

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	- Garden Salad - Cornbread - Crusted Chicken - Poblano Rice - Vegetable Medley - Banana Bread 1	- Fresh Fruit - Grilled Salmon w/ Lemon Butter - Mashed Potatoes - Carrots & Basil - Peanut Butter Cookie 2	- Carrot Slaw - Almond Trout - Garlic Green Beans & Mushrooms - Vegetable Rice Pilaf - Orange Date Cake 3	- Fresh Cut Fruit - Grilled Chicken w/ Cucumber Relish served over Mixed Greens - Roasted Potatoes - Brownie 4
CLOSED FOR LABOR DAY 7	- Greek Salad - Italian Meat Sauce - Pasta Marinara - Roasted Zucchini - Ginger Snap 8	- Cole Slaw - Grilled Trout w/ Pumpkin Seeds - Sweet Potato Mash - Broccoli & Red Peppers - Fresh Fruit w/ Strawberries 9	- Fresh Fruit Salad - Raspberry Glazed Salmon - Mushroom Rice Pilaf - Summer Squash w/ Tarragon - Fruit Kuchen 10	- Garden Salad - Almond Chicken - Tomato Rice Pilaf - Green Beans - Blueberry Cake 11
- Fruit Salad - Pork Tenderloin - Vegetable Medley - Roasted Herbed Potatoes - Pecan Sandie Cookie 14	- Garden Salad - Pesto Chicken - Mushroom Rice Pilaf - Carrots & Basil - Oatmeal Raisin Cookie 15	- Carrot Raisin Slaw - Grilled Salmon - Tomato Rice Pilaf - Asparagus & Peppers - Fruit Salad 16	- Blue Cheese Salad - Fresh Grilled Trout - Garlic Mashed Potatoes - Fresh Green Beans - Peanut Butteries 17	- Fresh Fruit Salad - Bar B Que Chicken Breast - Sweet Potato Steak Fries - Cole Slaw - Peanut Butteries 18
Yogurt & Fruit*	Peanut Butter & Apples*	Guacamole & Chips*	Fresh Fruit*	Peanut Butter & Bananas*
- Garden Salad - Marsala Chicken - Herbed Rice - Carrots w/ Basil - Cranberry Bread 21	- Fresh Fruit Salad - Almond Crusted Trout - Raisin Rice Pilaf - Green Beans - Peanut Butteries 22	- Apples & Goat Cheese - Chicken w/ Olive Tapenade - Pasta Marinara - Vegetable Medley - Fruit Salad 23	- Caesar Salad - Grilled Salmon - Roasted Sweet Potato - Fresh Asparagus - Spice Cake 24	- Green Goddess Salad - Chicken w/ Artichoke Caper Sauce - Vegetable Medley - Barley Rice Pilaf - Ginger Snap - Peanut Butter & Apples* 25
Yogurt & Fruit*	Cheese & Pretzels*	Yogurt & Fruit*	Fresh Fruit*	
- Blue Cheese Salad - Chicken Creole - Lentil Rice Pilaf - Summer Squash w/ Tarragon - Banana Bread 28	- Fruit Salad - Grilled Chicken w/ Curry - Roasted Red Potatoes - Vegetable Medley - Chocolate Chunk Cookie 29	- Garden Salad - Grilled Salmon - Green Beans & Peppers - Sweet Potao Mash - Fresh Cut Fruit 30	MENU SEPTEMBER Amanda Smith, MPH, RDN, LD Amanda Smith, MPH, RDN, LD (DT 07118)	
Cheese & Grapes*	Peanut Butter & Apples*	Birthday Cake*		



AMAZING PLACE®

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Phone: (281)697-5885
AmazingPlaceHouston.org

SEPTEMBER 2026

DAY PROGRAM

CALENDAR & MENU

WALK & SHOP IN KATY ON SEPT. 26 TO BENEFIT AMAZING PLACE



Whether you walk or not, adding to the day's fun is a great shopping event at **Consuela LaCenterra** benefiting Amazing Place. From 9:30am–12:30pm, **20% of all purchases will go to Amazing Place.**

Amazing Place will be front and center at **The Walk to End Alzheimer's** in Katy on Saturday, Sept. 26 and we'd love for you to join our team!

EASY TO JOIN!

- SCAN the QR Code to access our team page.
- CLICK on "Join Our Team" and complete the form (no requirement to pay or pledge)
- EMAIL your T-shirt size by Monday, September 14 to Mari at mbosker@amazingplacehouston.org
- Meet at **Consuela LaCenterra** at 8:00am, walk begins at 8:30am (23501 Cinco Ranch Boulevard)



SCAN to JOIN

AMAZING PLACE WILL BE CLOSED MONDAY, SEPT 7 FOR LABOR DAY

CAREGIVER EDUCATION

Caregivers Connect

- 9/9, Good Grief!, 10–11:30am, Amazing Place West

Caregiver Q&A

- 9/16, 10am–12pm, Amazing Place West

Savvy Caregiver Express

- 9/23 – 10/7, 10am–12pm, Grand Lakes Presbyterian Church
- 10/7 – 10/21, 10am–12pm, Virtual via ZOOM

Savvy Caregiver

- 9/24 – 10/29, 10am–12pm, Amazing Place West

SPANISH LANGUAGE

Cuidando con Respeto

- 10/10 – 10/17, 10am–1pm, Virtual via ZOOM
- **¡Conectandonos como Cuidadores!**
- 9/12, ¡¡SUPER SÍNTOMAS!! 10–11:30am, Amazing Place West

BRAIN HEALTH

Understanding Dementia: Why Early Diagnosis Matters Lunch & Learn

- 10/13, 12–1pm, Amazing Place West
- **Worried About Your Memory? It May Not Be Dementia Webinar**
- 10/14, 12–1pm, Virtual via ZOOM

SUPPORT GROUPS

English Support Group

- 9/15, 2–3:30pm, Amazing Place West

Spanish Support Group

- 9/18, 12–1pm, Amazing Place West



Please register for all classes & groups at amazingplacehouston.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00 September Table Talk 9:30 Wordles & Connections 11:00 Balance Workout 11:30 Lily Tomlin's Birth Anniversary 2:15 Country Hits Day 3:20 Laughter Yoga 4:30 Wheel of Fortune	8:00 Coffee Social 9:30 Unolingo (Puzzle society) 10:20 Veteran Appreciation 1:00 Rummikub 2:15 Rock & Roll History 1960's 4:00 Storytelling 4:30 Sequence Card Game	9:30 Cranium Crunches 10:20 Daily Chronicles 11:00 Tai Chi 11:30 Grooving to the 70's 2:15 Amazing Escape Day 3:20 Stretch and Meditate 4:00 Greatest Adventures	9:00 My Hilarious Job History 9:30 Double Meaning Word Challenge 11:00 Tai Chi 11:30 Labor Day Singalong 2:15 Google Day 2:50 Refreshments 4:00 Would You Rather? – Labor Day Edition
CLOSED FOR LABOR DAY	9:30 Proof It 10:20 Who am I? 11:00 Morning Workout 11:30 Traveling with Rick Steves 2:15 America's Oldest City 4:00 Top Ten Tuesday 4:30 Patio Chat	9:30 Women's Coffee Chat 10:20 Creative Expression 11:00 Rhythmic Exercise 11:30 Family Feud 2:15 Otis Redding's Birth Anniversary 3:20 Frisbee Fun 4:00 Loaded Questions	9:30 Up & Down Words 10:20 Baseball Slang 11:00 Tai Chi 11:30 Good News Day 1:00 Stack Attack 2:15 Team Table Jeopardy 4:30 Bananagrams	9:30 Strands & Connections 10:20 Name That Tune 11:00 Stand & Stretch 11:30 All About Rosh Hashanah 2:15 Help! Day, Beatles Mania 3:20 Bowling 4:30 Patio Chat
9:30 Wacky Wordies 10:20 You Be the Judge 11:00 Active Dance 11:30 How It's Made 1:00 Bible Study 2:15 Albert Einstein 4:30 Chicken Soup for the Soul	8:00 Current Events 9:30 Where in the World? 10:20 Hispanic Countries & Culture 11:30 Riddle Me This 2:15 Those 70's Shows 3:20 Stretch and Meditate 4:30 OuiSi	9:30 Words in Bubbles 10:20 Pictionary 11:00 Rhythmic Workout 11:30 Who am I? 2:15 Trotter Concert 4:00 Jeopardy 4:30 Card Games	8:00 Jig-saw Fun 9:30 Cognitive Workout 10:20 Tell a Whopper Day 11:30 Name That Tune 1:00 Dominoes & Rummikub 2:15 Participant Council 3:20 Stretch Away the Stress	8:00 Men's Group 9:00 This Day in History 10:20 Connect Four 11:30 Participants' Choice 2:15 Faithful Paws Dog Show 4:00 German Jeopardy Trivia 4:30 Faces & Places
9:30 What's That Sound? 10:20 Mapping Our Travels 11:00 Active Dance 11:30 Stephen King 1:00 Sudoku 2:15 Happy Birthday, Bill Murray 4:00 Sharing Our Favorite Subjects	9:30 Spot the Difference 10:20 Centenarian Day 11:00 Aerobic Fun 11:30 50's–60's Hits 2:15 Elephant Appreciation Day 2:45 Refreshments 4:00 Life Stories	8:00 Puzzling Matters 9:30 Mind Benders 10:20 Never Have I Ever 11:00 Art Class 11:30 Trivia Fun 2:15 Movie Moments 4:00 Game of Things	8:00 Coffee Social 9:30 Mind Matters 10:20 It Takes A Village 11:30 WordScapes 2:15 Rock and Roll History '55-'59 3:20 Putt-Putt Shoot-out 4:30 Teatime	9:30 National Hunting & Fishing Day 10:20 Loaded Questions 11:00 Strength & Balance Workout 11:30 Name That Tune 2:15 Pavlov's Day 3:00 Refreshments 4:30 Bananagrams
9:30 Riddles Galore 10:20 Ask a Silly Question 11:00 Active Dance 11:30 Name That Tune 2:15 Discovery of California 4:00 Making Acronym Poems 4:30 Participants' Choice	8:30 Houston Happenings 9:30 Scattergories 10:20 Notable Quotables 11:30 Shark Tank – Would You Invest? 1:00 Leisure Hour 2:15 September Birthdays Celebration! 3:15 BINGO	9:30 Mind Matters 10:20 Lifestyles 11:30 Spirit of Texas 2:15 Benefits of Movies 2:45 Popcorn and Movie 4:00 Fall Stories 4:30 "Little Big Shots"	ACTIVITIES SEPTEMBER	



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.