 for Staff Training



Thank you to our 2026 STARS!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Table Tent Craft & Chat 9:35 Mind Matters 10:20 Mountain Memories 2:15 Theater Time Warp 3:20 "The Twist" Dance Party 4:00 Bird Tales 4:30 Participants' Choice	8:00 Coffee Chat 9:35 Cranium Crunches 10:20 What am I? 11:30 American Bandstand & 50's Trivia 1:00 Scrabble 2:15 Wild Bill Hickok 4:00 Life Stories	9:35 Word Games 10:20 Whale of a Tale 1:00 Bible Study 2:15 Luau with Agape 3:20 Laughter Yoga 4:00 Map Chat 4:30 OuiSi	8:00 Searching for August 9:35 Proofreading Exercise 10:20 Lucille Ball Trivia and Word Fit 1:00 Leisure Hour 2:15 STARS Recognition Party 4:00 Farmwork Appreciation 4:30 Bananagrams	8:00 Puzzling Matters 9:35 Timeslips – Creative Storytelling 10:20 Jewelry Making 11:00 Weightlifting 1:00 Bridge Club 2:15 Faithful Paws Dog Show 3:20 Balloon Volleyball
8:00 Current Events 9:35 Visual Spatial Challenges 10:20 Name That Animal by Sound 11:30 Virtual Museum Tour 2:15 Root Beer Float Day 3:20 Stretch Away the Stress 4:00 Advice Column Critique	9:35 Tech Puzzle Tuesday 10:20 Travel Trivia 11:00 Weightlifting Time 11:30 Drama Exercises 1:00 Bible Study 2:15 Team Scattergories 4:30 Participants' Choice	8:00 Coffee Chat 9:35 4 Pictures, 1 Word 10:20 Middle Children's Day 11:00 Rhythmic Exercise 11:30 30 Seconds Mysteries 2:15 Television's Golden Age 4:30 Garden Chat	8:00 Pastel Coloring Art 9:35 Malarkey – The Bluffing Game 10:20 Stories in a Bucket 11:30 Shark Tank Companies – Would You Invest? 2:15 Alfred Hitchcock 2:45 Refreshments 4:00 "Dear Abby"	9:00 Daily Intro 10:20 Who Am I? 11:30 Standing Tall – Power of Posture 2:15 V-J Day 2:45 Refreshments 3:20 Stretch and Meditate 4:00 Jeopardy
8:00 Silly Jokes Crosswords 9:00 Mind Matters 10:20 Cat Chat 11:00 Balance Training 11:30 Rick Steves Visits 2:15 Napoleon Bonaparte 3:20 Ping-pong Challenge	8:00 Morning Social 9:35 Charades 10:20 Trivial Matters 11:00 Working Out with Weights 2:15 A Pirate's Life 3:15 Up & Down Words 4:30 Evening Tea	8:00 Jig-saw Fun 9:35 Wheel of Fortune 10:20 Drama Exercises 11:00 Wednesday Workout 11:30 Participants' Choice 2:15 Rob Landes Performance 4:30 World Photo Day	8:00 Coffee & Conversation 9:35 Mind Matters 10:20 Painting Class 11:00 Rhythmic Workout 11:30 Participants' Choice 2:15 August Birthdays Celebration! 3:15 BINGO	CLOSED FOR STAFF TRAINING 21
8:00 Weekend Review 9:35 Team Crossword 10:20 New Participant Consortium 11:30 Wellness Chat 2:15 Participant Council 3:20 Seated Yoga 4:30 Sequence Game	9:00 Daily Intro 9:35 You Be the Judge 10:20 Things That Make Us Go Aww... 11:00 Morning Workout 11:30 Jokes & One-liners 2:15 Nature Is Amazing 4:30 Little Big Shots	8:00 Word Searching 9:35 Spot the Difference 10:20 Popular Comics 11:30 Science Lab 2:15 A Tale of Two Irelands 3:15 Putt-Putt 4:30 Sunshine and Citrus Trivia	8:00 Morning Puzzles 9:35 Proofreading 10:20 Jeopardy 11:30 Science Lab-Lemon Juice 2:15 Comedy Cure 3:15 Target Shooting 4:00 Word Roundup	9:35 Spot the Difference 10:20 You Be the Judge 11:00 Friday Stretch 11:30 Name That Tune 2:15 The Chuckwagon Races 3:15 Culinary Demo – Pumpkin Chai Cheesecake 4:30 Pair-a-Phrases
9:35 Encyclopedia Challenge 10:20 Beach Chat 11:30 Random Houston History 2:15 Table Games 3:15 Frisbee Golf 4:00 Talking Autumn 4:30 Participants' Choice	ACTIVITIES AUGUST 2026 © 2026			



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 713.552.0420 or
yhoyos@amazingplacehouston.org.