

OCTOBER MENU 2026

* Afternoon Snacks
© 2026

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

- Garden Salad - Chicken w/ Artichoke - Vegetable Rice Pilaf - Roasted Brussels Sprouts - Fresh Cut Fruit	- Fresh Cut Fruit - Grilled Trout w/ Pumpkin Seeds - Roasted Yukon Gold Potatoes - Broccoli w/ Herb Butter - Pecan Sandie Cookie	- Greek Salad - Grilled Salmon - Raisin Rice Pilaf - Roasted Squash - Cherry Chocolate Cookie	- Cole Slaw - Almond Crusted Trout - Tumeric Rice Pilaf - Asparagus w/ Peppers - Ginger Snap	- Spinach Garden Salad - Breaded Chicken w/ Caper Butter - Fresh Green Beans - Roasted Sweet Potatoes - Pumpkin Bread
Cheese & Grapes*	Bananas & Peanut Butter*	Peaches & Yogurt*	Apples & Peanut Butter*	Peaches & Yogurt*
12 CLOSED FOR COLUMBUS DAY	- Garden Salad - Italian Meat Sauce - Pasta Marinara - Roasted Zucchini - Ginger Snap	- Fruit Salad - Grilled Salmon - Mushroom Rice Pilaf - Asparagus & Carrots - Ranger Cookie	- Fresh Garden Salad - Greek Chicken w/ Tzatziki - Lemon Roasted Potatoes - Carrots w/ Basil - Pecan Brownies	- Green Goddess Salad - Chicken w/ Mushroom Marsala - Vegetable Medley - Garlic Mashed Potatoes - Oatmeal Chocolate Chip
	Apples & Peanut Butter*	Fresh Fruit*	Apples & Peanut Butter*	Fresh Fruit*
- Garden Salad - Grilled Chicken w/ Curry Sauce - Herbed Raisin Rice - Cauliflower & Carrots - Fresh Cut Fruit	- Mediterranean Slaw - Quinoa Crusted Chicken - Garlic Mashed Potatoes - Spinach & Greens - Pecan Sandie	- Green Goddess Salad - Slow Roasted Pork Tenders - Roasted Red Potatoes - Fresh Green Beans - Chocolate Chip Cookie	- Goat Cheese Salad - Grilled Herbed Trout - Sweet Potato Mash - Roasted Zucchini - Banana Bread	- Fruit Salad - Almond Crusted Chicken - Basil Rice - Asparagus & Peppers - Oatmeal Cookie
Apples & Peanut Butter*	Fresh Cut Fruit*	Cheese & Grapes*	Berries & Yogurt*	Bananas & Peanut Butter*
- Garden Salad w/Blueberries - Paprika Chicken - Almond Rice Pilaf - Vegetable Medley - Fresh Cut Fruit	- Carrot Raisin Slaw - Almond Crusted Trout - Roasted Squash - Corn Relish - Pumpkin Bread	- Caesar Salad - Salmon w/ Raspberry Glaze - Carrots w/ Basil - Roasted Red Potatoes - Cranberry Cookie	- Blue Cheese Salad - Pork Carnitas w/ Tomatillo Sauce - Roasted Sweet Potatoes - Green Beans w/Herb Butter - Blueberry Cake	- Fresh Cut Fruit - Grilled Chicken - Entrée Caesar Salad - Roasted Potatoes - Cherry Toll House Cookie
Cheese & Grapes*	Tuna & Chips*	Fresh Fruit*	Fruit & Yogurt*	Tuna & Chips*



OCTOBER 2026 DAY PROGRAM CALENDAR & MENU

621 Circle deMatel
Phone: (281)697-5885
AmazingPlaceHouston.org

Amazing Place will be closed for staff training on Friday, Nov 6



BRAIN HEALTH

Best Brain-Boosting Foods: What to Eat for Better Memory and Focus

- 10/7, 2–4pm, Amazing Place West

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

Move, Manage, and Mingle For Brain Health, Panel Discussion, LUNCH & LEARN

- 10/27, 11:30am–1pm, Amazing Place West

Memory Enhancement Workshop

- 11/3, 1–3pm, Amazing Place West



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

SUPPORT GROUPS

English Support Group

- 10/20, 12–1:30pm, Amazing Place West

Spanish Support Group

- 10/16, 12–1pm, Amazing Place West

CAREGIVER EDUCATION

Savvy Express

- 10/6 – 10/20, 10am–12pm, St. Bartholomew the Apostle Catholic
- 10/7 – 10/21, 10am–12pm, Virtual via ZOOM
- 11/3 – 11/17, 10am–12pm, Amazing Place West

Caregivers Connect

- 11/12, When Cognitive Impact Interferes with Communication, 10am–12pm, Amazing Place West

SPANISH LANGUAGE

Cuidando con Respeto

- 10/10 – 10/17, 10am–1pm, Virtual via ZOOM
 - 11/14 – 11/21, 10am–1pm, Amazing Place West
- ¡Conectandonos como Cuidadores!**
- 10/23, 6:30–8pm, ¡El Duelo!, Amazing Place West

MONDAY

TUESDAY

WEDNESDAY

OCTOBER ACTIVITIES

2026

© 2026

9:30 Putting the Past in Order 10:20 Watercolor Art Class 11:30 Space Categories 2:15 Mister McKinney History 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 Our First Jobs 11:00 Dance to Thrive 11:30 Things That Make You Go "Aww" 2:15 Italian Heritage Month 4:30 Bananagrams 6	8:00 Jigsaw Puzzles 9:35 Encyclopedia Challenge 10:20 Art Class 11:00 Morning Workout 2:15 Boost Your Brain Day 3:15 Mindful Meditation 4:30 Tea Time 7
CLOSED FOR COLUMBUS DAY 12	8:00 Men's Chat 9:35 Puzzling Matters 10:20 Travel Tales 11:00 Light Weight Training 2:15 Movie & Popcorn 3:15 Sharpshooter Contest 4:30 Participants' Choice 13	8:00 Family Chat 8:45 Houston Ballet 10:20 Dancing Memories 11:30 Dance Off 2:15 Participant Council Meeting 2:45 Refreshments 4:30 Dealer's Choice 14
8:00 Houston News 9:35 Mind Matters 10:20 Our Best Advice 11:00 Balance Workout 2:15 Nuts About Squirrels 3:15 Twofer Goofers 4:30 Name That 80's Hit 19	8:00 Morning Social 9:35 Name That Tune 10:20 Jeopardy 11:30 A Jazzy Time 2:15 Chef's Day 3:15 Laughter Yoga 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 The Eagles 3:15 Frisbee Fun 4:00 Family Feud 21
7:30 Women's Chat 9:00 Daily Intro 10:20 Pumpkin Decorating 11:00 Ballet Balance 11:30 Rock and Roll History 2:15 Andrew Singalong 4:00 Scouting Trivia 26	9:00 Good News Network 9:35 Word Mahjong 10:20 Game of Things 11:00 Working Out the Kinks 2:15 Tea and Trivia 3:15 Balloon Volleyball 4:30 Tea on the Patio 27	8:00 Pick Your Puzzle 9:35 Mind Matters – Visual Spatial Games 10:20 Cranium 11:30 Participants' Choice 2:15 National Cat Day 2:30 Up & Down Words 4:30 Table Games 28

THURSDAY

FRIDAY

8:00 Table Talk Craft 9:35 Word Association Puzzles 10:20 Fall Fancies 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 Consortium 2:15 Rock & Roll History '65-'69 3:15 Stretch & Relax 4:30 Cranium-Board Game 2
8:00 Current Events 9:35 Puzzle Society 11:00 Tai Chi 11:30 The Digital Smithsonian 2:15 The Draconid Meteor Shower 3:15 Xbox Bowling 4:30 Scattergories 8	8:30 Coffee with Friends 9:30 Jeopardy 10:20 Life Stories 11:30 Riddle Me This 2:15 Where Am I? 3:15 Stretch and Meditate 4:30 50's-60's Sing-along 9
9:35 Pictionary 10:20 Random Houston History 11:30 Rick Steves' Europe 2:15 Airships & Aviation 3:15 Putt-Putt Fun 4:00 Who Wants to be a Millionaire? 4:30 Sequence 15	8:30 Table Talk 10:20 Proofreading 11:00 Spinal Stretches for Seniors 11:30 Inspirational News 2:15 Faithful Paws Dog Show 3:15 Meditation 4:00 Scattergories 16
8:00 Waking Up with Watercolor 10:00 Would You Rather? 10:30 Music Interlude 1:00 Dominoes on the Patio 2:15 Travelogue - New Jersey 3:15 Staying Limber 4:30 Skipbo 22	9:05 This Day in History 9:35 Connect 4 Team Trivia 11:30 Name That Tune 1:00 Rummikub 2:15 Vintage Vegas 2:45 Refreshments 3:15 Target Practice 23
9:35 Cranium Crunches 11:00 Balance Workout 11:30 Caption This 1:00 Bible Study 2:15 October Birthday Celebration 3:00 BINGO 4:00 Sweet Touch 29	Costumes Welcome! 10:20 Batty or Believable? 11:30 Ghoulishly Funny Riddles 1:00 Leisure Hour 2:15 Halloween Party 3:20 Candy Toss Challenge 4:30 Name That Costume 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: Casey Chelton, AD, Participant Program Manager at 281.697.5885 or cchelton@amazingplacehouston.org.