

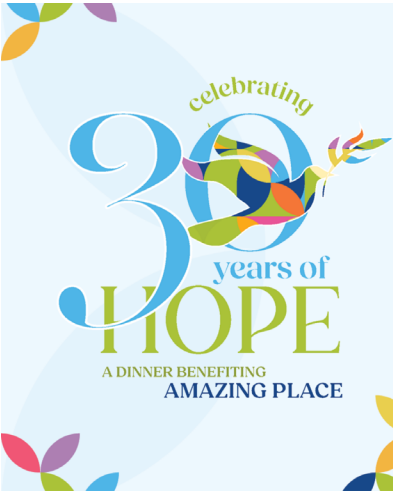
| MONDAY                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Cornbread</li> <li>Crusted Chicken</li> <li>Poblano Rice</li> <li>Vegetable Medley</li> <li>Banana Bread</li> </ul> <b>1</b>         | <ul style="list-style-type: none"> <li>Fresh Fruit</li> <li>Grilled Salmon w/ Lemon Butter</li> <li>Mashed Potatoes</li> <li>Carrots &amp; Basil</li> <li>Peanut Butter Cookie</li> </ul> <b>2</b>               | <ul style="list-style-type: none"> <li>Carrot Slaw</li> <li>Almond Trout</li> <li>Garlic Green Beans &amp; Mushrooms</li> <li>Vegetable Rice Pilaf</li> <li>Orange Date Cake</li> </ul> <b>3</b>     | <ul style="list-style-type: none"> <li>Fresh Cut Fruit</li> <li>Grilled Chicken w/ Cucumber Relish served over Mixed Greens</li> <li>Roasted Potatoes</li> <li>Brownie</li> </ul> <b>4</b>                                               |
|                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>Peanut Butter &amp; Bananas*</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>Peanut Butter &amp; Apples*</li> </ul>                                                                                                                                                            |
| <b>7</b><br>CLOSED FOR LABOR DAY                                                                                                                                                          | <ul style="list-style-type: none"> <li>Greek Salad</li> <li>Italian Meat Sauce</li> <li>Pasta Marinara</li> <li>Roasted Zucchini</li> <li>Ginger Snap</li> </ul> <b>8</b>                         | <ul style="list-style-type: none"> <li>Cole Slaw</li> <li>Grilled Trout w/ Pumpkin Seeds</li> <li>Sweet Potato Mash</li> <li>Broccoli &amp; Red Peppers</li> <li>Fresh Fruit w/ Strawberries</li> </ul> <b>9</b> | <ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Raspberry Glazed Salmon</li> <li>Mushroom Rice Pilaf</li> <li>Summer Squash w/ Tarragon</li> <li>Fruit Kuchen</li> </ul> <b>10</b> | <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Almond Chicken</li> <li>Tomato Rice Pilaf</li> <li>Green Beans</li> <li>Blueberry Cake</li> </ul> <b>11</b>                                                                 |
|                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>Cheese &amp; Grapes*</li> </ul>                                                                                                                            | <ul style="list-style-type: none"> <li>Peanut Butter &amp; Bread*</li> </ul>                                                                                                                                     | <ul style="list-style-type: none"> <li>Cheese &amp; Grapes*</li> </ul>                                                                                                                               | <ul style="list-style-type: none"> <li>Apples, Honey &amp; Bread</li> </ul>                                                                                                                                                              |
| <ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Pork Tenderloin</li> <li>Vegetable Medley</li> <li>Roasted Herbed Potatoes</li> <li>Pecan Sandie Cookie</li> </ul> <b>14</b>  | <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Pesto Chicken</li> <li>Mushroom Rice Pilaf</li> <li>Carrots &amp; Basil</li> <li>Oatmeal Raisin Cookie</li> </ul> <b>15</b>          | <ul style="list-style-type: none"> <li>Carrot Raisin Slaw</li> <li>Grilled Salmon</li> <li>Tomato Rice Pilaf</li> <li>Asparagus &amp; Peppers</li> <li>Fruit Salad</li> </ul> <b>16</b>                          | <ul style="list-style-type: none"> <li>Blue Cheese Salad</li> <li>Fresh Grilled Trout</li> <li>Garlic Mashed Potatoes</li> <li>Fresh Green Beans</li> <li>Peanut Butteries</li> </ul> <b>17</b>      | <ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Bar B Que Chicken Breast</li> <li>Sweet Potato Steak Fries</li> <li>Cole Slaw</li> <li>Peanut Butteries</li> </ul> <b>18</b>                                           |
| <ul style="list-style-type: none"> <li>Yogurt &amp; Fruit*</li> </ul>                                                                                                                     | <ul style="list-style-type: none"> <li>Peanut Butter &amp; Apples*</li> </ul>                                                                                                                     | <ul style="list-style-type: none"> <li>Guacamole &amp; Chips*</li> </ul>                                                                                                                                         | <ul style="list-style-type: none"> <li>Fresh Fruit*</li> </ul>                                                                                                                                       | <ul style="list-style-type: none"> <li>Peanut Butter &amp; Bananas*</li> </ul>                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Marsala Chicken</li> <li>Herbed Rice</li> <li>Carrots w/ Basil</li> <li>Cranberry Bread</li> </ul> <b>21</b>                 | <ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Almond Crusted Trout</li> <li>Raisin Rice Pilaf</li> <li>Green Beans</li> <li>Peanut Butteries</li> </ul> <b>22</b>             | <ul style="list-style-type: none"> <li>Apples &amp; Goat Cheese</li> <li>Chicken w/ Olive Tapenade</li> <li>Pasta Marinara</li> <li>Vegetable Medley</li> <li>Fruit Salad</li> </ul> <b>23</b>                   | <ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Grilled Salmon</li> <li>Roasted Sweet Potato</li> <li>Fresh Asparagus</li> <li>Spice Cake</li> </ul> <b>24</b>                          | <ul style="list-style-type: none"> <li>Green Goddess Salad</li> <li>Chicken w/ Artichoke Caper Sauce</li> <li>Vegetable Medley</li> <li>Barley Rice Pilaf</li> <li>Ginger Snap</li> <li>Peanut Butter &amp; Apples*</li> </ul> <b>25</b> |
| <ul style="list-style-type: none"> <li>Yogurt &amp; Fruit*</li> </ul>                                                                                                                     | <ul style="list-style-type: none"> <li>Cheese &amp; Pretzels*</li> </ul>                                                                                                                          | <ul style="list-style-type: none"> <li>Yogurt &amp; Fruit*</li> </ul>                                                                                                                                            | <ul style="list-style-type: none"> <li>Fresh Fruit*</li> </ul>                                                                                                                                       |                                                                                                                                                                                                                                          |
| <ul style="list-style-type: none"> <li>Blue Cheese Salad</li> <li>Chicken Creole</li> <li>Lentil Rice Pilaf</li> <li>Summer Squash w/ Tarragon</li> <li>Banana Bread</li> </ul> <b>28</b> | <ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Grilled Chicken w/ Curry</li> <li>Roasted Red Potatoes</li> <li>Vegetable Medley</li> <li>Chocolate Chunk Cookie</li> </ul> <b>29</b> | <ul style="list-style-type: none"> <li>Garden Salad</li> <li>Grilled Salmon</li> <li>Green Beans &amp; Peppers</li> <li>Sweet Potao Mash</li> <li>Fresh Cut Fruit</li> </ul> <b>30</b>                           | <div> <div>MENU</div> <div>SEPTEMBER</div> <div> <i>Amanda Smith, MPH, RDN, LD</i><br/>           Amanda Smith, MPH, RDN, LD (DT 07118)         </div> </div>                                        |                                                                                                                                                                                                                                          |
| <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>Birthday Cake*</li> </ul>                                                                                                                                                 |                                                                                                                                                                                                      |                                                                                                                                                                                                                                          |



AMAZING PLACE®

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

# SEPTEMBER 2026 DAY PROGRAM CALENDAR & MENU



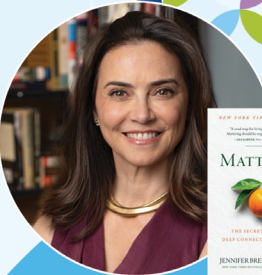
celebrating 30 years of HOPE

A DINNER BENEFITTING AMAZING PLACE

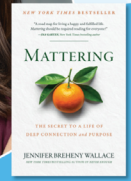
## THE AMAZING DINNER

WEDNESDAY, SEPTEMBER 30, 2026  
THE POST OAK HOTEL

DINNER CHAIRS  
Christy & Webb Jennings



Featuring Guest Speaker  
**JENNIFER BREHENY WALLACE**  
BEST SELLING AUTHOR



Tickets are still available. Scan QR Code to purchase



### BRAIN HEALTH

**Worried About Your Memory? It May Not Be Dementia Webinar**

- 10/14, 12–1pm, Virtual via ZOOM

**Memory Enhancement Training**

- 10/6 – 10/13, 10am–12pm, St. Luke’s United Methodist

**Aging Roadmap**

- 10/7 – 10/21, 10am–12pm, Chapelwood United Methodist
- 10/8 – 10/22, 1–3pm, Bellaire United Methodist

### SUPPORT GROUPS

**English Support Group**

- 9/8, 12–1:30pm, Amazing Place Central

**Young Adults English Support Group**

- 9/11, 12–1:30pm, Amazing Place Central

**Spanish Support Group**

- 9/28, 7–8pm, Memorial Drive Presbyterian

### CAREGIVER EDUCATION

**Savvy Caregiver Express**

- 9/3 – 9/17, 10am–12pm, Belmont Village Senior Living – Hunters Creek
- 9/11 – 9/25, 9:30–11:30am, Amazing Place Central
- 10/7 – 10/21, 10am–12pm, Virtual

**SPANISH LANGUAGE**

**Desafíos de Memoria y Cómo Reducir el Riesgo**

- 9/2, 6–8:30pm, Memorial Drive Presbyterian

**¡Conectandonos como Cuidadores!**

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

**Cuidando con Respeto**

- 9/16 – 9/30, 10am–12pm, Clinica Vital



Please register for all classes & groups at [amazingplacehouston.org](https://amazingplacehouston.org)

| MONDAY                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                          | 8:00 September Table Talk<br>9:30 Wordles & Connections<br>11:00 Balance Workout<br>11:30 Country Hits Day<br><br>2:15 (Stallone) Rocky vs Rocky Marciano<br>3:20 Laughter Yoga<br>4:30 Wheel of Fortune | 8:00 Coffee Social<br>9:30 Anniversary of V-J Day<br>10:20 Cranium Crunches<br><br>1:00 Rummikub<br>2:15 Rock & Roll Hall of Fame<br>4:00 Storytelling<br>4:30 Sequence Card Game   | 9:30 Unolingo (Puzzle society)<br>10:20 Daily Chronicles<br>11:00 Rhythmic Workout<br>11:30 Greatest Adventures<br><br>2:15 Let's Talk Canada<br>3:20 Stretch and Meditate<br>4:00 Grooving to the 70's | 9:00 My Hilarious Job History<br>9:30 Double Meaning Word Challenge<br>11:00 Balanced Workout<br>11:30 Labor Day Singalong<br>2:15 The Price is Right<br>2:50 Refreshments<br>4:00 Would You Rather? - Labor Day Edition |
| CLOSED FOR LABOR DAY                                                                                                                                                                                     | 9:30 Proof It<br>10:20 What am I?<br>11:00 Morning Workout<br>11:30 Traveling with Rick Steves<br><br>2:15 World's Smallest Countries<br>4:00 Who Were the Vikings?<br>4:30 Patio Chat                   | 9:30 Women's Coffee Chat<br>10:20 Jewelry Making<br>11:00 Rhythmic Exercise<br>11:30 Family Feud<br><br>2:15 Team Table Jeopardy<br>3:20 Xbox Bowling<br>4:00 Loaded Questions      | 9:30 Up & Down Words<br>10:20 Baseball Slang<br>11:00 Balance Workout<br>11:30 Good News Day<br><br>1:00 Mahjong<br>2:15 NYC Fashion Week<br>4:30 Bananagrams                                           | 9:30 Strands & Connections<br>10:20 Name That Tune<br>11:00 Stand & Stretch<br>11:30 Rosh Hashana<br><br>2:15 Faithful Paws Dog Show<br>3:20 Bowling<br>4:30 Patio Chat<br>9:30 Wacky Wordies                            |
| 10:20 You Be the Judge<br>11:00 Tai Chi<br>11:30 Fellowship of New Participants<br><br>1:00 Bible Study<br>2:15 Albert Einstein<br>4:30 Chicken Soup for the Soul<br>8:00 Current Events                 | 9:30 Where in the World?<br>10:20 National Hispanic Heritage Month<br>11:30 Riddle Me This<br><br>2:15 Track and Field<br>3:20 Stretch and Meditate<br>4:30 OuiSi<br>9:30 Tangrams & Mazes               | 10:20 Pictionary<br>11:00 Rhythmic Workout<br>11:30 Who am I?<br><br>2:15 Mexican Independence Day<br>4:00 Sing-along<br>4:30 Card Games<br>8:00 Jig-saw Fun                        | 9:30 Cognitive Workout<br>10:20 Art Class<br>11:30 Karaoke Tunes<br><br>1:00 Dominoes & Rummikub<br>2:15 Participant Council<br>3:20 Stretch Away the Stress<br>9:00 This Day in History                | 9:30 Men's Group<br>10:20 Connect Four<br>11:30 Participants' Choice<br><br>2:15 Famous Houston Restaurant Families<br>4:00 German Jeopardy Trivia<br>4:30 Faces & Places<br>9:30 What Is That?                          |
| 10:20 Mapping Our Travels<br>11:00 Tai Chi<br>11:30 MoMA-Images of America<br><br>1:00 Bible Study<br>2:15 Happy Birthday, Bill Murray<br>4:00 Sharing Our Favorite Subjects<br>9:30 Spot the Difference | 10:20 Finish the Phrase<br>11:00 Aerobic Fun<br>11:30 50's-60's Hits<br><br>2:15 Oktoberfest<br>2:45 Refreshments<br>4:00 Life Stories<br>8:00 Puzzling Matters                                          | 9:30 Mind Benders<br>10:20 Never Have I Ever<br>11:00 Rhythmic Exercise<br>11:30 Trivia Fun<br><br>2:15 Ray Charles Day<br>4:00 Game of Things<br>8:00 Coffee Social                | 9:30 Mind Matters<br>10:20 Art Class<br>11:30 WordScapes<br><br>2:15 Happy Birthday 60 Minutes<br>3:20 Putt-Putt Play-offs<br>4:30 Teatime<br>9:30 National Hunting &                                   | Fishing Day (Men's Group)<br>10:20 Loaded Questions<br>11:00 Strength & Balance Workout<br>11:30 Country Music Classics<br>2:15 Pavlov's Day<br>3:00 Refreshments<br>4:30 Bananagrams<br>9:30 Riddles Galore             |
| 10:20 Ask a Silly Question<br>11:00 Tai Chi<br>11:30 Making Acronym Poems<br><br>2:15 The Republic of Texas<br>4:00 Our Stories<br>4:30 Participants' Choice<br>8:30 Houston Happenings                  | 9:30 Scattergories<br>10:20 Notable Quotables<br>11:30 Shark Tank – Would You Invest?<br><br>1:00 Leisure Hour<br>2:15 Jukebox Sing Along<br>2:45 Refreshments<br>9:30 Mind Matters                      | 10:20 Healthy Lifestyle Crossword<br>11:30 Who am I?<br>2:15 September Birthday Celebration!<br>3:15 BINGO<br>4:00 Fall Stories<br>4:30 "Little Big Shots"<br>8:00 Puzzling Matters | <div> <div>ACTIVITIES</div> <div>SEPTEMBER</div> <div>© 2026</div> </div>                                                                                                                               |                                                                                                                                                                                                                          |

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 713.552.0420 or [yhoyos@amazingplacehouston.org](mailto:yhoyos@amazingplacehouston.org).