

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 JULY 2022 MENU 				
4 CLOSED FOR JULY 4TH HOLIDAY	5 CLOSED FOR JULY 4TH HOLIDAY	6 <ul style="list-style-type: none"> Blue Cheese Salad Homestyle Meat Loaf Garlic Mashed Potatoes Roasted Zucchini Oatmeal Cookie Peanut Butter & Crackers 	7 <ul style="list-style-type: none"> Carrot Raisin Slaw Tarragon Grilled Salmon Horseradish Mashed Potatoes Vegetable Medley Fresh Cut Fruit Cheese & Crackers 	1 <ul style="list-style-type: none"> Green Goddess Salad Cumin & Rosemary Grilled Chicken Sweet Potato Mash Green Beans w/ Basil Butter Oatmeal Cookie Bananas
11 <ul style="list-style-type: none"> Garden Salad Pecan Crusted Chicken Garlic Mashed Potatoes Carrots & Basil Spice Cake Cheese & Grapes 	12 <ul style="list-style-type: none"> Fresh Cut Fruit Herb Crusted Chicken Carrot & Basil Rice Pilaf Green Beans w/ Basil Butter Fresh Cut Fruit Cheese & Crackers 	13 <ul style="list-style-type: none"> Feta & Cabbage Slaw Pork Schnitzel Horseradish Mashed Potatoes Green Beans & Red Bell Peppers Fresh Cut Fruit Peanut Butter & Crackers 	14 <ul style="list-style-type: none"> Caesar Salad Dill Grilled Salmon Mushroom Rice Pilaf Vegetable Medley Ginger Snap Fresh Cut Fruit 	8 <ul style="list-style-type: none"> Greek Salad Grilled Chicken w/ Lemon Butter Pasta Ratatouille Asparagus w/ Herb Butter Fresh Cut Fruit Snack Cake
18 <ul style="list-style-type: none"> Greek Salad Breaded Chicken Cutlet Garlic Mashed Potatoes Vegetable Medley Chocolate Chunk Cookie Black Bean Dip & Chips 	19 <ul style="list-style-type: none"> Garden Salad Pork Tenderloin Carnitas Cumin Roasted Potatoes Carrots & Green Beans Chocolate Chunk Cookie Cheese & Crackers 	20 <ul style="list-style-type: none"> Cucumber Yogurt Salad Rosemary Grilled Chicken Raisin Rice Pilaf Roasted Zucchini Fresh Cut Fruit Peanut Butter & Crackers 	21 <ul style="list-style-type: none"> Fresh Cut Fruit Grilled Salmon w/ Tomato Cream Horseradish Mashed Potatoes Vegetable Medley Cranberry Cookie Cheese & Crackers 	15 <ul style="list-style-type: none"> Ferro Salad Vegetarian Picadillo Sweet Potato Mash Black Beans w/ Peppers Ginger Snap Gazpacho & Chips
25 <ul style="list-style-type: none"> Garden Salad Chicken Parmigiana Pasta Marinara Roasted Squash & Mushrooms Carrot Cake Peanut Butter & Crackers 	26 <ul style="list-style-type: none"> Fresh Cut Fruit Grilled Chicken w/ Artichoke Butter Mushroom Rice Pilaf Vegetable Medley Carrot Cake Gazpacho & Chips 	27 <ul style="list-style-type: none"> Caesar Salad Pork Tenderloin w/ Lentil Chili Roasted Rosemary Potatoes Green Beans w/ Basil Butter Pecan Brownie Yogurt & Peaches 	28 <ul style="list-style-type: none"> Cucumber Quinoa Salad Grilled Mahi Mahi Horseradish Mashed Potatoes Vegetable Medley Pecan Brownie Cheese & Crackers 	29 <ul style="list-style-type: none"> Blue Cheese Salad Grilled Chicken w/ Lemon Butter Mushroom Pasta Au Gratin Asparagus w/ Herb Butter Fresh Cut Fruit Cheese & Crackers



FAMILY SPIRIT

DAY PROGRAM CALENDAR AND MENU ← JULY 2022





WELCOME, SUMMER STUDENT VOLUNTEERS!

We are elated to have our STARS program (Student Training in Alzheimer's and Respite in the Summer) back and off to a great start! After a full day of training led by Ava Brown, STARS Program Development Intern, this group of 19 outstanding young men and women were ready to meet our participants and begin engaging in activities with them.

In order to be selected, each volunteer completes a comprehensive application detailing why they want to be a part of our team. Once selected, they commit to completing 40 volunteer hours before the program wraps up in August. Because of the relationships they form with our participants and staff, many of them end up donating much more of their time. Our 2022 STARS represent 10 local high schools and 1 university and bring an array of talents to our Day Program. We have dancers, artists, tennis players, animal lovers, and musicians in the group.

STAR Charlotte said, "So far, I've seen what good I can do and seen the good things happening here. It gives me hope for people with this disease. The sense of community here is unlike anything I've ever felt anywhere else. The staff is incredibly generous and the participants are taken very good care of. I look forward to coming here every day." Well said! We are extremely grateful for the energy and enthusiasm they bring to our Day Program. Welcome STARS!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2022				
CLOSED FOR JULY 4TH HOLIDAY				
<p>4</p> <p>7:30 AM Waking Up with Friends 11</p> <p>9:35 AM Musical Sing-along</p> <p>10:20 AM Cutest Pet Pics</p> <p>11:00 AM Stretch & Strengthen</p> <p>11:30 AM Incredible Insects – Bees</p> <p>2:00 PM National Motorcycle Week</p> <p>4:30 PM Scrabble</p>	<p>5</p> <p>8:00 AM Morning Funnies 12</p> <p>9:35 AM Family Feud – "Survey Says"</p> <p>10:20 AM Reminiscing</p> <p>11:30 AM Songs of Summer</p> <p>2:00 PM Henry David Thoreau</p> <p>2:45 PM Refreshments</p> <p>3:20 PM Department Stores of the Past</p>	<p>6</p> <p>8:00 AM Current Events</p> <p>9:35 AM Crossword Puzzles</p> <p>10:20 AM Most Wild Stories</p> <p>11:30 AM Name That Tune</p> <p>1:00 PM Leisure Hour</p> <p>2:00 PM Travelogue – Pamplona Spain</p> <p>4:00 PM The Birth of the Bikini</p>	<p>7</p> <p>8:00 AM Word Games</p> <p>9:35 AM Odd One Out</p> <p>11:00 AM Drumming Along</p> <p>11:30 AM Who Am I?</p> <p>2:00 PM The Golden Age of the Circus</p> <p>2:45 PM Refreshments</p> <p>4:00 PM Talking About Forgiveness</p>	<p>8</p> <p>7:30 AM Coffee Social 1</p> <p>9:35 AM Men's Group – Patriotic Trivia</p> <p>10:20 AM The Best American Founding Fathers</p> <p>11:30 AM International Joke Day</p> <p>2:00 PM Tour De France Begins</p> <p>2:45 PM Refreshments</p> <p>4:00 PM Storytelling</p> <p>8:00 AM Coffee Chat 8</p> <p>9:35 AM Men's Chat – Tool Time</p> <p>10:20 AM Sharing Life's Stories</p> <p>11:30 AM Firefly Facts</p> <p>1:00 PM Movie & Popcorn – Forest Gump</p> <p>2:00 PM Argentina & the Tango</p> <p>4:30 PM Banagrams</p>
<p>18</p> <p>7:30 AM Browsing Reminisce Magazine</p> <p>9:35 AM Wordy Gurdy</p> <p>11:00 AM Light Exercise</p> <p>11:30 AM Monday Funnies</p> <p>1:00 PM Bridge Club</p> <p>2:00 PM Nelson Mandela's Birthday</p> <p>3:20 PM Mindful Meditation</p>	<p>19</p> <p>8:00 AM July Word Search</p> <p>9:35 AM Analogy Challenge</p> <p>10:20 AM Painting Class</p> <p>11:00 AM Zumba</p> <p>11:30 AM Kids Say the Darndest Things</p> <p>1:00 PM Dominoes Tournament</p> <p>2:00 PM Spanish Speaker Hangout</p>	<p>20</p> <p>8:00 AM Horoscope Fun</p> <p>9:35 AM Creative Writing – Timeslips</p> <p>10:20 AM Art Class</p> <p>11:00 AM Light Weight Workout</p> <p>11:30 AM Rick Steves Travel</p> <p>2:00 PM Man on the Moon Day</p> <p>4:00 PM Karaoke Jukebox</p>	<p>21</p> <p>8:00 AM Jigsaw Fun</p> <p>9:35 AM You Be the Judge</p> <p>10:20 AM Virtual Tour of your Choice</p> <p>11:30 AM Word Spector</p> <p>1:00 PM Bible Study</p> <p>2:00 PM Robin Williams' Legacy of Laughter</p> <p>4:00 PM Funny Teacher Stories from Reader's Digest</p>	<p>22</p> <p>7:30 AM Puzzling Matters 15</p> <p>9:35 AM Men's Coffee Chat</p> <p>10:20 AM Songs of Summer</p> <p>11:30 AM Science Chat</p> <p>1:00 PM Bible Study</p> <p>2:00 PM Remember Rembrandt</p> <p>4:30 PM Xbox Bowling</p> <p>8:00 AM Advice Column 22</p> <p>9:35 AM Men's Group</p> <p>10:20 AM Loaded Questions</p> <p>11:30 AM Spot the Difference</p> <p>1:00 PM Bridge Club</p> <p>2:00 PM Solve the Spoonerism</p> <p>4:00 PM Participants' Choice</p>
<p>25</p> <p>8:00 AM Houston News</p> <p>9:35 AM Jeopardy</p> <p>10:20 AM Hat Chat</p> <p>11:30 AM Freerice.com – Grammar</p> <p>2:15 PM Name That Tune</p> <p>4:00 PM Tea Time Social</p> <p>4:30 PM Banagrams</p>	<p>26</p> <p>8:00 AM Astros Update</p> <p>9:35 AM 4 Pictures 1 Word</p> <p>10:20 AM Bird Tales</p> <p>11:00 AM Balance Exercises</p> <p>11:30 AM Finish the Proverb</p> <p>2:15 PM Apollo 15 Anniversary</p> <p>4:00 PM Xbox Kinect</p>	<p>27</p> <p>8:30 AM Gardening with David</p> <p>9:35 AM Junk Drawer Detective</p> <p>10:20 AM Most Beautiful Places</p> <p>11:30 AM Riddle Me This</p> <p>2:00 PM July Birthday Celebration</p> <p>2:45 PM BINGO</p> <p>4:00 PM Scrabble</p>	<p>28</p> <p>8:00 AM Puzzling Matters</p> <p>9:35 AM Visual-Spatial Games</p> <p>11:00 AM Thursday Workout</p> <p>11:30 AM America's Got Talent</p> <p>1:00 PM Billiards</p> <p>2:15 PM Team Crossword</p> <p>4:00 PM Tea Time</p>	<p>29</p> <p>8:30 AM Advice Column Critique 29</p> <p>9:35 AM Men's Coffee Chat</p> <p>10:20 AM Finish the Proverb</p> <p>11:00 AM Balancing Training</p> <p>11:30 AM 60's Sing-along</p> <p>2:15 PM Movie & Popcorn</p> <p>4:30 PM Skipbo</p>

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: Emile Unverzagt, MA, AD/TXC, Participant Program Director - 713.552.0420 or eunverzagt@amazingplacehouston.org

VIRTUAL ACTIVITY PROGRAM SCHEDULE

You can find our monthly Virtual Activity Program schedule on our website. Simply visit AmazingPlaceHouston.org and locate the "Virtual Activity Program Schedule" page under the "Day Program" tab on the blue menu bar.

We look forward to bringing you exciting and engaging programs M - F, 10am - Noon & 1 - 3 pm!