

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Fresh Cut Fruit • Breaded Chicken Cutlet • Vegetable Medley • Roasted Potatoes • Oatmeal Raisin Cookie 	<ul style="list-style-type: none"> • Garden Salad • Chicken w/ Curry Sauce • Mushroom Rice Pilaf • Broccoli w/ Butter • Pecan Sandie 	<ul style="list-style-type: none"> • Spinach Salad • Grilled Salmon w/ Lemon Butter • Vegetable Rice Pilaf • Green Beans • Ranger Cookie 	<ul style="list-style-type: none"> • Garden Salad w/ Blue Cheese • Roasted Chicken • Mashed Potatoes • Carrot Lyonnaise • Chocolate Chip Cookie 	<div>CLOSED FOR STAFF TRAINING</div>
<ul style="list-style-type: none"> • Peanut Butter & Apples* 	<ul style="list-style-type: none"> • Cheese & Grapes* 	<ul style="list-style-type: none"> • Yogurt & Peaches* 	<ul style="list-style-type: none"> • Bananas & Peanut Butter* 	
<ul style="list-style-type: none"> • Fresh Fruit Salad • Chicken w/ Tzatziki • Roasted Squash Medley • Golden Raisin Rice Pilaf • Banana Bread 	<ul style="list-style-type: none"> • Garden Salad • Chicken Marsala • Asparagus w/ Herb Butter • Roasted Potatoes • Ginger Snap 	<ul style="list-style-type: none"> • Green Goddess Salad • Grilled Salmon • Tomato Rice Pilaf • Garlic Green Beans • Oatmeal Raisin Cookie 	<ul style="list-style-type: none"> • Carrot Raisin Slaw • Grilled Trout w/ Pumpkin Seeds • Vegetable Rice Pilaf • Asparagus & Peppers • Fresh Cut Fruit 	<ul style="list-style-type: none"> • Greek Salad • Rosemary Chicken • Garlic Mashed Potatoes • Carrots w/ Basil • Chocolate Almond Cookie
<ul style="list-style-type: none"> • Cheese & Grapes* 	<ul style="list-style-type: none"> • Yogurt & Fruit* 	<ul style="list-style-type: none"> • Apples & Peanut Butter* 	<ul style="list-style-type: none"> • Cheese & Grapes* 	<ul style="list-style-type: none"> • Fresh Fruit*
<ul style="list-style-type: none"> • Caesar Salad • Pecan Crusted Chicken • Horseradish Mashed Potatoes • Asparagus & Peppers • Brownie w/ Strawberries 	<ul style="list-style-type: none"> • Cucumber Sunomono w/ Pineapple • Grilled Salmon w/ Ginger Glaze • Vegetable Rice Stir Fry • Broccoli & Carrots • Fresh Cut Fruit 	<ul style="list-style-type: none"> • Garden Salad • Grilled Pork Tenderloin • Roasted Sweet Potatoes • Fresh Green Beans • Chocolate Cherry Cookie 	<ul style="list-style-type: none"> • Cole Slaw • Almond Crusted Trout • Turmeric Rice Pilaf • Carrots w/ Basil • Fresh Cut Fruit 	<ul style="list-style-type: none"> • Blue Cheese Salad • Chicken w/ Artichokes • Mushroom Rice Pilaf • Vegetable Medley • Ginger Snap
<ul style="list-style-type: none"> • Yogurt & Fruit* 	<ul style="list-style-type: none"> • Cheese & Grapes* 	<ul style="list-style-type: none"> • Fresh Fruit* 	<ul style="list-style-type: none"> • Birthday Cake* 	<ul style="list-style-type: none"> • Apples & Peanut Butter*
<ul style="list-style-type: none"> • Fresh Fruit Salad • Herbed Coated Chicken • Pasta w/ Marinara Sauce • Asparagus w/ Herb Butter • Ginger Snaps 	<ul style="list-style-type: none"> • Garden Salad • Grilled Salmon • Almond Rice Pilaf • Vegetable Medley • Fresh Fruit 	<ul style="list-style-type: none"> • Goat Cheese Salad • Roasted Chicken • Sweet Potato Mash • Green Beans • Cranberry Bread 		
<ul style="list-style-type: none"> • Cheese & Grapes* 	<ul style="list-style-type: none"> • Bananas & Peanut Butter* 	<ul style="list-style-type: none"> • Cheese & Fruit* 	<div>CLOSED FOR THANKSGIVING HOLIDAY</div>	<div>CLOSED FOR THANKSGIVING HOLIDAY</div>
<ul style="list-style-type: none"> • Greek Salad • Italian Meat Sauce • Pasta Marinara • Vegetable Medley • Ranger Cookies 				
<ul style="list-style-type: none"> • Fresh Fruit* 				

MENU

NOVEMBER

2026

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



AMAZING PLACE

3735 Drexel Drive

Phone: (713) 552-0420

AmazingPlaceHouston.org

NOVEMBER 2026

DAY PROGRAM

CALENDAR & MENU

PLEASE JOIN US FOR A

GRATEFUL GATHERING

A drop-in event with light bites and entertainment

Monday, November 9

5:00 – 6:30 pm

For Day Program and CST participants and up to two family members, this is an opportunity to connect with others and celebrate the season!

SPACE IS LIMITED. PLEASE RSVP.

SCAN to RSVP




Amazing Place will be closed for staff training on November 6

BRAIN HEALTH

Women and Brain Health WEBINAR

- 11/18, 12–1pm, Virtual via ZOOM

Aging Roadmap

- 10/29 – 11/12, 1–3pm, Memorial Drive Presbyterian

CAREGIVER EDUCATION

Caregivers Connect

- 11/4, Caregiver Q&A, 10am–12pm, Amazing Place Central
- 11/9, Good Grief!, 9:30–11am, Amazing Place Central
- 12/15, Magic Words for the Holidays, 10–11:30am, Amazing Place Central

SPANISH LANGUAGE

¡Conectandonos como Cuidadores!

- 12/4, 7–8:30pm, Palabras Mágicas Para Días Festivos, Memorial Drive Presbyterian

SUPPORT GROUPS

English Support Group

- 11/10, 12–1:30pm, Amazing Place

Young Adults English Support Group

- 11/13, 12–1:30pm, Amazing Place

Spanish Support Group

- 11/9, 7–8pm, Memorial Drive Presbyterian



Please register for all classes & groups at

amazingplacehouston.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Table Tent Craft 9:35 Loaded Questions 10:20 Word Mining 11:00 Chair Yoga & Stretch 2:15 Netherland Students 2:45 Refreshments 4:00 Acronyms Describing Us	9:00 Daily Introduction 9:35 Boat Load of Crossword 10:30 Junior League Concert 1:00 Games Galore 2:15 Election Day: Then & Now 4:00 Social Hour: Finish the Phrase 4:30 Participants' Choice	8:00 Morning Puzzlers 9:35 Name That Thing! 10:20 Keeping it Cool 11:00 Rhythmic Sticks 2:15 Faithful Paws Dog Show 4:00 Chicken Soup for the Soul 4:30 X-box Bowling	9:35 Mind Matters 10:20 Favorite Family Traditions 11:00 Bopping to the Oldies 2:15 The Nat King Cole Show 2:45 Refreshments 4:00 Bird Tales 4:30 Participants' Choice	CLOSED FOR STAFF TRAINING
8:00 Weekend Recap 9:35 Wordy Gurdy 10:20 Jeopardy 11:00 Morning Workout 2:15 Memory Preservation Nutrition™ 3:20 Stretch & Meditate 4:00 Would You Rather? 5:00 JOIN US! Grateful Gathering	8:00 Puzzling Matters 9:35 Good News Network 10:00 Fall Fun w/ St. Martin's 11:00 Tone It Up Tuesday 11:30 Thanksgiving Jeopardy 2:15 Operator, Please! 3:20 Laughter Yoga	9:00 On this day November History 9:35 Mind Matters 10:20 Veterans Day Discussion 11:00 Rhythmic Exercise Class 2:15 Profiles of Courage 3:20 Balloon Bash 4:30 Participants' Choice	9:35 Wordles & Connections 10:20 Tales of Thanks 11:30 Cranium Crunches 2:15 The Forgotten Astronaut 3:20 Stretch & Meditate 4:00 Cocoa & Conversations 4:30 AI Jokes	8:00 Jigsaw Fun 9:35 Cranium Crunches 10:20 Our Luckiest Moments 11:00 Dancing to the Oldies 11:30 Participants' Choice – Entertainment 2:15 Around the World – Customs & Traditions 4:30 Yellow Submarine Day
8:00 Puzzling Times 9:35 Mind Matters 10:20 Soap Making 11:30 Name That Tune 1:00 Dominoes 2:15 Aviation History Day 4:00 Finish the Saying	8:00 Morning Hangout 9:35 Homophones 10:20 Favorite Thanksgiving Memories 11:00 Take a Hike Day 1:00 Leisure Hour 2:15 Robert J. Oppenheimer 3:20 Singalong	8:00 Coffee Time 9:35 Mind Matters 10:20 A Day of Firsts 11:30 New Participants Consortium 1:00 Games and Puzzles 2:15 Rob Landes Performance 3:15 Pumpkin Toss	9:00 Daily Introduction 9:35 Cranium Crunches 10:20 Watercolor Painting 11:00 Rhythmic Exercise 11:30 "Friends" – Thanksgiving 2:15 November Birthdays' Party 4:30 Card Games	8:00 Current Events 9:35 Talking Tools 11:00 Friday Stretch & Flex 1:00 Rummikub 2:15 Participant Council 3:20 WordScapes 4:00 Name That Tune
9:00 Daily Introduction 9:35 Trivia & Word Puzzles 10:00 Houston Symphony Performance 11:30 "Little Big Shots" 2:15 PATH: Dance Performance 3:20 Afternoon Stretch 4:30 Participants' Choice	9:35 Word Mining 10:20 Reminiscing – Childhood Games 11:00 Balance Training 2:15 Thanksgiving: A Look at History & Traditions 3:20 Bolo Toss 4:00 Game of Things 4:30 Participants' Choice	8:00 Cider & Coffee Chat 9:35 Maze Dash 10:20 Synonyms & Antonyms 11:30 MoMA – Art Appreciation 2:15 Performance: Cindy Thomas 3:20 Turkey Shoot 4:00 Storytelling	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY
9:00 Daily Introduction & Weekend Recap 9:30 Cranium Crunches 10:20 Pie Talk 11:00 Morning Movement & Stretch 2:15 Travelogue: Turks & Caicos 3:15 Making Connections 4:00 Let's Talk Cookbooks	ACTIVITIES NOVEMBER 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: Yvonne Hoyos, AD, Participant Program Manager at 713.552.0420 or yhoyos@amazingplacehouston.org.