

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	- Cucumber Yogurt Salad 11 - Rosemary Grilled Chicken - Raisin Rice Pilaf - Roasted Zucchini - Fresh Cut Fruit	- 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	- Blue Cheese Salad 14 - Almond Chicken - Farro Rice Pilaf - Carrots & Broccoli - Cranberry Cookie
Root Beer Float*	Tuna & Chips*	- Garden Salad 19 - Chicken w/ Corn Salsa - Cilantro Lime Rice - Fresh Green Beans - Almond Cookie	- Beet & Goat Cheese Salad 20 - Chicken w/ Chimichurri - Red Roasted Potatoes - Carrots w/ Basil - Fresh Cut Fruit	CLOSED FOR STAFF TRAINING
- Greek Salad 17 - Chicken w/ Olive Tapenade - Tomato Rice Pilaf - Asparagus w/ Peppers - Brownie	- Fresh Cut Fruit 18 - Grilled Fresh Salmon - Roasted Potatoes - Summer Squash w/ Mushrooms - Chocolate & Cherry Cookies	Cheese & Apples*	Yogurt & Peaches*	Birthday Cake*
Peanut Butter & Bananas*	Yogurt & Peaches*	- Garden Salad 26 - Roasted Pork w/ Creamy Avocado Salsa - Rosemary Potatoes - Carrots & Snow Peas - Banana Nut Bread	- Mediterranean Slaw 27 - Almond Crusted Trout - Raisin Rice Pilaf - Vegetable Medley - Fresh Cut Fruit	- Blue Cheese Salad 28 - Quinoa Crusted Chicken - Mushroom Rice Pilaf - Vegetable Medley - Blueberry Kuchen
- Caesar Salad 24 - Italian Meat Sauce - Pasta Marinara - Vegetable Medley - Oatmeal Chocolate Chip	- Carrot Raisin Slaw 25 - Tarragon Grilled Salmon - Horseradish Mashed Potatoes - Asparagus & Peppers - Ginger Snap	Pimento Cheese & Chips*	Peanut Butter & Bananas*	Cheese & Grapes*
Peanut Butter & Apples*	Yogurt & Fruit*			
- 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
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AMAZING PLACE
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AUGUST 2026
DAY PROGRAM
CALENDAR & MENU

CAREGIVER EDUCATION
Savvy Caregiver Express
• 8/11 – 8/25, 11am–1pm, Virtual
• 9/23 – 10/7, 10am–12pm, Grand Lakes Presbyterian
Savvy Caregiver
• 9/24 – 10/29, 10am–12pm, AP West
Caregivers Connect
• 8/27, End of Summer - I Need A Break!, 10–11:30am, AP West
• 9/9, Good Grief!, 10–11:30am, AP West
• 9/16, Caregiver Q&A, 10am–12pm, AP West

SPANISH LANGUAGE
Cuidando con Respeto
• 8/15 – 8/22, 10am–1pm, St. Bartholomew the Apostle Catholic Church
¡Conectandonos como Cuidadores!
• 9/12, ¡¡Super Sintomas!!, 10–11:30am, AP West

BRAIN HEALTH
• **LUNCH & LEARN Food for a Healthier Brain**, 8/5, 12–1pm, AP West

SUPPORT GROUPS
English Support Group
• 8/18, 2–3:30pm, AP West
Spanish Support Group
• 8/21, 12–1pm, AP West

Please register for all classes & groups 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 "The Twist" Dance Party 3:20 Stretch & Meditate 4:00 Nature 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 Chocolate Chip Cookie Day 4:00 Life Stories	9:35 Word Games 10:20 Fish Tales 1:00 Bible Study 2:15 Little Orphan Annie 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 Musicians with a Mission 4:00 Farmwork Appreciation 4:30 Bananagrams	8:00 Puzzling Matters 10:20 Jewelry Making 11:00 Weightlifting 11:30 Timeslips – Creative Storytelling 1:00 Bridge Club 2:15 International Beer Day 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 1:00 Lazy 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 2:15 Team Scattergories 4:00 Beatles Apple Week 4:30 Participants' Choice	8:00 Coffee Chat 9:35 4 Pictures, 1 Word 10:20 Middle Children's Day 11:00 Games & Contests 11:30 30 Second Mysteries 2:15 T-Rex Discovery Day 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 America's Funniest Home Videos 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 Black Cat Appreciation 11:00 Balance Training 11:30 Rick Steves Visits 2:15 Sunshine Band Performance 3:20 Coin Toss	8:00 Morning Social 9:35 Charades 10:20 Trivial Matters 11:00 Working Out with Weights 2:15 Women Trailblazers 3:15 Up & Down Words 4:30 Evening Tea	8:00 Jig-saw Fun 9:35 Wheel of Fortune 10:20 World Humanitarian Day 11:00 Wednesday Workout 11:30 Participants' Choice 2:15 Houston Museum of Natural Science at AP West 4:30 Table Games	8:00 Coffee & Conversation 9:35 Mind Matters 10:20 Painting Class 11:00 Rhythmic Workout 11:30 Participants' Choice 2:15 Medical Transporters Day 4:30 National Lemonade Day	CLOSED FOR STAFF TRAINING
8:00 Weekend Review 9:35 Team Crossword 10:20 New Participant Consortium 11:30 Wellness Chat 2:15 Participant Council 3:20 Monday Movements 4:30 Sequence Game	9:00 Daily Intro 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 5:30 Self-care Superlatives	8:00 Word Searching 9:35 Spot the Difference 10:20 Popular Comics 11:30 Science Lab 2:15 Trotters Concert 3:15 Putt-Putt 4:00 Sunshine and Citrus Trivia	8:00 Morning Puzzles 10:20 Jeopardy 11:30 Science Lab-Lemon Juice 1:00 Rummikub 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 Connections Puzzles 4:00 Pair-a-Phrases
9:35 Encyclopedia Challenge 10:20 Beach Chat 11:30 Random Houston History 2:15 Trail Mix Day 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:
 Casey Chelton, AD, Participant Program Manager at 281.287.5885 or cchelton@amazingplacehouston.org.