

# MARCH EDITION

---

 *Maria's Place*

---

2021



- 1 March Planning  
*Calendar and Planner*
  
- 3 Journal Prompts  
*A Place to Reflect*
  
- 4 Exercise  
*Slow Flow Yoga*
  
- 7 Spotlight Story  
*Featured story of a Maria's  
Place Community Member*
  
- 8 Recipe  
*Spotlight Story Recipe*
  
- 12 Activities  
*1 Craft & 5 Brain Teasers*

# My *March* Planner

## GOALS

- 1.
- 2.
- 3.

## APPOINTMENTS



## TO DO LIST



## 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





## Jay's Story

Our May Story is Written by P. Jay Bontrager who lives in Goshen, Indiana

### *A Passion for Pie*

Growing up in Northern Indiana, in a Mennonite/Amish community, provided me with an ideal setting to learn and appreciate pie!

Even in my early years, I was fascinated by the kitchen and all the goodies that were forthcoming!

I was particularly fascinated with my Mothers ability to create pies, from the pastry making, to the finished product with delectable fruit or custard fillings!

I can't remember my first attempt at making a pie, but it was pre-teen as I recall.

My Aunt Phyllis, who was a Home Economics teacher spent quite a bit of time with our family. With her knowledge, expertise and opinions, she weighed in on the "proper ways" to cook and bake!

At any rate pie isn't particularly exclusive to this local culture in where I grew up, but it is very much a part of Mennonite/Amish culture. There are several restaurants in our area that still make handmade pie and offer it on the menu!

My Father used to say, "I like 2 kinds of Pie, warm or cold" and I have to admit, I would agree!

### *Did You Know?*

"The Ancient Egyptians were the first to invent a dish close to what we know as a pie today. They had a honey filling covered in a crusty cake made from oats, wheat, rye or barley. A recipe for chicken pie was also discovered on a tablet carved prior to 2000 BC."





## Jay's Favorite Rhubarb Pie

"With spring just around the corner, here is my favorite recipe for rhubarb/custard Pie." - Jay

Read the recipe and gather the ingredients for each step before you start baking.

### ***To Start, Set Aside:***

- 3 Cups of washed, dried, and diced rhubarb
- 9 Inch pie pan
- Rolling pin
- Pastry blender/butter or fork

### ***Custard***

- 1 ¼ Cups sugar
- ¼ Teaspoon salt
- 3 Tablespoon flour (slightly rounded)
- 1 Tablespoon lemon juice
- 2 Eggs
- 2 Tablespoon water

- Mix the sugar, salt, and flour first. Blend them together, so the flour doesn't "lump up" when the liquids are added and set aside.
- In a larger separate bowl, beat the eggs, then add the water to the beaten eggs.
- Add the dry ingredients to the egg/water mix, and mix/beat well. It will be a rather thick consistency.
- Put the custard in the fridge to keep it cold while prepping the rest.

*"The key to the pie, is to keep the ingredients as cold as possible"*  
-Jay



*Recipe continues on the next page.*



# Rhubarb Pie Continued

## *Pie Crust*



1 1/3 Cups all-purpose flour  
1/2 Teaspoon salt  
1/2 Cup shortening plus 2 tablespoons butter ( I like to use Butter Flavor Crisco for the shortening)  
3-4 Tablespoons ice water



- In a bowl, blend the flour and salt.
- "Cut in" the shortening to the flour and salt mixture, using a pastry blender/cutter or a fork.
- Work the shortening until the mix looks like pea size crumbles.
- Sprinkle the water into the mixture, a tablespoon at a time, until it is well mixed, and the pastry forms a ball-shape of it's own and leaves the sides of the bowl. You may have to add a little bit more water.
- Gather up the dough and work a little with your hands so that it holds together.
- Keep the crust in the fridge covered with saran wrap while prepping the rest of the steps.



## *Crumb Topping*

1/4 Cup of chilled butter  
1/2 Cup of brown sugar (add more to taste)  
1 Cup of flour



- In a bowl, combine the flour and brown sugar.
- Combine the butter into the flour and brown sugar mixture and either use your hands, a fork, or a pastry blender/cutter to crumble it together and form small to medium crumbles.
- Set aside until you are ready to combine the rest of the ingredients.

# Rhubarb Pie Continued



## *Combining the Ingredients*

- Roll out the pastry on floured surface or pastry cloth. I like to use a floured rolling pin cover, this helps the dough to not stick to the rolling pin but this is optional.
- Line the pie plate (9 inch) with the rolled out crust.
- Place the diced rhubarb at the bottom of the pan onto the crust.
- Pour the cold custard over the rhubarb.
- Sprinkle the crumble on top of the custard to form the “top” of the pie.
- Crimp the edge of the crust to give a finished look.
- Bake at 425°F for 10 minutes, then reduce heat to 325°F/350°F for 30 minutes more.



*I hope you enjoy this recipe! -Jay*





## Craft: Coaster

### ***Supplies Needed:***

1. 3" square of hard card
2. Scissors
3. 4 Clothespins, separated
4. Markers
5. Craft glue

### **This is an Easy to Make Craft Project.**

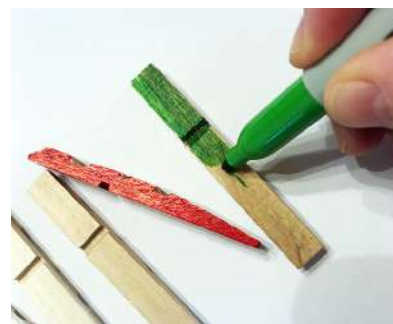
Start by gathering your supplies.  
Separate the clothespins.



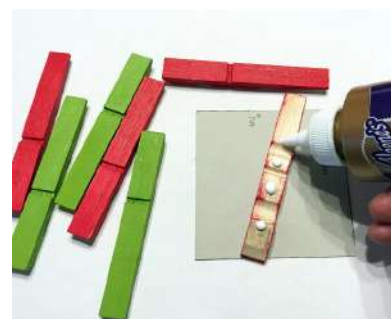
Cut out a 3" card board square.



Color the tops (the flat side), the sides, and small ends in color/s of your choice. If you like, make patterns on them.



Dab some glue on the uppermost parts of the back of the clothespins.



## Coaster Continued



Place the first clothespin in the center of the card square and press down.



Add the clothespins on each side, tight together. Turn each one a different way so that the surface is as flat as possible.

And there you have it!  
Your very own Coaster!





## Quiz: True or False, Fruit

### *Did You Know?*

A half-cup of figs has as much calcium as a half-cup of milk.

Green fruits help make your bones and teeth strong.

### Read the Statements and Decide if They are True or False.

This is a fun quiz, all about different fruits, with some surprising answers.

Decide which statements are true and which are false and write the answers on the worksheet.

When you are done, check the answer sheet.

This is a fun activity to do with family and friends. You could keep score and see who gets the most correct answers.



## Quiz: True or False, Fruit

See if you can figure out if the following statements are true or false.

1. Mango fruits have many seeds. \_\_\_\_\_
2. Dry fruits give us energy. \_\_\_\_\_
3. "Conference" and "Williams" are types of apples. \_\_\_\_\_
4. Pineapples originated in Japan. \_\_\_\_\_
5. Raisins are dried plums. \_\_\_\_\_
6. A tomato is a fruit. \_\_\_\_\_
7. Brazil produces the largest amount of oranges and grapefruits in the world. \_\_\_\_\_
8. An avocado is a vegetable. \_\_\_\_\_
9. The skin/peel of a fruit contains a lot of fiber. \_\_\_\_\_
10. In China the peach is a symbol of bad luck. \_\_\_\_\_
11. Bananas have no seeds. \_\_\_\_\_
12. An average apple is 85% water. \_\_\_\_\_



## Solutions to Quiz: True or False, Fruit

1. False (they have one seed)
2. True
3. False (they are pears)
4. False (they originated in South America)
5. False (they are dried grapes)
6. True
7. True
8. False (it is a fruit)
9. True
10. False (in China the peach is a symbol of longevity and good luck)
11. True
12. True





# Memory Game

## *What is Memory?*

Memory is our ability to encode, store, retain and subsequently recall information and past experiences in the human brain. It can be thought of in general terms as the use of past experience to affect or influence current behavior.

Source:

<https://human-memory.net/what-is-memory/>

## Today's Activity is a Memory Challenge.

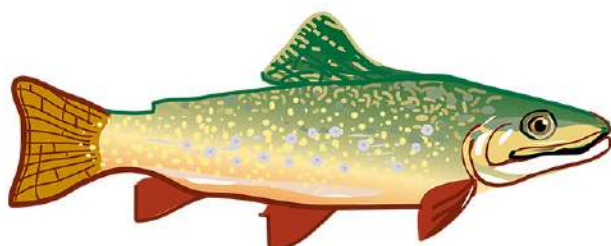
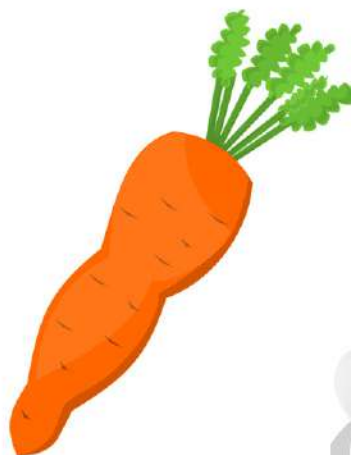
Study the picture page for 30 seconds to a minute. Once you have studied the picture, turn the page over and write down as many items as you can remember.

If you don't get them all, you can either turn the page over again and spend more time looking at it before adding more items to your sheet or, just try to identify which items you missed the first time.

If you repeat this activity on another day you will probably find that you remember more of the items. Repeating it is a good way to give your memory some exercise.



Study the pictures for 30 seconds to a minute.  
Turn the page over and write down as many of the 10 pictures that  
you can remember without looking back at the pictures.



Write the Items you Remember Here

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Anagrams: African Animals

### *African Animals*

"Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans, about 6 feet".

"Giraffes spend most of their lives standing up; they even sleep and give birth standing up."

Source:  
<https://www.dosomething.org/us/facts/11-facts-about-giraffes>

An anagram is a play on words created by rearranging the letters of the original word to make a new word or phrase.

To solve an anagram, you will need to rearrange the letters in the scrambled word to create a new word that is related to the theme given.

Each letter can only be used once.

The initial letter of each word is marked in gray, to give you a starting point.

In these anagrams every scrambled word is a type of African animal.



## Anagram: African Animals

Unscramble the letters below to make words relating to African Animals.

1. ABOBON

2. ACHEHET

3. ETHEPLAN

4. AGIFFER

5. AIPALM

6. LONI

7. ALJACK

8. CHERORISON

9. ARZEB

10. HAYNE

11. MAHOUTSPIPO

12. ALEENOPT

13. AGWORTH

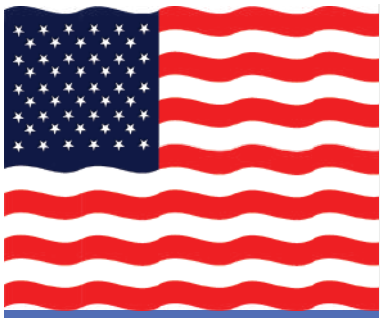
14. CHIPZEEMAN

15. ORCHIST



## Solutions to: Words related to African Animals

1. BABOON
2. CHEETAH
3. ELEPHANT
4. GIRAFFE
5. IMPALA
6. LION
7. JACKAL
8. RHINOCEROS
9. ZEBRA
10. HYENA
11. HIPPOPOTAMUS
12. ANTELOPE
13. WARTHOG
14. CHIMPANZEE
15. OSTRICH



## Quiz: Match the States and Nicknames

### *Did You Know?*

The United States of America consists of 50 states.

The US is the fourth largest country in the world by total area.

In this activity, you will see two groups of American States and their nicknames.

Within each section, draw a line from the state to its nickname.

- **Did you know** that in Arizona, cutting down, or adding graffiti to a cactus can result in a fine or even jail time?
- The largest diamonds ever found in the US were found in Arkansas. In 2015 a diamond was found with an estimated value of 1 million dollars.
- New Mexico's capital Santa Fe, is the highest in the country. It sits at 7,000 square feet above sea level.



## Match the States and Nicknames

Within each group of five states and nicknames,  
draw lines from the state to the correct nickname.

California

Aloha State

Hawaii

Pine Tree State

Idaho

North Star State

Maine

Golden State

Minnesota

Gem State

Michigan

Silver State

Montana

Great Lake State

Nevada

Mountain State

Oregon

Beaver State

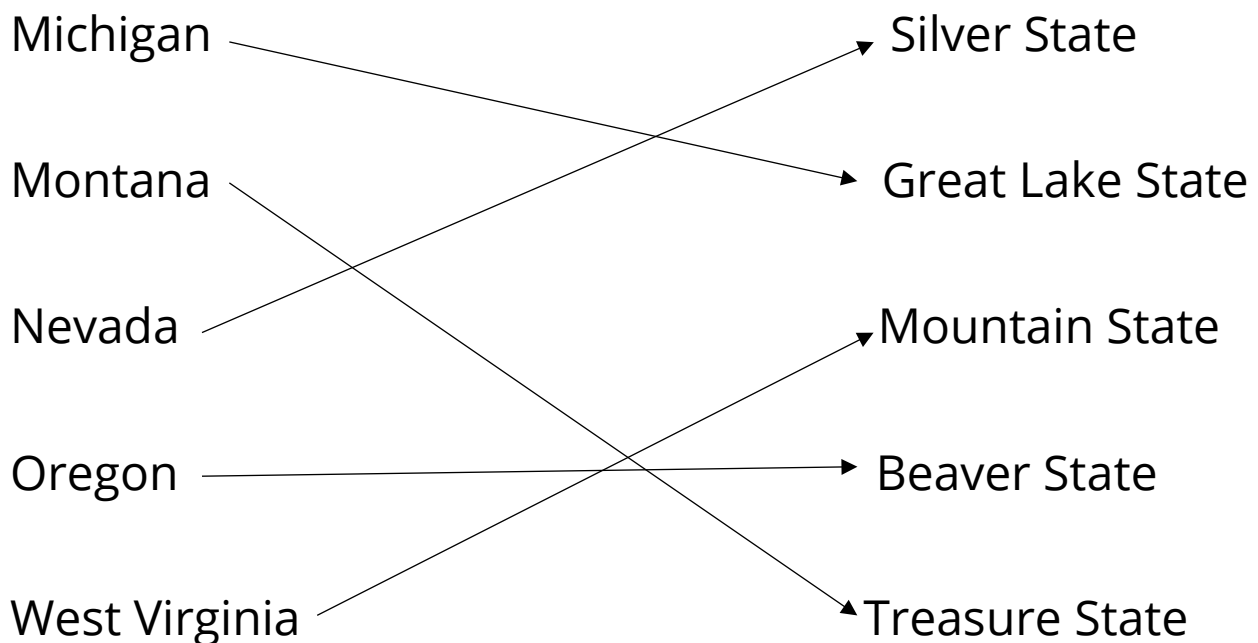
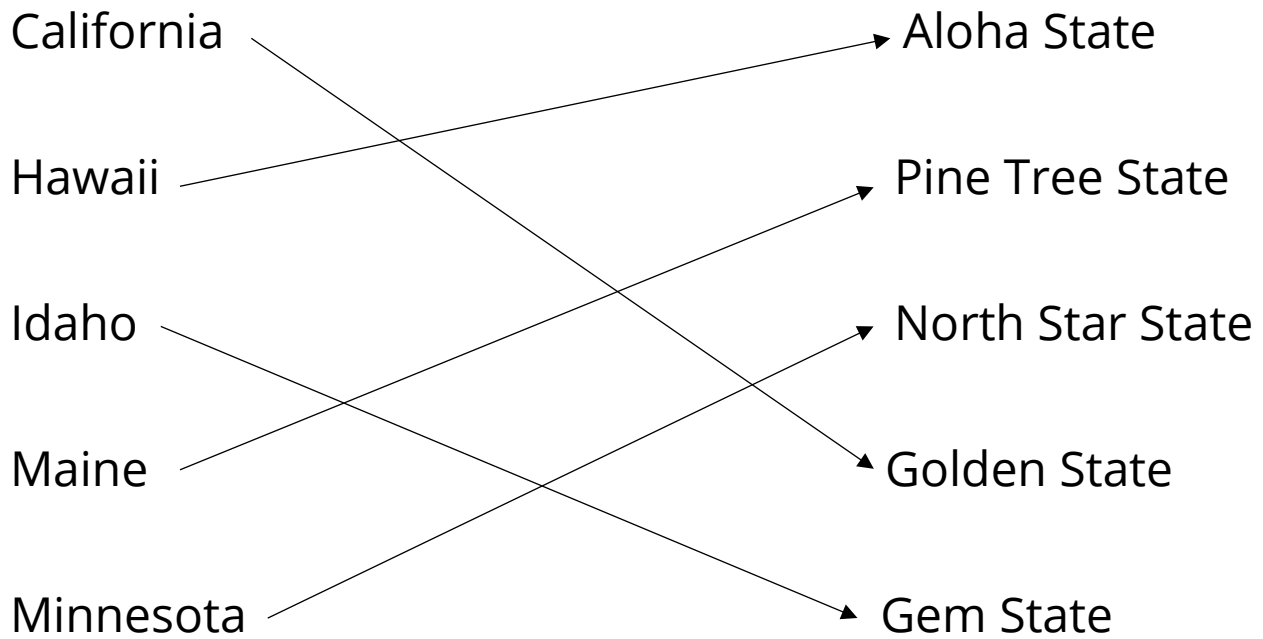
West Virginia

Treasure State





## Answers to: Match the States and Nicknames





## Quotes: Learning

### Here are Some Nice Quotes About Learning.

*"The more I  
learn, the  
more excited I  
get."*

Johnny Cash

Read the quotes one at a time.  
Do you agree with what they say?

Use the journaling page to write your thoughts on  
learning about new things.

Have you ever dreamed about learning something  
specific? Maybe something that just appealed to  
you even though it may not be practical to  
happen. Get creative here!



## Learning

*"I am always ready to learn although I do not always  
like being taught."*

Winston Churchill

"Develop a passion for learning. If you do, you will never cease  
to grow."

Anthony J. D'Angelo

*"Anyone who stops learning is old, whether at twenty or eighty.  
Anyone who keeps learning stays young. The greatest thing in life  
is to keep your mind young."*

Henry Ford

"The beautiful thing about learning is nobody can take it away  
from you."

B.B. King

*"You don't learn to walk by following rules. You learn by doing,  
and by falling over."*

Richard Branson

## Learning

Do you think that learning is still important as you get older?  
What do you like to learn? Who do you learn from? Is there anything you would like to learn? It doesn't have to be anything big or complicated.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Written by:

# MARIA'S PLACE WEEKLY ACTIVITY SOCIAL

---

Join us and meet your fellow community members. Each week, we host a virtual Activity Social on Zoom. Pull up a chair and have fun with us on Wednesdays.

## MARCH SCHEDULE:

Each hour will begin at 9:00am PST / 10:00am MST / 11:00am CST / 12:00pm EST

**WEEK 1 - REMINISCING & GOAL SETTING**  
Wednesday March 3rd

**WEEK 2 - CRAFT & DISCUSSION**  
Wednesday March 10th

**WEEK 3 - BRAIN TEASERS**  
Wednesday March 17th

**WEEK 4 - END OF THE MONTH CELEBRATION**  
Wednesday March 24th

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](mailto:contact@mariasplace.com)

