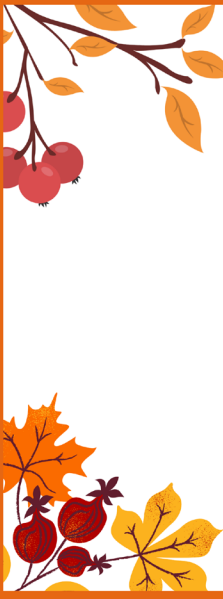


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none">• Fresh Cut Fruit• Breaded Chicken Cutlet• Vegetable Medley• Roasted Potatoes• Oatmeal Raisin Cookie 2	<ul style="list-style-type: none">• Garden Salad• Chicken w/ Curry Sauce• Mushroom Rice Pilaf• Broccoli w/ Butter• Pecan Sandie 3	<ul style="list-style-type: none">• Spinach Salad• Grilled Salmon w/ Lemon Butter• Vegetable Rice Pilaf• Green Beans• Ranger Cookie 4	<ul style="list-style-type: none">• Garden Salad w/ Blue Cheese• Roasted Chicken• Mashed Potatoes• Carrot Lyonnaise• Chocolate Chip Cookie 5	6 CLOSED FOR STAFF TRAINING
<ul style="list-style-type: none">• Peanut Butter & Apples*• Fresh Fruit Salad• Chicken w/ Tzatziki• Roasted Squash Medley• Golden Raisin Rice Pilaf• Banana Bread 9	<ul style="list-style-type: none">• Cheese & Grapes*• Garden Salad• Chicken Marsala• Asparagus w/ Herb Butter• Roasted Potatoes• Ginger Snap 10	<ul style="list-style-type: none">• Yogurt & Peaches*• Green Goddess Salad• Grilled Salmon• Tomato Rice Pilaf• Garlic Green Beans• Oatmeal Raisin Cookie 11	<ul style="list-style-type: none">• Bananas & Peanut Butter*• Carrot Raisin Slaw• Grilled Trout w/ Pumpkin Seeds• Vegetable Rice Pilaf• Asparagus & Peppers• Fresh Cut Fruit 12	<ul style="list-style-type: none">• Greek Salad• Rosemary Chicken• Garlic Mashed Potatoes• Carrots w/ Basil• Chocolate Almond Cookie 13
<ul style="list-style-type: none">• Cheese & Grapes*• Caesar Salad• Pecan Crusted Chicken• Horseradish Mashed Potatoes• Asparagus & Peppers• Brownie w/ Strawberries 16	<ul style="list-style-type: none">• Yogurt & Fruit*• Cucumber Sunomono w/ Pineapple• Grilled Salmon w/ Ginger Glaze• Vegetable Rice Stir Fry• Broccoli & Carrots• Fresh Cut Fruit 17	<ul style="list-style-type: none">• Apples & Peanut Butter*• Garden Salad• Grilled Pork Tenderloin• Roasted Sweet Potatoes• Fresh Green Beans• Chocolate Cherry Cookie 18	<ul style="list-style-type: none">• Cheese & Grapes*• Cole Slaw• Almond Crusted Trout• Turmeric Rice Pilaf• Carrots w/ Basil• Fresh Cut Fruit 19	<ul style="list-style-type: none">• Fresh Fruit*• Blue Cheese Salad• Chicken w/ Artichokes• Mushroom Rice Pilaf• Vegetable Medley• Ginger Snap 20
<ul style="list-style-type: none">• Yogurt & Fruit*• Fresh Fruit Salad• Herbed Coated Chicken• Pasta w/ Marinara Sauce• Asparagus w/ Herb Butter• Ginger Snaps 23	<ul style="list-style-type: none">• Cheese & Grapes*• Garden Salad• Grilled Salmon• Almond Rice Pilaf• Vegetable Medley• Fresh Fruit 24	<ul style="list-style-type: none">• Fresh Fruit*• Goat Cheese Salad• Roasted Chicken• Sweet Potato Mash• Green Beans• Cranberry Bread 25	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR THANKSGIVING HOLIDAY
<ul style="list-style-type: none">• Cheese & Grapes*• Greek Salad• Italian Meat Sauce• Pasta Marinara• Vegetable Medley• Ranger Cookies 30	<ul style="list-style-type: none">• Bananas & Peanut Butter*• Fresh Fruit*	<div><div>MENU NOVEMBER 2026</div><div>Amanda Smith, MPH, RDN, LD Amanda Smith, MPH, RDN, LD (DT 07118)</div></div>		



NOVEMBER 2026
DAY PROGRAM
CALENDAR & MENU

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



PLEASE JOIN US FOR A
GRATEFUL GATHERING

A drop-in event with light bites and entertainment

Thursday, November 19
4:30 - 6:00 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

Practical Tips for a Healthier You LUNCH & LEARN – SOLD OUT

- 11/11, 12–1pm, AP West

Women & Brain Health WEBINAR

- 11/18, 12–1pm, Virtual via ZOOM

Women & Brain Health LUNCH & LEARN

- 12/3, 12–1pm, AP West

Memory Enhancement Workshop

- 11/3, 1–3pm, AP West

SUPPORT GROUPS

English Support Group

- 11/17, 2–3:30pm, AP West

Spanish Support Group

- 11/20, 12–1pm, AP West

CAREGIVER EDUCATION

Savvy Caregiver Express

- 11/3–11/17, 10am–12pm, AP West

Caregivers Connect

- 11/12, When Cognitive Impact Interferes with Communication, 10am–12pm, AP West
- 12/10, Magic Words for the Holidays, 10–11:30am, AP West

SPANISH LANGUAGE

Cuidando con Respeto

- 11/14–11/21, 10am–1pm, AP West

¡Conectandonos como Cuidadores!

- 11/4, 6:30–7:30pm, Recuerdos De Mi Abuelo, AP West
- 12/4, 6:30–8pm, Palabras Magicas Para Dias Festivos, AP West

Please register for all classes & groups at AmazingPlaceHouston.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Table Tent Craft 9:35 Word Mining 10:20 Loaded Questions 11:00 Chair Yoga & Stretch 2:15 Where in the World? 2:45 Refreshments 4:00 Acronyms Describing Us	9:00 Daily Introduction 9:35 Crosswords Plus 10:20 Election Day Memories & Traditions 11:00 Light Exercise 2:15 Stephen F. Austin Birthday 4:00 Social Hour: Finish the Phrase 4:30 Participants' Choice	8:00 Morning Puzzlers 9:35 Name That Thing! 10:20 Brag a Little Day 11:30 Move & Groove 2:15 Famous Events & People in History 4:00 Chicken Soup for the Soul 4:30 Bowling	9:35 Visual Spatial Games 10:20 Favorite Family Traditions 11:00 Tai Chi 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?	8:00 Puzzling Matters 9:35 Good News Network 10:00 Proofreading Challenge 11:00 Tone It Up Tuesday 11:30 Traveling for Food 2:15 Table Puzzles 3:20 Fall Carnival Games	8:00 Coffee Chat 9:35 Mind Matters 10:20 Veterans Day Discussion 11:00 Physical Exercise 2:15 Profiles of Courage 3:20 Balloon Bash 4:30 Participants' Choice	9:35 Wordles & Connections 10:20 Life Stories 11:00 Tai Chi 2:15 Around the World – Customs & Traditions 3:20 Stretch & Meditate 4:00 Tea Time 4:30 AI Jokes – Yay or Nay?	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 11:00 Rhythmic Exercise 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 11:30 Singalong 1:00 Leisure Hour 2:15 Take a Hike Day 3:20 Laughter Yoga	8:00 Coffee Time 9:35 Mind Matters 10:20 Reminiscing 1st Jobs 11:00 Painting 1:00 Tabletop Games & Puzzles 2:15 Bob Dylan vs. Roy Orbison 4:00 Thesaurus Fun	9:00 Daily Introduction 9:35 Vocabulary Builders 10:20 New Participant Consortium 11:00 Tai Chi 11:30 "Friends" – Thanksgiving 2:15 November Birthdays' Party 4:30 JOIN US! Grateful Gathering	8:00 Current Events 9:35 Talking Tools 11:00 Rhythmic Exercise 1:00 Rummikub 2:15 Faithful Paws Dog Show 3:20 Participant Council 4:00 Name That Tune
9:00 Daily Introduction 9:35 Trivia & Word Puzzles 10:20 Talking Turkey 11:30 "Little Big Shots" 2:15 Billy the Kid's Day 3:20 Afternoon Stretch 4:30 Participants' Choice	9:35 Word Mining 10:20 Reminiscing – Childhood Games 11:30 Balance Training 2:15 Trotter Concert 3:20 Bolo Toss 4:00 Game of Things 4:30 Participants' Choice	8:00 Coffee Social 9:35 Maze Dash 10:20 Synonyms & Antonyms 11:30 MoMA – Art Appreciation 2:15 Thanksgiving – A Look at the History & Traditions 3:20 Pop Darts 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 Scattergories 3:15 Making Connections 4:00 Jeopardy	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: Casey Chelton, AD, Participant Program Manager at 713.697.5885 or cchelton@amazingplacehouston.org.