

MARCH EDITION

 *Maria's Place*

2021



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Place Community Member*

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My *March* Planner

GOALS

1.

2.

3.

TO DO LIST



APPOINTMENTS



NOTES

MARCH 2021 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

March Journaling Page

Self-Love

Mind - What is the quality that you most love about yourself?

Body - What are 3 things you love about your body?

Spirit - How do you define self-love?

Action - How can you better love yourself and put self-love into action in your day?





Slow Flow Chair Yoga

Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs. Please consult your doctor before undertaking any exercise routine and use common sense while exercising. Listen to your body and be mindful of any existing medical conditions.

Below are the Yoga Video Movements.

With a smart phone hold your camera app open and hover it over the QR code. This will open the web video on your phone for you to click and start your yoga routine.



The Breath

Connect one movement and one breath throughout the practice

Neck - Repeat Each Exercise 3X's

Neck stretch - look down, look up

Bridge of neck - move your ear toward the left shoulder, then to the right

Look left, look right

Bring your chin to the chest - rotate the chin from the left shoulder to the right

Spinal Flexion/Extension 3-6X's

Seated cat/cow

Cow - send the heart forward as the shoulder blades squeeze together

Cat - draw the navel in and round out through the shoulder blades

Shoulders - Repeat Each Exercise 3X's

Roll your shoulders up and back down

Roll the shoulders back then forward

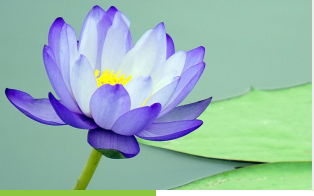
Arms

Inhale, stretch your arms overhead

Open the arms to a tee shape

Bend one arm at a time, bringing the hand to the heart, 6-8X's





Chair Yoga Continued

Arms, continued

Inhale, bring your arms overhead
Open the arms to a tee
Twist from your core to the left
Inhale, arms overhead
Open the arms to a tee
Twist from your core to the right

Spinal spiral

Make small belly circles left and right

Hips and Legs

Cross the left ankle over the right knee - keep the foot flexed to protect the knee
Lift the heart and hinge forward lightly to feel a stretch in the hip (piriformis)
Cross the right ankle over the left knee - keep the foot flexed to protect the knee
Lift the heart and hinge forward lightly to feel stretch in the hip (piriformis)

Feet and Ankles - Repeat Each Exercise 3x's

Start with feet planted firmly on the floor
Lift both heels with toes rooted to the ground
Lift the left foot, rotate the ankle left and right
Point and flex the left foot
Lift right foot, rotate ankle left and right
Point and flex the right foot

Stand Up Flying Breath 3x's

Inhale, bring your arms overhead
Exhale, bring the hands back down





Angie's Story

Our March Story is Written by Angie Grove,
Who Lives in Michigan.

Here is Angie's story in her own words:

Therese Fix is my older sister (10 years) who took me in when I was 15. That's no big deal, you say?! At that time, she, her husband, and five children lived in a bungalow in the suburb of Detroit NW area, and I was ecstatically happy to slip into the fold. You can imagine we were quite a ménage, but I learned what security, love, and family meant through her example.

As life moved on, we (my sister/friend and I) formed, and still have, an inseparable bond.

During the late 60s and 70s, my small family of six hooked up the camper to the car and drove about 10 hours north to spend a week or more camping outside their log cabin home on 20 acres with a campground. All our children, 12 at that time, aged from infants through to 16 years old, blended well, playing, swimming, eating, and sleeping. Oh, and meals! Had to have dessert!!

Can you imagine feeding this bunch and then planning dessert? Well, ice cream is always a bonus, and goes a long way. Mmm, the smell of chocolate, drizzling and circling over cold ice cream melting at the bottom...ohhh yes!

Let's get some whipped cream for the top! And then, like baby birds, squirt it directly into their open mouths. Yes, Therese had concocted this wonderful treat that was better than commercial hot fudge with just that touch of bittersweet mixed into the iced sweetness of vanilla ice cream! Tell me your mouth isn't drooling for a taste?!

This Bittersweet Hot Fudge continues to be a favorite recipe with all the now adult children, their children, and great-grandchildren. Each taste is filled with a simpler time of love, security, and memories!

*You will find the
recipe for
Angie's lovely
fudge sauce on
the recipe page
at the end of the
booklet!*





Angie's Favorite Bittersweet Hot Fudge Sauce

This sauce has many uses and is delicious served warm on top of your favorite ice cream or sweet pie. You could use it on cookies, cheesecake, brownies, or as a spread for a dessert sandwich (with peanut butter)!

Ingredients

- 6 tablespoons (level) butter or oleo (margarine)
- 2 cups sifted confectioners sugar
- 3/4 cup cocoa
- 1 cup evaporated milk
- 1/2 teaspoon vanilla extract



The recipe makes 2 cups of sauce.

You can easily double the quantity if you need lots!

How to Make it

- Melt the butter or margarine in a large saucepan
- Add the sugar and cocoa and mix well
- Gradually add the milk and beat until it's smooth
- Bring to a boil over medium heat
- Cook and stir continuously for about 5 minutes, or until the sauce has thickened.
- Stir in the vanilla. If the sauce is too thick at this stage, add some more evaporated milk until the consistency is to your liking.

Serve and enjoy!



Craft: Pencil Decoration

This is a simple activity decorating a pencil that can then be used or given away as a gift.

Supplies Needed:

1. Pencil
2. Decorative artificial flower
3. Pipe cleaner
4. Scotch tape



1. Place the stem of the flower along the top of the pencil with the flower sticking up above it. Attach with some scotch tape.

2. Start winding the pipe cleaner from the very top of the pencil (over the stem and tape). Keep winding down until you run out of pipe cleaner.

And there it is, your decorated pencil!





Quiz: Food and Drink

Did You Know?

It takes around 2,000 tiny leaves to make just one pound of finished tea.

Source:
<https://www.romantichomes.com/entertain/hosting-hints/10-fun-facts-about-tea/>

The questions in this quiz all have a list of three possible answers.

Read the question and circle the answer that you think is correct.

If you want more of a challenge, cover the page under the question with a paper so that you can't see the options for the answer.

When you have thought of an answer, only then look to see if your answer is among the options.

You can invite friends and family to do the quiz with you.



Quiz: Food and Drink

1. Mocha is a coffee usually flavored with which substance?
a) Tea b) Chocolate c) Raspberry
2. Enchiladas originated in which country?
a) Australia b) Argentina c) Mexico
3. In French cooking, what does 'en Croute' mean?
a) In pastry b) In the oven c) Slow cooked
4. Which fast food company used the advertising slogan "I'm Lovin' it"?
a) Wendy's b) McDonald's c) Burger King
5. What is a quandong?
a) A fruit b) A vegetable c) A breed of cat
6. What is the most consumed manufactured drink in the world?
a) Tea b) Soda c) Cocoa
7. If you were eating a profiterole, what type of pastry would it be?
a) Short crust b) Flaky pastry c) Choux pastry
8. From what basic ingredient is the spirit Rum made?
a) Apples b) Sugar cane c) Rice
9. A macaroon is typically made using which nut?
a) Pecan b) Hazelnut c) Almond
10. Tempura is a fish or vegetables deep fried in batter best associated with which country?
a) Japan b) India c) Brazil



No peeking! This photo is only here because it blocked you from seeing the answers when you were doing the Quiz.



Answers to Quiz: Food and Drink

1. b) China
2. c) Mexico
3. a) In pastry
4. b) McDonalds
5. a) A fruit
6. a) Tea
7. c) Choux
8. b) Sugar cane
9. c) Almond
10. a) Japan



Facts About Macaroons

Macaron or French macaroon is a small round cookie.

It is composed of a soft filling, such as ganache or buttercream, sandwiched between two delicate shells made from egg whites, ground almonds, sugar, often other flavorings, and food coloring.

The most popular macaroon flavors are: pistachio, green tea, vanilla, caramel, chocolate, espresso, and raspberry.

Colorful, pillowy, and delicately flavored, macaroons are one of the most popular cookies in the world.

The name 'Macaroon' comes from the Italian word maccarone which means 'paste.'

Source: <http://justfunfacts.com/interesting-facts-about-macarons/>



9 Letter Word Square

Word Games are a Great Mental Stimulator.

How to Play:

Make words from the letters in the grid. Each letter can only be used once.

The word square contains one 9 letter word. In this game the word is "COLANDERS".

9 Letter word squares can enhance vocabulary, improve focus and concentration, and have a positive effect on your cognitive skills.

The traditional way of playing this word game is to include the middle letter in the grid in all the words that you form and only allow words of at least 3 or 4 letters.

To make this more fun don't use any rules! Make any word you can think of and any length of a word.

Include names and plurals too.

The main objective is to have fun and make lots of words.

9 LETTER WORD SQUARE

Find as many words as possible made from the letters in the grid below.

Each letter may only be used once.

There is at least one 9 letter word in the grid.

D	N	E
L	A	R
C	S	O





St. Patrick, History

Did You Know?

“Saint Patrick is credited for driving the snakes out of Ireland, but according to the fossil record, Ireland has never been home to snakes as it was too cold to host reptiles during the Ice Age. The surrounding seas have kept snakes out since.”

Quote: <https://world-strides.com/blog/2017/03/9-interesting-st-patricks-day-facts/>

Who was St. Patrick?

St. Patrick is the Patron Saint of Ireland and he was born in the second half of the fourth century. It is thought that he spent his childhood in Scotland or Wales.

At around age 16, he was kidnapped and sold into slavery in Ireland where he spent time in and worked as a herdsman of sheep and pigs. During this time of his life, St. Patrick became increasingly religious.

He later escaped back to England and his family. While there he had a dream that the Irish were calling him to tell them about God. St. Patrick spent the next 12 years in a French Monastery training as a priest. He then returned to Ireland as a bishop with the Pope's blessing.

The next 20 years was spent traveling around Ireland, baptizing people and establishing monasteries, schools and churches as he went. He spent 20 years on his mission and organized the church in Ireland.

St. Patrick died on the 17th of March in the second half of the 5th century.

Fact sources: <https://www.irish-genealogy-toolkit.com/history-of-st-patrick.html>
<https://www.irishcultureandcustoms.com/ACalend/StPatWorld03.html>





St. Patrick's Day



Present day celebrations.

St. Patrick's Day is a day to celebrate all things Irish. Every town and city in Ireland has a parade that winds through its streets. Many other countries around the world celebrate it too, and the biggest parade of all is held not in Ireland but in New York.

A good parade has marching bands, Irish dancers, and representations by lots of different organizations with children and adults alike marching. Floats that are adorned very creatively with all things Irish are a big part of all parades and the streets are lined with thousands of spectators.

Many people will wear a little piece of fresh shamrock on their lapel or a shamrock emblem to mark the day. After the parades the pubs in Ireland fill up and people have a drink to celebrate. This custom is often called "Drowning the Shamrock".

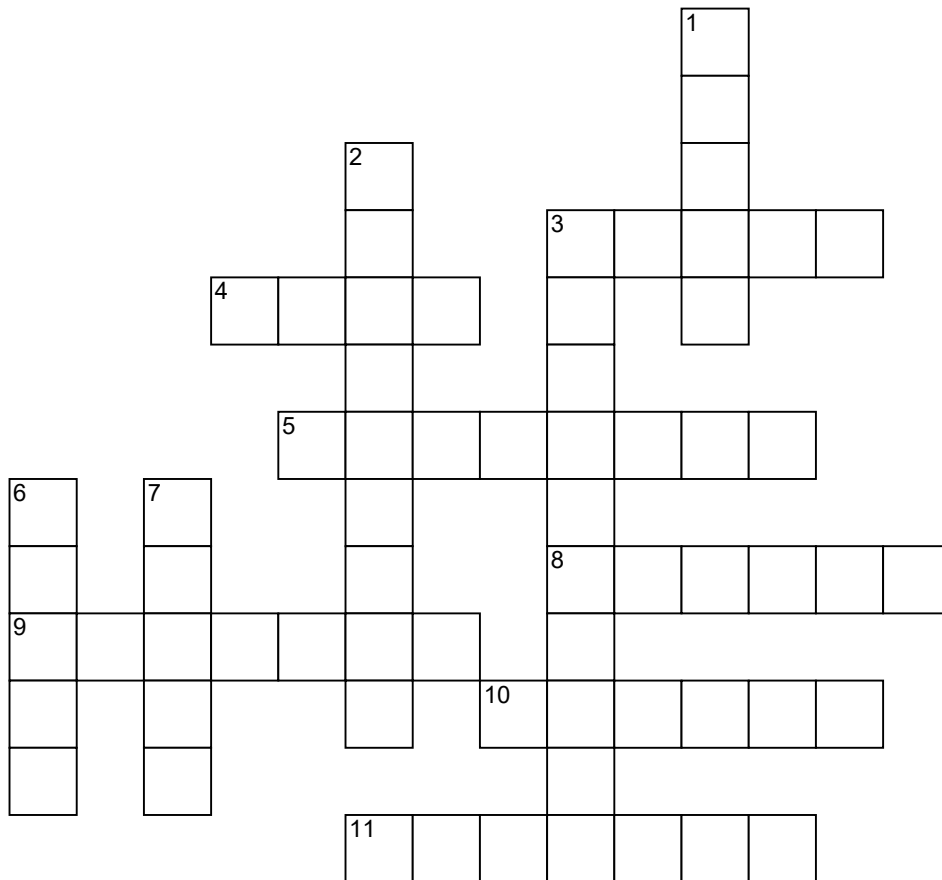
St. Patrick's Blessing

As he brought new faith to Ireland
So may he bring out in you
A touch of Irish kindness
In everything you do.
And through the good St. Patrick
May your home and life be blessed
With all the special favours
That make you happiest.

Adapted from a blessing by the Norbertine Fathers



Crossword: St. Patrick's Day



ACROSS

- 3** Opposite of unlucky
- 4** Valuable metal
- 5** Clover-like plant associated with Ireland
- 8** A four-leaf one of these will bring you luck
- 9** Country where St Patrick is the national saint
- 10** Celebratory procession
- 11** Arch of color in the sky

DOWN

- 1** First month of spring
- 2** Very big Irish dog
- 3** This guy guards the gold at the end of the rainbow
- 6** Small being with magical powers, type of pixie
- 7** Color from mixing yellow and blue

No peeking! This photo is only here because it is cute and blocked you from seeing the answers when you were doing the crossword.



Crossword: St. Patrick's Day

Solution:





Word Search: Bathroom Levels 1 and 2

Did You Know?

“It was an English speaking American who first presented Word Search puzzles to the general population. He was said to have released the puzzle because he wanted to drum up more interest and exposure in his local advertising publication.”

Quote:
<https://www.gamesver.com/18-fun-facts-about-word-search-see-puzzles/>

There is a list of words, all relating to bathrooms below the grids on the following pages.

The object of the activity is to find these words formed in straight lines within the grid.

The first version, level 1, is easier - all the words in the list is written horizontally, left to right, as you would read them normally.

If you want to make level 1 easier, use a ruler or paper below one line at a time so that you are not looking at a maze of letters.

In the second puzzle, level 2, the words can be found horizontally, vertically, forward, backward, and diagonally.

When you find a word, mark it in the grid and also tick it off on the list so that you don't go looking for it twice.



Word Search: Bathroom



Level 1. Find the words in the grid. All words read from left to right.

C M N N H A I R B R U S H C N
M N V F A U C E T W A T E R N
R C U R L E R S W X X M L W N
M M C T F L O S S C Z C W N R
N B A S I N T K C O L O G N E
K P D I S I N F E C T A N T P
H P E R F U M E J B I D E T N
Z S H A M P O O R J T L Q J X
T M W S H O W E R M W R W R C
H A M P E R P B A T H R O B E
L O T I O N S H A V E R R V Y
T O I L E T T W E E Z E R N M
D H L A V A T O R Y Y D Z P Z
R T I S S U E S L Y T X T T N
L J T W F Z W I P E S M V K W

BASIN
BATHROBE
BIDET
COLOGNE
CURLERS
DISINFECTANT
FAUCET

FLOSS
HAIRBRUSH
HAMPER
LAVATORY
LOTION
PERFUME
SHAMPOO

SHAVER
SHOWER
TISSUES
TOILET
TWEEZER
WATER
WIPES



Word Search: Bathroom

Level 2. Find the words in the grid.

Words can go across, backward, up, down, in two diagonals and overlap.

P T T G T S S O L F N M N D T E D
G Y R R Z R W R S K Z D W E R N M
M M D L R P J A T E H D L T N G G
T N R W P N K W T G U I T G I O R
K Z C U R L E R S E O S T J S L P
R C V Z Z D L L L T R T S B A O L
B T B T C Q I K B F M H Q I B C R
Z T N L T S V S R H A T X M T Y E
R H C R G H Y K I M X W E T H M B
E A Y L B A N M P N H K E D U K O
Z I T A H V R O N A F C F F I X R
E R P V W E O Y M X U E R R H B H
E B H A M R M P L A Z E C G R C T
W R J T D C E K F R P K Y T T X A
T U K O B R J C N W I P E S A P B
F S D R X H K N M J L O T I O N V
T H Z Y T G L T F R E W O H S V T

BASIN
BATHROBE
BIDET
COLOGNE
CURLERS
DISINFECTANT
FAUCET

FLOSS
HAIRBRUSH
HAMPER
LAVATORY
LOTION
PERFUME
SHAMPOO

SHAVER
SHOWER
TISSUES
TOILET
TWEEZER
WATER
WIPES



Word Search: Bathroom

Solution to Level 1

C M N N **H A I R B R U S H** C N
M N V **F A U C E T** **W A T E R** N
R **C U R L E R S** W X X M L W N
M M C T **F L O S S** C Z C W N R
N **B A S I N** T K **C O L O G N E**
K P **D I S I N F E C T A N T** P
H **P E R F U M E** J **B I D E T** N
Z **S H A M P O O R** J T L Q J X
T M W **S H O W E R** M W R W R C
H A M P E R P **B A T H R O B E**
L O T I O N **S H A V E R** R V Y
T O I L E T **T W E E Z E R** N M
D H **L A V A T O R Y** Y D Z P Z
R **T I S S U E S** L Y T X T T N
L J T W F Z **W I P E S** M V K W

Word Search: Bathroom

Solution to Level 2





Say the Color of the Background Box

This is a Real Brain Teaser!

In this game, you say the color of the rectangular box behind the text aloud. Ignore the text and say the box colors as quick as you can without making mistakes.

This is a good activity to re-energize the brain if you are feeling a bit sleepy!

Our brains tend to read words when faced with them automatically. You have to bypass that and focus on the **box color only**. It's easier said than done!

See if you can go through the whole page without making a mistake. If you are finding it easy, challenge yourself to do it faster.

You can try this on your family or friends and see if they can manage it!



Say the Color of the Box Behind the Text Aloud.
Ignore the word that is written on it.
Do it as quick as you can, it's not as easy as it looks!

WHITE

GREEN

YELLOW

BROWN

RED

BLUE

PINK

BLACK

MARIA'S PLACE GUIDED HOUR

Each week, we host a virtual guided hour on Zoom. Join us for a chance to work through your booklet and have fun as a group with your fellow Maria's Place community members.

APRIL SCHEDULE:

WEEK 1 - REMINISCING & GOAL SETTING
Wednesday March 3rd at 10am MST

WEEK 2 - CRAFT & DISCUSSION
Wednesday March 10th at 10am MST

WEEK 3 - BRAIN TEASERS
Wednesday March 17th at 10am MST

WEEK 4 - END OF THE MONTH CELEBRATION
Wednesday March 24th at 10am MST

ZOOM MEETING login details for every week are the same.

ZOOM MEETING ID: This is a sample

PASSWORD: This is a sample

Need help? Email us at contact@mariasplace.com

