


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>JANUARY 2025</b>				
		<b>CLOSED FOR NEW YEAR'S DAY</b>		
<ul style="list-style-type: none"> <li>• Fresh Cut Fruit</li> <li>• Chicken w/ Curry Sauce</li> <li>• Roasted Potatoes</li> <li>• Broccoli</li> <li>• Chocolate Chunk Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Green Goddess Garden Salad</li> <li>• Grilled Trout</li> <li>• Roasted Sweet Potatoes</li> <li>• Asparagus &amp; Carrots</li> <li>• Ranger Cookie</li> <li>• Peanut Butter &amp; Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Apples &amp; Blue Cheese Salad</li> <li>• Pecan Crusted Chicken</li> <li>• Garlic Mashed Potatoes</li> <li>• Fresh Green Beans</li> <li>• Pecan Sandie</li> <li>• Bananas &amp; Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Salad</li> <li>• Grilled Chicken w/ Olive Tapenade</li> <li>• Pasta Marinara</li> <li>• Roasted Squash Medley</li> <li>• Brownie</li> </ul>	<ul style="list-style-type: none"> <li>• Honey Mustard Garden Salad</li> <li>• Tarragon Chicken</li> <li>• Garlic Mashed Potatoes</li> <li>• Carrots w/ Mushrooms</li> <li>• Ginger Snap</li> </ul>
<ul style="list-style-type: none"> <li>• Breaded Chicken Cutlet</li> <li>• Garlic Mashed Potatoes</li> <li>• Green Beans &amp; Carrots</li> <li>• Oatmeal Raisin Cookie</li> <li>• Peanut Butter &amp; Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Cole Slaw</li> <li>• Grilled Salmon</li> <li>• Mushroom Rice Pilaf</li> <li>• Carrots w/ Basil</li> <li>• Brownie</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach Salad</li> <li>• Sun-dried Tomato Chicken</li> <li>• Asparagus &amp; Red Peppers</li> <li>• Roasted Sweet Potatoes</li> <li>• Ranger Cookie</li> <li>• Bananas w/ Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot Raisin Slaw</li> <li>• Raspberry Glazed Salmon</li> <li>• Pesto Potatoes</li> <li>• Roasted Zucchini w/ Tarragon</li> <li>• Peanut Butteries</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fruit</li> <li>• Grilled Chicken Caesar</li> <li>• Artichoke Relish &amp; Roasted Potatoes</li> <li>• Tomatoes &amp; Cucumbers</li> <li>• Ginger Snap</li> </ul>
<b>CLOSED FOR MLK HOLIDAY</b>		<ul style="list-style-type: none"> <li>• Garden Salad w/ Cranberries</li> <li>• Paprika Chicken w/ Mushrooms</li> <li>• Garlic Mashed Potatoes</li> <li>• Fresh Green Beans</li> <li>• Peanut Butter Cookie</li> <li>• Cheese &amp; Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Feta Salad</li> <li>• Roasted Herb Chicken</li> <li>• Turmeric Rice Pilaf</li> <li>• Roasted Zucchini &amp; Mushrooms</li> <li>• Carrot Raisin Cake</li> <li>• Bananas &amp; Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Blue Cheese Salad</li> <li>• Grilled Fresh Fish</li> <li>• Roasted Potatoes</li> <li>• Carrots &amp; Basil</li> <li>• Almond Spiced Cookie</li> </ul>
<ul style="list-style-type: none"> <li>• Pineapple Slaw</li> <li>• Chicken w/ Curry Sauce</li> <li>• Roasted Potatoes</li> <li>• Broccoli</li> <li>• Chocolate Chunk Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Blue Cheese Salad</li> <li>• Italian Meat Sauce</li> <li>• Pasta Marinara</li> <li>• Carrots w/ Green Beans</li> <li>• Oatmeal Raisin Cookie</li> <li>• Yogurt &amp; Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber &amp; Wheat Bulgar Salad</li> <li>• Grilled Salmon</li> <li>• Raisin Rice Pilaf</li> <li>• Broccoli w/ Herb Butter</li> <li>• Fresh Cut Fruit</li> <li>• Peanut Butter &amp; Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fruit</li> <li>• Almond Crusted Trout</li> <li>• Turmeric Rice Pilaf</li> <li>• Fresh Green Beans</li> <li>• Fig &amp; Olive Oil Cake</li> <li>• Artichoke Dip &amp; Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Salad</li> <li>• Mushroom Caper Pizza</li> <li>• Grilled Chicken Caesar Salad</li> <li>• Tomatoes &amp; Cucumbers</li> <li>• Peanut Butter Cookie</li> <li>• Cheese &amp; Crackers</li> </ul>



# FAMILY SPIRIT

DAY PROGRAM CALENDAR AND MENU ← JANUARY 2025

## 2025 Is A Time To Rethink Caregiving Skills


The New Year is an opportunity to rethink how we can better our lives while caring for those around us. Signing up for one or more of Amazing Place's many Caregiver programs is a great place to start! Our Caregiver Education offerings are an incredible resource to help you through every stage of the disease, not just when caring for someone with mild to moderate dementia.

**Savvy Caregiver®** and **Savvy Express** are our licensed, evidence-based programs for caregiving families and friends. Additionally, our **Caregiver Programs Director Sharon Cantrell, MS**, [scantrell@amazingplacehouston.org](mailto:scantrell@amazingplacehouston.org), has created two additional free offerings, **Caregivers Connect!** and **Caregivers Plus**. For those looking for a less formal gathering on a single topic, **Caregivers Connect!** is an opportunity to share strategies, learn new tips and make new friends with peers. **Caregivers Plus** is designed for those who may be facing new challenges as dementia progresses.

"We are with you every step of the way and always looking for meaningful ways to support our caregivers," says Sharon. "Our Day Program families are our best advocates, so if you know of a dementia caregiver in our community who needs help, please tell them to call us." Our **Care Navigation Specialist Lauren Bradley, LCSW** ([lbradley@amazingplacehouston.org](mailto:lbradley@amazingplacehouston.org)) is happy to help and available to the community at large.


We also want to remind **Day Program** families that next step advice is as easy as reaching out to our own **Family Services Director Arlene Schollaert, MS, LCSW**, [aschollaert@amazingplacehouston.org](mailto:aschollaert@amazingplacehouston.org), and that Support Groups in collaboration with the Alzheimer's Association are a valuable resource we provide monthly both in English and Spanish.

Inside you'll find a full listing of our upcoming classes. In signing up for a session, caregivers are caring for themselves and those they love in powerful ways.



choices particularly in nutrition and exercise. No one can do this!"

David Katz, Director, Convention Research Center at Yale School of Medicine



**Staff Spotlight:**  
**Arlene Schollaert, LCSW**  
**Family Services Director**

**Time at AP:** 6 years


**Favorite part of the job:**  
Working with caregivers to explore their inner strengths and the capacity that empowers them to care for their loved ones.

**Personal Hobbies:**  
Swimming, running (slowly), spending time with family and travel.

**Favorite Quote:**  
My Dad always said (especially when I doubted myself) "You can do anything if you put your mind to it."

**Caregivers Connect!** is an opportunity to share strategies, learn new tips and make new friends with peers. **Caregivers Plus** is designed for those who may be facing new challenges as dementia progresses.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="margin: 0;">JANUARY 2025</h1>  <h2 style="margin: 0;">2025</h2>				
<h2 style="margin: 0;">CLOSED FOR NEW YEAR'S DAY</h2>				
<b>8:00 AM</b> January Word Search <span style="float: right;">6</span> <b>9:35 AM</b> Mind Matters - Wordles & Connections <b>10:20 AM</b> Flower Arranging <b>11:00 AM</b> Tai Chi <b>11:30 AM</b> New Tech for Seniors  <b>2:15 PM</b> MoMA - Art Appreciation <b>4:00 PM</b> Inspirational Short Stories	<b>9:35 AM</b> Double Meaning Brain Buster <span style="float: right;">7</span> <b>10:20 AM</b> Times We Treasure <b>11:30 AM</b> Sing Along  <b>1:00 PM</b> Bible Study <b>2:15 PM</b> America's National Parks <b>3:20 PM</b> Laughter Yoga <b>4:00 PM</b> Would You Rather?	<b>7:30 AM</b> Houston News <span style="float: right;">8</span> <b>9:35 AM</b> You Be the Judge <b>10:20 AM</b> Tongue Twisters <b>11:00 AM</b> Rhythmic Exercise  <b>1:00 PM</b> Leisure Hour <b>2:15 PM</b> Who Am I? <b>4:30 PM</b> Left, Right, Center (Dice Game)	<b>9:35 AM</b> Wordscapes <span style="float: right;">2</span> <b>10:20 AM</b> Password <b>11:30 AM</b> Amazing Sports Records  <b>1:00 PM</b> Bridge Club <b>2:15 PM</b> Monarch Migration <b>3:20 PM</b> Stretch & Meditate <b>4:30 PM</b> Participants' Choice	<b>7:30 AM</b> Current Events <span style="float: right;">3</span> <b>9:35 AM</b> Linking Words Brain Buster <b>10:20 AM</b> MadLibs <b>11:30 AM</b> World Wildlife  <b>2:15 PM</b> Dog Show by Faithful Paws! <b>3:20 PM</b> Stretch Away Stress <b>4:00 PM</b> Clichés
<b>9:00 AM</b> Morning Introduction <span style="float: right;">13</span> <b>9:35 AM</b> Acronyms <b>10:20 AM</b> Early Morning Workout <b>11:00 AM</b> Houston Symphony Concert <b>11:30 AM</b> Our First Jobs  <b>2:15 PM</b> Johnny Cash @ Folsom Prison <b>3:20 PM</b> Frisbee Fun <b>4:00 PM</b> Pet Chat	<b>7:30 AM</b> Puzzling Matters <span style="float: right;">14</span> <b>9:35 AM</b> Word Scrambles <b>10:20 AM</b> 50 Fun Things to do in Winter <b>11:30 AM</b> Rick Steves Euro Travel  <b>2:15 PM</b> Poetry at Work <b>4:00 PM</b> Random Houston History <b>4:30 PM</b> Card Games	<b>7:30 AM</b> Coffee Chat <span style="float: right;">15</span> <b>9:35 AM</b> Bird Tales <b>10:20 AM</b> Life Stories  <b>1:00 PM</b> Dominoes <b>2:15 PM</b> Wacky Winter Fashion <b>3:20 PM</b> Balloon Volleyball <b>4:00 PM</b> Advice Column Critique	<b>9:35 AM</b> Cranium Crunches <span style="float: right;">16</span> <b>10:20 AM</b> TimeSlips <b>11:30 AM</b> Ted Talks  <b>1:00 PM</b> Bible Study <b>2:15 PM</b> Name That Tune <b>3:20 PM</b> Wheel of Fortune <b>4:00 PM</b> Encyclopedic Knowledge <b>4:30 PM</b> Participants' Choice	<b>9:35 AM</b> Men's Group <span style="float: right;">17</span> <b>10:20 AM</b> Spot the Difference <b>11:00 AM</b> Friday Stretch <b>11:30 AM</b> Paul Cézanne  <b>2:15 PM</b> Life & Times of Benjamin Franklin <b>2:45 PM</b> BINGO <b>4:00 PM</b> Random Houston History
<h2 style="margin: 0;">CLOSED FOR MLK HOLIDAY</h2>				
<b>8:00 AM</b> Houston News <span style="float: right;">27</span> <b>9:35 AM</b> Cranium Crunches <b>10:20 AM</b> Diving Into National Geographic  <b>11:00 AM</b> Houston Symphony Concert <b>1:00 PM</b> Bible Study <b>2:15 PM</b> Cowboy Poetry <b>4:00 PM</b> Alice in Wonderland Trivia	<b>9:35 AM</b> Encyclopedic Knowledge <span style="float: right;">28</span> <b>10:20 AM</b> Loaded Questions <b>11:00 AM</b> Light Weight Workout <b>11:30 AM</b> MoMA – Art Appreciation  <b>1:00 PM</b> Bible Study <b>2:15 PM</b> Name That Tune <b>4:00 PM</b> Places We've Been	<b>7:30 AM</b> Coffee Chat <span style="float: right;">29</span> <b>9:35 AM</b> Mind Matters <b>10:20 AM</b> Nature is Amazing <b>11:30 AM</b> Poetry Appreciation  <b>1:00 PM</b> Dominoes <b>2:15 PM</b> January Birthday Celebration <b>3:20 PM</b> Kinect Bowling	<b>7:30 AM</b> Coffee & Puzzles <span style="float: right;">23</span> <b>9:35 AM</b> Wordles & Connections <b>10:20 AM</b> Watercolor Painting <b>11:00 AM</b> Rhythmic Workout  <b>1:00 PM</b> Leisure Hour <b>2:15 PM</b> Scattergories <b>4:00 PM</b> Stretch & Meditate	<b>9:00 AM</b> This Day in History <span style="float: right;">24</span> <b>9:35 AM</b> Word Associations <b>10:20 AM</b> Life Stories <b>11:30 AM</b> Sing Along  <b>2:15 PM</b> About Australia <b>4:00 PM</b> Mad Libs
<b>8:00 AM</b> Houston News <span style="float: right;">27</span> <b>9:35 AM</b> Cranium Crunches <b>10:20 AM</b> Diving Into National Geographic  <b>11:00 AM</b> Houston Symphony Concert <b>1:00 PM</b> Bible Study <b>2:15 PM</b> Cowboy Poetry <b>4:00 PM</b> Alice in Wonderland Trivia	<b>9:35 AM</b> Encyclopedic Knowledge <span style="float: right;">28</span> <b>10:20 AM</b> Loaded Questions <b>11:00 AM</b> Light Weight Workout <b>11:30 AM</b> MoMA – Art Appreciation  <b>1:00 PM</b> Bible Study <b>2:15 PM</b> Name That Tune <b>4:00 PM</b> Places We've Been	<b>7:30 AM</b> Coffee Chat <span style="float: right;">29</span> <b>9:35 AM</b> Mind Matters <b>10:20 AM</b> Nature is Amazing <b>11:30 AM</b> Poetry Appreciation  <b>1:00 PM</b> Dominoes <b>2:15 PM</b> January Birthday Celebration <b>3:20 PM</b> Kinect Bowling	<b>9:35 AM</b> Wordy Gurdy <span style="float: right;">30</span> <b>10:20 AM</b> Painting Class <b>11:00 AM</b> Rhythmic Exercise <b>11:30 AM</b> Participants' Choice  <b>1:00 PM</b> Bible Study <b>2:15 PM</b> The Life & Music of Patsy Cline <b>4:00 PM</b> Current Events	<b>8:00 AM</b> Early Bird Preppers <span style="float: right;">31</span> <b>9:00 AM</b> Morning Introduction <b>9:35 AM</b> Mind Matters <b>10:20 AM</b> Jewelry Making <b>11:30 AM</b> Jokes & Riddles  <b>2:15 PM</b> Japanese History <b>3:00 PM</b> Refreshments

### 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

