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®
621 Circle deMatel
Phone: (281) 697-5885
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

Women & Brain Health LUNCH & LEARN
- 12/3, 12–1pm, Amazing Place West

Navigating Your Aging Journey LUNCH & LEARN
- 1/13, 12–1pm, Amazing Place West

SUPPORT GROUPS

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

English Support Group
- 12/15, 12–1:30pm, Amazing Place West

Spanish Support Group
- 12/18, 12–1pm, Amazing Place West

CAREGIVER EDUCATION

Savvy Caregiver Express
- 12/2 – 12/16, 10:30am–12:30pm, Virtual
- 1/14 – 1/28, 10am–12pm, Amazing Place West

Caregivers Connect
- 12/10, Magic Words for the Holidays, 10–11:30am, Amazing Place West
- 1/7, It's a New Year – I Need a Break!, 10–11:30am, Amazing Place West

SPANISH LANGUAGE

¡Conectandonos como Cuidadores!
- 12/4, Palabras Magicas Para Dias Festivos, 6:30–8:00pm, Amazing Place West

Please register for all classes & groups 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 Laughter Yoga 4:30 OuiSi	**2** 8:00 Coffee Social 9:30 Merriam Webster Games 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 Chronicles 11:00 Tai Chi 11:30 Music of Andy Williams 2:15 Scattergories 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 December Random Trivia 2:50 Refreshments 4:00 Would You Rather? – Winter Edition
7 8:00 Weekend Recap 9:30 Cranium Crunches 10:20 Art with Friends 11:30 Nordic Noel Trivia 2:15 What Am I? 3:15 Balloon Volleyball 4:30 Scattergories	**8** 9:30 Proof It 10:20 What Am I? 11:00 Morning Workout 11:30 Traveling with Rick Steves 2:15 Christmas Party! Part One 3:15 Left, Right, Center 4:30 Patio Chat	**9** 8:30 Coffee Chat 9:30 Fill-in-the-blank 10:20 Painting Class 11:00 Rhythmic Exercise 11:30 Family Feud 2:15 Christmas Party! Part Two 3:20 Bowling 4:00 Loaded Questions	**10** 9:30 Up & Down Words 10:20 The Memory Tree 11:00 Tai Chi 11:30 Good News Network 1:00 Leisure Games 2:15 Ballet Talk 4:30 Bananagrams	**11** 9:30 Strands & Connections 10:20 Stories of Kindness 11:00 Stand & Stretch 11:30 Name That Tune 2:15 Our Lady of Guadalupe 3:15 Bowling 4:30 Patio Chat
14 9:30 Wacky Wordies 10:00 "Gift of the Magi" 11:00 Seated Yoga 11:30 Good News Network 1:00 Bible Study 2:15 Trotters Performance Christmas Special 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 Biographies 2:15 Health Benefits of Chocolate 3:15 Stretch and Meditate 4:30 OuiSi	**16** 9:30 Charades 10:20 Best Gifts – Past and Present 11:00 Rhythmic Workout 11:30 Riddle Me This 2:15 Star of the Month 3:15 Jeopardy 4:30 Card Games	**17** 8:00 Jigsaw Fun 9:30 Cognitive Workout 10:20 Art Class 11:30 Musicians Highlight 1:00 Dominoes & Rummikub 2:15 Christmas in Iceland 3:20 Stretch Away the Stress	**18** 9:00 This Day in History 9:30 Men's Group 10:20 20 Questions 11:30 Participants' Choice 2:15 Faithful Paws Dog Show 3:15 Student Piano Recital 4:30 Faces & Places
21 9:30 What's That Sound? 10:20 Officially Winter 11:00 Stepping Up Exercises 11:30 MoMA – Art Appreciation 1:00 Dominoes 2:15 Andrew Sings Holiday Hits 2:45 *It's a Wonderful Life* Movie & Popcorn	**22** 9:30 Spot the Difference 10:20 Timeslips 11:00 Aerobic Fun 11:30 Name That Tune 2:15 Movie Moments – Christmas Edition 2:45 Refreshments	**23** 4:00 Life Stories 8:00 Puzzling Matters 9:30 Thematik 11:00 Jingle Bell Workout 11:30 Trivia Fun 1:00 Christmas Bible Study 2:15 Scents of the Season	**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: Casey Chelton, AD, Participant Program Manager at (281)697-5885 or cchelton@amazingplacehouston.org.