

Amanda Smith, MPH, RDN, LD
Amanda Smith, MPH, RDN, LD (DT 07118)

* Afternoon Snacks
© 2026

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- Please register for all classes
at AmazingPlaceHouston.org.

MONDAY

TUESDAY

WEDNESDAY

OCTOBER ACTIVITIES

2026

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9:30 Putting the Past in Order 11:00 Tai Chi 11:30 Spanish Speakers Social 2:15 Redwood National Park 2:45 Refreshments 3:15 Participants' Choice 4:30 Mixed-Up Mystery 5	8:00 Early Morning Chit Chat 9:35 Double Meanings 10:00 ROCO's Nathan and Maiko 11:00 Balance Workout 11:30 Things That Make You Go "Aww" 2:15 The Orient Express 4:30 Bananagrams 6	8:00 Jigsaw Puzzles 9:35 Encyclopedia Challenge 10:20 Candle Making 11:00 Morning Workout 2:15 Operation Breakthrough 3:15 Mindful Meditation 4:30 Jenga 7
CLOSED FOR COLUMBUS DAY 12	9:35 Men's Chat 10:20 Watercolor Painting 11:00 Light Weight Training 11:30 Luciano Pavarotti Day 2:15 Participant Council Meeting 3:15 Sharpshooter Contest 4:30 Disco 13	8:00 Family Chat 9:35 Wacky Wordies 10:20 Fall Leaf Craft 11:30 Sherlock Holmes 2:15 Performance: Rob Landes 2:45 Refreshments 4:30 Dealer's Choice 14
9:35 Mind Matters 10:20 Candle Making 11:00 Tai Chi 11:30 Gulliver's Travels 2:15 Alaska Day 3:15 Twofer Goofers 4:30 Name That 80's Hit 19	8:00 Morning Social 9:35 Mickey Mantle's Birth Anniversary 10:20 Jeopardy 11:30 A Jazzy Time 2:15 Chef's Day 3:15 Balloon Volleyball 4:00 Pet Chat 20	8:00 October IQ 9:35 Name That Anagram 10:20 Jokes & Riddles 11:30 Strength & Balance Workout 2:15 Performance: Jackie Carpenter 3:15 Mindful Meditation 4:30 Family Feud 21
7:30 Current Events 9:00 Daily Intro 9:35 Women's Chat 10:20 Pumpkin Decorating 11:00 Ballet Balance 2:15 All About Mahalia Jackson 4:30 Scouting Trivia 26	9:00 Daily Introduction 9:35 Word Mahjong 10:20 Game of Things – Halloween 11:00 Working Out the Kinks 2:15 Camouflage Animals Day 3:15 Balloon Volleyball 4:30 Cider on the Patio 27	8:00 Pick Your Puzzle 9:35 Mind Matters – Visual Spatial Games 10:20 Lotions and Potions 11:30 Participants' Choice 2:15 October Birthday Celebration 3:15 BINGO 4:30 Table Games 28

THURSDAY

FRIDAY

8:00 Table Talk Craft 9:35 Word Association Puzzles 10:20 Baseball & Babe Ruth Fun Facts 11:30 Julie Andrews Birthday Sing-along 2:15 Magic Kingdom Day 3:15 Cornhole Challenge 4:00 Prettiest Autumn Places 1	8:00 Houston News 9:35 Taboo Word Game 10:20 Peanuts – Joyous Quotes 11:30 New Participant Fellowship 2:15 Faithful Paws Dog Show 3:15 Stretch & Relax 4:30 Cranium-Board Game 2
8:00 Current Events 9:35 Puzzle Society 10:20 Watercolor Art Class 11:30 The Digital Smithsonian 2:15 Inventions That Changed History 3:15 Xbox Bowling 4:30 Scattergories 8	8:30 Coffee with Friends 9:30 Jeopardy 10:20 Life Stories 11:30 Titans That Built America 2:15 Performance: DeBakey Club Music as Medicine 3:15 Stretch and Meditate 4:30 50's-60's Sing-along 9
9:35 Pictionary 10:20 Random Houston History 11:30 I Love Lucy Anniversary 2:15 Amazing Place Annual Art Show 3:15 Putt-Putt Fun 4:00 Participants' Choice 4:30 Sequence 15	8:30 Table Talk 10:20 Drum Circle 11:00 Spinal Stretches for Seniors 11:30 Inspirational News 2:15 Isaac Newton 3:15 Meditation 4:00 Fall Conversations 16
8:00 Waking Up with Word Searches 9:35 Manly Merriment 11:30 Who Wants to Be a Millionaire? 1:00 Billiards 2:15 National Cat Day 3:15 Staying Limber 4:30 Skipbo 22	9:35 Junk Drawer Detective 10:20 Connect 4 Team Trivia 11:30 Name That Tune 1:00 Rummikub 2:15 International Artists Day 2:45 Refreshments 3:15 Target Practice 23
Costumes Welcome! 9:35 Cranium Crunches 10:20 Caption This 11:00 Balance Workout 11:30 Sweet History 1:00 Bible Study 2:15 Halloween Party 3:15 Up & Down Words 29	Costumes Welcome! 10:20 Batty or Believable? 11:30 Ghoulishly Funny Riddles 1:00 Leisure Hour 2:15 Travelogue – New York 3:15 Candy Toss Challenge 4:30 John Coltrane 30



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.