

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none">• Fresh Fruit Salad• Grilled Chicken over Mixed Green• Roasted Potatoes• Tomatoes & Marinated Mozzarella• Chocolate Chip Cookie• Peanut Butter & Apples*	<ul style="list-style-type: none">• Cucumber & Yogurt Salad• Grilled Salmon• Roasted Rosemary Potatoes• Carrots & Basil• Fresh Cut Fruit	<ul style="list-style-type: none">• Caesar Salad• Grilled Chicken w/ Caper Relish• Pasta Marinara• Asparagus & Carrots• Pecan Brownie	<ul style="list-style-type: none">• Carrot Raisin Slaw• Pork Tenderloin• Turmeric Rice Pilaf• Roasted Squash Medley• Ginger Snap
<ul style="list-style-type: none">• Garden Salad• Chicken w/ Basil Sauce• Carrots Lyonnaise• Garlic Mashed Potatoes• Pecan Sandies	<ul style="list-style-type: none">• Cole Slaw• Pork Tenderloin• Eggplant Rice Pilaf• Asparagus w/ Lemon• Peanut Butter Cookie	<ul style="list-style-type: none">• Cheese & Grapes*• Garden Salad w/ Honey Mustard• Cornbread Crusted Chicken• Green Beans• Corn & Lima Bean Pilaf• Ranger Cookie	<ul style="list-style-type: none">• Fresh Fruit*• Fresh Cut Fruit• Grilled Salmon• Roasted Sweet Potatoes• Zucchini w/ Tarragon• Carrot Cake	<ul style="list-style-type: none">• Yogurt & Peaches*• Tomato & Feta Salad• Chicken Mushroom Marsala• Pesto Potatoes• Carrots & Snow Peas• Fresh Fruit Salad
<ul style="list-style-type: none">• Fruit & Yogurt*	<ul style="list-style-type: none">• Fresh Fruit*	<ul style="list-style-type: none">• Bananas & Peanut Butter*	<ul style="list-style-type: none">• Cheese & Grapes*	<ul style="list-style-type: none">• Cookies & Milk*
<ul style="list-style-type: none">• Fresh Fruit Salad• Chicken w/ Chimichurri• Tomato Rice Pilaf• Asparagus• Fresh Cut Fruit	<ul style="list-style-type: none">• Green Salad• Grilled Chicken w/ Artichokes• Roasted Sweet Potatoes• Squash Medley• Fresh Cut Fruit	<ul style="list-style-type: none">• Cole Slaw• Grilled Salmon• Mushroom Rice Pilaf• Green Beans w/ Mushrooms• Chocolate Cherry Toll House	<ul style="list-style-type: none">• Green Goddess Salad• Pork Tenderloin• Roasted Potatoes• Blueberry Cake	<div>CLOSED FOR GOOD FRIDAY</div>
<ul style="list-style-type: none">• Cheese & Bread*	<ul style="list-style-type: none">• Yogurt & Peaches*	<ul style="list-style-type: none">• Bananas & Peanut Butter*	<ul style="list-style-type: none">• Cheese & Bread*	
<ul style="list-style-type: none">• Fresh Fruit Salad• Italian Meat Sauce• Pasta Marinara• Fresh Green Beans• Chocolate Chip Cookie	<ul style="list-style-type: none">• Green Goddess Salad• Grilled Salmon• Turmeric Rice Pilaf• Green Beans & Mushrooms• Fresh Cut Fruit	<ul style="list-style-type: none">• Garden Salad• Roasted Chicken• Roasted Sweet Potatoes• Brussel Sprouts• Ranger Cookie	<ul style="list-style-type: none">• Tomato Farro Salad• Broad Leaf Chicken• Mushroom Rice Pilaf• Vegetable Medley• Spice Cake	<ul style="list-style-type: none">• Fresh Fruit Salad• Herbed Chicken w/ Mixed Greens• Roasted Red Potatoes• Tomato & Cucumbers• Peanut Butteries
<ul style="list-style-type: none">• Yogurt & Peaches*	<ul style="list-style-type: none">• Bananas & Peanut Butter*	<ul style="list-style-type: none">• Fresh Fruit*	<ul style="list-style-type: none">• Yogurt & Fruit*	<ul style="list-style-type: none">• Cheese & Grapes*
<ul style="list-style-type: none">• Tomato Farro Salad• Broad Leaf Chicken• Roasted Sweet Potato• Vegetable Medley• Ginger Snap	<ul style="list-style-type: none">• Garden Salad w/ Green Goddess• Almond Crusted Trout• Sweet Potato Mash• Carrots & Basil• Oatmeal Raisin Cookie• Bananas & Peanut Butter*	<ul style="list-style-type: none">• Fruit Salad• Roasted Pork Carnitas• Sweet Potato Mash• Fresh Green Beans• Fresh Cut Fruit	<div>APRIL MENU 2025</div> <div>* Afternoon Snacks</div> <div>© 2025</div> <div>Maggie McQuiggan, MS, RD, LD</div> <div>Maggie McQuiggan, MS, RD, LD (DT 03324)</div>	
<ul style="list-style-type: none">• Artichoke Dip w/ Chips*		<ul style="list-style-type: none">• Carrot Cake*		

• Fruit & Yogurt*

• Fresh Fruit Salad

• Chicken w/ Chimichurri

• Tomato Rice Pilaf

• Asparagus

• Fresh Cut Fruit

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• Cheese & Bread*

• Fresh Fruit Salad

• Italian Meat Sauce

• Pasta Marinara

• Fresh Green Beans

• Chocolate Chip Cookie

21

• Yogurt & Peaches*

• Tomato Farro Salad

• Broad Leaf Chicken

• Roasted Sweet Potato

• Vegetable Medley

• Ginger Snap

28

• Artichoke Dip w/ Chips*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00 April Table Talk 10:20 Fact or Foolery? 11:00 Balance Workout 11:30 Candid Camera 2:15 April Fool's Day Funnies 3:20 Laughter Yoga 4:30 Wheel of Fortune	8:00 Coffee Social 9:35 Cranium Crunches 11:00 Rhythmic Exercise 1:00 Bridge & Dominoes 2:15 Coins – Meet the Mint 4:00 Storytelling 4:30 Sequence Card Game	8:00 April B-days Word Search 9:30 Cliche' 10:20 Life Stories 11:30 Scrabble 2:15 A "Doris Day" 3:20 Stretch & Meditate 4:00 Jeopardy	9:00 This Day in History 9:35 Tool Talk 10:00 Connect Four – Trivia 11:30 Participants' Choice 2:15 Faithful Paws Dog Show 4:00 Name That Tune – The Beatles 4:30 Word Games Galore
9:00 Nature is Amazing 9:35 Double Meaning Word Challenge 11:00 Tai Chi 11:30 South Pacific Sing-along 2:15 Send A Letter Day 2:50 Refreshments 4:00 Times We Treasure	9:30 Proof It 9:35 Home Run Record Day 11:00 Morning Workout 11:30 Traveling w/ Rick Steves 2:15 Fire Safety Day 3:20 Home Run Derby 4:30 Patio Chat	9:30 Women's Coffee Chat 10:00 Spring Festival w/ St. Martin's 11:00 Light Weight Workout 11:30 60's Song Title Charades 2:15 Movie & Popcorn (Hairspray) 3:20 X-box Bowling 4:00 Reminiscing	9:30 Linking Words 10:20 National Siblings Day 11:00 Rhythmic Exercise 11:30 The Masters – Golf Trivia & Humor 1:00 Bridge Club 2:15 Happy Birthday ASPCA 4:30 Bananagrams	9:30 Sudoku 10:20 National Pet Day 11:30 Spring Walk 11:30 Singin' in the Rain Anniversary 2:15 Passover 101 3:20 X-box Bowling 4:30 Teatime
9:30 Wacky Wordies 10:20 You Be the Judge 11:00 Tai Chi 11:30 Good News Network 1:00 Bible Study 2:15 Abolitionist Day 4:30 Chicken Soup for the Soul	8:00 Current Events 9:30 Where in the World? 10:00 Houston Symphony Performance 11:30 Riddle Me This 2:15 Jackie Robinson Day 3:20 Stretch & Meditate 4:30 OuiSi	9:30 Tanagrams & Mazes 10:20 Pictionary 11:00 Rhythmic Exercise 11:30 Who Am I? 2:15 Participant Council 4:00 Sing-along Songs 4:30 X-box Bowling	8:00 Jig-saw Fun 9:30 Cognitive Workout 10:20 Art Class 11:30 Name That Tune 1:00 Easter Hymn Singing 2:15 History of the White House Easter Egg Roll 3:20 Stretch Away the Stress	<div>CLOSED FOR GOOD FRIDAY</div>
9:30 What's That Sound? 10:20 Mapping our Travels 11:00 Tai Chi 11:30 MoMA – Images of America 1:00 Bible Study 2:15 San Jacinto Day 4:00 Sharing Our Favorite Subjects	9:30 Word Spector 10:20 Timeslips 11:00 Aerobic Fun 11:30 Earth Day Gardening 2:15 Earth Day 2:45 Refreshments on the Patio 4:00 Life Stories	8:00 Puzzling Matters 9:30 Mind Benders 10:20 Never Have I Ever... 11:00 Rhythmic Exercise 11:30 Horoscope Fun 2:15 Movie Moment 4:00 Game of Things	8:00 Coffee Social 9:35 Mind Matters 10:20 Art Class 11:30 Wordscapes 2:15 Trojan Horse Trickery 3:20 Putt Putt Shoot-out 4:00 Jeopardy	9:30 Sudoku 10:20 Loaded Questions 11:00 Strength & Balance Workout 11:30 Name That Tune 2:15 Red Hat Society 3:00 Refreshments 4:30 Bananagrams
9:30 Riddles Galore 10:20 Superheroes 11:00 Tai Chi 11:30 Name That Tune 2:15 Scattergories Fun 4:00 Making Acronym Poems 4:30 Participants' Choice	8:30 Houston Happenings 9:30 Notable Quotables 10:30 Willie Nelson Day 11:30 "Shark Tank" 1:00 Leisure Hour 2:00 Concert by The Houston Tuesday Musical Club 3:20 X-box Bowling	9:30 Mind Matters 10:20 Watercolor Painting 11:30 Who Am I? 2:15 April Birthdays Celebration! 3:15 BINGO 4:00 Retro Toy Talk 4:30 "Little Bigshots"	<div>APRIL ACTIVITIES 2025</div>	



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:
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 713.552.0420 or eunverzagt@amazingplacehouston.org