MENU DECEMBER

* Afternoon Snacks

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 · Garden Salad · Pecan Crusted Chicken · Garlic Mashed Potatoes · Fresh Green Beans · Banana Bread · Peaches & Yogurt*	2 · Fresh Fruit Salad · Grilled Salmon · Vegetable Medley · Pesto Rice Pilaf · Chocolate Chip Cookie · Tuna & Chips*	3 · Green Goddess Salad · Grilled Trout w/ Pumpkin Seeds · Sweet Potato Mash · Asparagus & Peppers · Fresh Cut Fruit · Cheese & Grapes*	4 · Cole Slaw · Roasted Pork Tenderloin · Spaghetti Squash · Carrots & Basil · AP Ranger Cookie · Peanut Butter & Apples*
7 · Garden Salad w/ Blue Cheese · Quinoa Crusted Chicken · Carrots w/ Basil · Roasted Squash Medley · Peanut Butter Cookie · Cheese & Bread*	8 · Fresh Fruit Salad · Grilled Salmon w/ Artichokes · Mushroom Rice Pilaf · Vegetable Medley · Fresh Cut Fruit · Birthday Cake*	9 · Green Goddess Salad · Paprika Chicken · Pesto Red Potatoes · Carrots w/Basil · Ginger Snap · Berries & Yogurt Parfait*	10 · Sundried Tomato Salad · Almond Crusted Trout · Turmeric Rice Pilaf · Zucchini & Tomatoes · Baked Apples w/ Cinnamon · Peppermint Brownie*	11 · Tomato Feta Salad · Chicken Marsala · Roasted Potatoes · Fresh Green Beans · Peanut Butteries · Cheese & Grapes*
14 · Apple & Goat Cheese Salad · Breaded Chicken Cutlet · Mashed Potatoes · Broccoli w/ Lemon · Gingerbread Cake · Cheese & Grapes*	15 · Fresh Fruit Salad · Herb Crusted Trout · Roasted Red Potatoes · Garlic Green Beans · Oatmeal Raisin Cookie · Peanut Butter & Apples*	16 · Garden Salad · Fresh Salmon · Rosemary Sweet Potatoes · Asparagus & Peppers · Almond Cinnamon Cookie · Gazpacho & Chips*	17 · Artichoke & Olive Salad · Almond Chicken · Vegetable Rice Pilaf · Carrots & Basil · Ginger Snap · Bananas & Crackers*	18 · Garden Salad w/ Beets · Arugula Crusted Chicken · Dill Mashed Potatoes · Vegetable Medley · Oatmeal Chocolate Chip · Guacaomoe & Chips*
21 · Fresh Fruit · Chicken w/ Yogurt Curry Sauce · Herbed Rice w/ Raisins · Carrots w/ Basil · Berry Kuchen · Cheese & Grapes*	22 · Blue Cheese Salad · Grilled Salmon · Garlic Mashed Potatoes · Asparagus w/ Peppers · Ginger Snap · Peanut Butter & Apples*	23 · Spinach Salad · Roasted Chicken w/ Cranberries · Fresh Green Beans · Sweet Potato Mash · Pumpkin Bread · Cookies & Milk w/ Santa Stories*	24 Christmas & New Year Holiday Break	25
28	29	30	31	

Christmas & New Year Holiday Break

AMAZING PLACE®

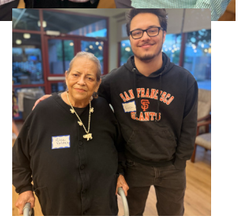
3735 Drexel Drive
Phone: (713) 552-0420
AmazingPlaceHouston.org

DECEMBER 2026 DAY PROGRAM CALENDAR & MENU

WE ARE ESPECIALLY GRATEFUL FOR OUR AMAZING PLACE PARTICIPANTS AND THEIR FAMILIES. WISHING YOU ALL THE JOYS OF THE SEASON!





BRAIN HEALTH

AI, Brain Health & Longevity
- 1/21, 10–11am, St. Anne Catholic

SUPPORT GROUPS

Young Adults English Support Group
- 12/11, 12–1:30pm, Amazing Place Central or Virtual

English Support Group
- 12/8, 12–1:30pm, Amazing Place Central

Spanish Support Group
- 12/7, 7–8pm, Memorial Drive Presbyterian

CAREGIVER EDUCATION

Savvy Caregiver Express
- 12/2 – 12/16, 10:30am–12:30pm, Virtual

Caregivers Connect
- 12/15, Magic Words for the Holidays, 10–11:30am, Amazing Place Central

SPANISH LANGUAGE

¡Conectandonos como Cuidadores!
- 12/4, Palabras Magicas Para Dias Festivos, 7:00–8:30pm, Memorial Drive Presbyterian

Cuidando con Respeto
- 1/26 – 1/28, 7:00-9:00pm, Amazing Place Central or Virtual

Please register for all classes at amazingplacehouston.org.

ACTIVITIES DECEMBER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00 December Table Talk 9:30 NYT Brain Games 11:00 Balance Workout 11:30 Amazing Christmas Lights 2:15 Iceland's Northern Lights 3:15 Seated Yoga 4:30 OuiSi	**2** 8:00 Coffee Social 9:30 TimeSlips 10:20 Game of Things 1:00 Rummikub & Mahjong 2:15 Rockefeller Christmas 4:00 Name That Tune Christmas Edition 4:30 Low Tea (lite bite w/tea)	**3** 9:30 Crosswords Puzzles 10:20 Daily Chronicle 11:00 Rhythmic Workout 11:30 Music of Andy Williams 2:15 Houston Ballet Talk 3:15 Stretch and Meditate 4:00 Our Greatest Accomplishments	**4** 9:00 Daily Introduction 9:30 Word Mining: Hanukkah 11:00 Stretch and Meditate 11:30 Beverly Hillbillies' Christmas 2:15 Faithful Paws Dog Show 2:50 Refreshments 4:00 Would You Rather? – Winter Edition
7 8:00 Weekend Recap 9:30 Cranium Crunches 10:20 Flower Arranging 11:30 Nordic Noel Trivia 2:15 Participant Council 3:15 Festive Balloon Volleyball 4:30 Sequence	**8** 9:30 Proof It 10:20 Reindeer Riddles 11:00 Morning Workout 11:30 Traveling with Rick Steves 2:15 December Birthdays! 3:15 Left, Right, Center 4:30 Patio Chat	**9** Wear Your Holiday Gear! 8:30 Coffee Chat 9:30 Fill-in-the-blank 10:00 ROCO's Nathan Williams 11:00 Rhythmic Exercise 11:30 Family Feud 2:15 Christmas Party! Part One 3:20 Bowling 4:00 Loaded Questions	**10** Wear Your Holiday Gear! 9:30 Up & Down Words 10:20 The Memory Tree 11:00 Balance Workout 11:30 Good News Network 1:00 Leisure Games 2:15 Christmas Party! Part Two 4:30 Bananagrams	**11** 9:30 Strands & Connections 10:20 Holiday Reminiscing 11:00 Stand & Stretch 11:30 Ted Talk 2:15 Our Lady of Guadalupe 3:15 Bowling 4:30 Patio Chat
14 9:30 Wacky Wordies 10:00 Houston Symphony Performance 11:00 Tai Chi 11:30 Good News Network 1:00 Bible Study 2:15 "Gift of the Magi" 4:30 Chicken Soup for the Soul	**15** 8:00 Current Events 9:30 Where in the World? 10:20 The Price is Right 11:30 The Real North Pole Docuseries 2:15 Health Benefits of Chocolate (with samples) 3:15 Stretch and Meditate 4:30 OuiSi	**16** 9:30 Best Gifts – Past and Present 10:20 Charades 11:00 Rhythmic Workout 11:30 Riddle Me This 2:15 Star of the Month 3:15 Holiday Dance Party 4:30 Card Games	**17** 8:00 Jigsaw Fun 9:30 Cognitive Workout 10:20 Holiday Cards 11:30 Name That Tune 1:00 Dominoes & Rummikub 2:15 Sunshiners' Band Concert	**18** 9:00 This Day in History 9:30 Men's Group 10:20 Drum Circle 11:30 Participants' Choice 2:15 Best News of 2026! 3:15 Jeopardy Trivia 4:30 Faces & Places
21 Ugly Sweater Day! 9:30 What's That Sound? 10:20 Officially Winter 11:00 Tai Chi 11:30 MoMA – Art Appreciation 1:00 Dominoes 2:15 Hot Cocoa Social 2:45 *It's a Wonderful Life* Movie & Popcorn	**22** Wear Red and Green! 9:30 Spot the Difference 10:20 Timeslips 11:00 Aerobic Fun 11:30 Hymns and Holiday Tunes 2:15 Movie Moments – Christmas Edition 2:45 Refreshments 4:00 Life Stories	**23** Wear Your Holiday Accessories! 8:00 Puzzling Matters 9:30 Thematik (Go Comics) 11:00 Jingle Bell Workout 11:30 Winter Nature 1:00 Christmas Bible Study 2:15 Christmas Around the World 4:00 The Precious Present	**24** Christmas & New Year Holiday Break	**25**
28	**29**	**30**	**31**	
Christmas & New Year Holiday Break				

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: Yvonne Hoyos, AD, Participant Program Manager at 713.552.0420 or yhoyos@amazingplacehouston.org.