



Maria's Place

Activity Booklet



26th Edition

*The sun does not shine for
a few trees and flowers, but
the wide world's joy.*

- Helen Keller

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Fun facts about Crocuses

Crocuses are hardy and able to live in cold climates.

Saffron is a type of crocus and one of the world's most expensive spices.

Each saffron flower produces three red stigmas, which are picked by hand and dried.

Saffron spice is used as a flavoring in many types of cooking and gives the beautiful yellow color to dishes and baked goods.



Journal Page

Tension

Mind - What is one happy thought you would like to consistently add to your days?

Body - When you experience physical tension, do you take a moment to release it?

Spirit - When you have racing thoughts and high tension in your mind, what can you do to release it?

Action - Practice intentionally releasing busy thoughts and physical tension at least once daily! How does this make you feel?



Shoulders Yoga

Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.

Please consult your doctor before undertaking any new exercise routine and use common sense while exercising. Listen to your body and be mindful of any existing medical conditions.

Scan the QR Code to access video:



Sit in a chair without arms.

Repeat each exercise three to five times.

Rest your hands on your knees and take a few deep breaths.

Roll one shoulder up and back.
Switch directions and repeat.

Release your arm to your side and relax.
Place both hands back on your lap.
Repeat on the other side.

Relax both arms down to the sides.
Shrug both shoulders and release with an open-mouth exhale.

Bring both hands back to your lap.
Reach one arm toward the sky.
Reach your hand forward and backward with small movements.
Relax your arm back down to your side.
Place your hand in your lap and repeat with the other arm.

Relax both arms down to the sides.
Shrug both shoulders and release with an open-mouth exhale.

Yoga (cont.)

Place both hands on your lap.
Place one hand on your heart.
Open the other arm to a T with a softly bent elbow.
Move your extended arm gently forward and back.
Repeat with the other arm.

Relax both arms down to the sides.
Shrug both shoulders and release with an open-mouth exhale.

Open both arms out to a soft T.
Cross the arms around your body like a big hug.
Open the arms and repeat, alternating which arm is on top.

Relax both arms down to the sides.
Shrug both shoulders and release with an open-mouth exhale.

Place your hands on your lap.
Circle one arm up and back.
Switch directions and repeat on the other side.

Release both arms down to your sides.
Swing both arms gently forward and backward.

Reach both arms overhead.
Release your arms down as you exhale.

Place one hand on the opposite shoulder.
Gently massage your shoulder and arm with your hand.
Switch sides.

Randy's Story

This story comes from Randy Giangiulio who lives in Ponte Vedra, Florida.



"I imagine this recipe has been around since the covered wagon days.

I learned of it as a Boy Scout, and we made it at most camp-outs. When the family started camping, it quickly became a must-have.

On some outings, we had more than 20 people to serve, so I made a quadruple batch in a 16-inch Dutch oven. No matter what size, I always left a section with no cheese on the top for my son Steve, as he doesn't like it.

Although it was a huge camping staple, it has been a fun tradition becoming a family favorite.

Watching my grandkids experience it as my kids did is the best part yet!"



Did you know?

A Dutch oven is a thick-walled cooking pot usually made from seasoned cast iron.

Dutch ovens were among the most important cooking tools for pioneers.

Mountain Man Recipe



Ingredients

- 1/2 stick of butter
- 1/2 lb breakfast sausage
- 1/2 lb bacon
- Six beaten eggs
- 1/2 onion diced
- 1/2 green pepper diced
- 1 lb frozen shredded hash browns
- 2 tsp garlic powder
- 1/2 bag of shredded cheese (Mexican blend)

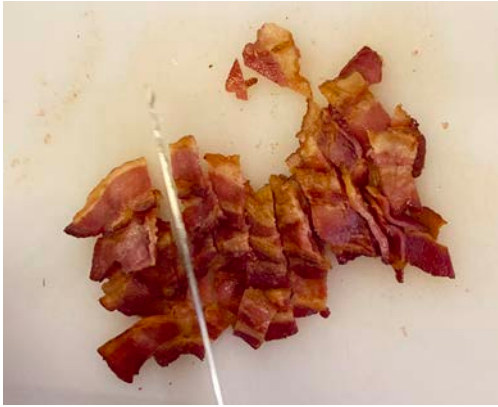


Preheat the oven to 350°F, 175 °C

Method

- Cook the sausage and bacon ahead of time and leave them to rest.
- Grease a baking dish with butter (or line it with foil, then grease it).
- Cook the peppers and onions until almost tender.
- In a separate pan, fry the hashbrowns in butter.

Recipe (Cont.)

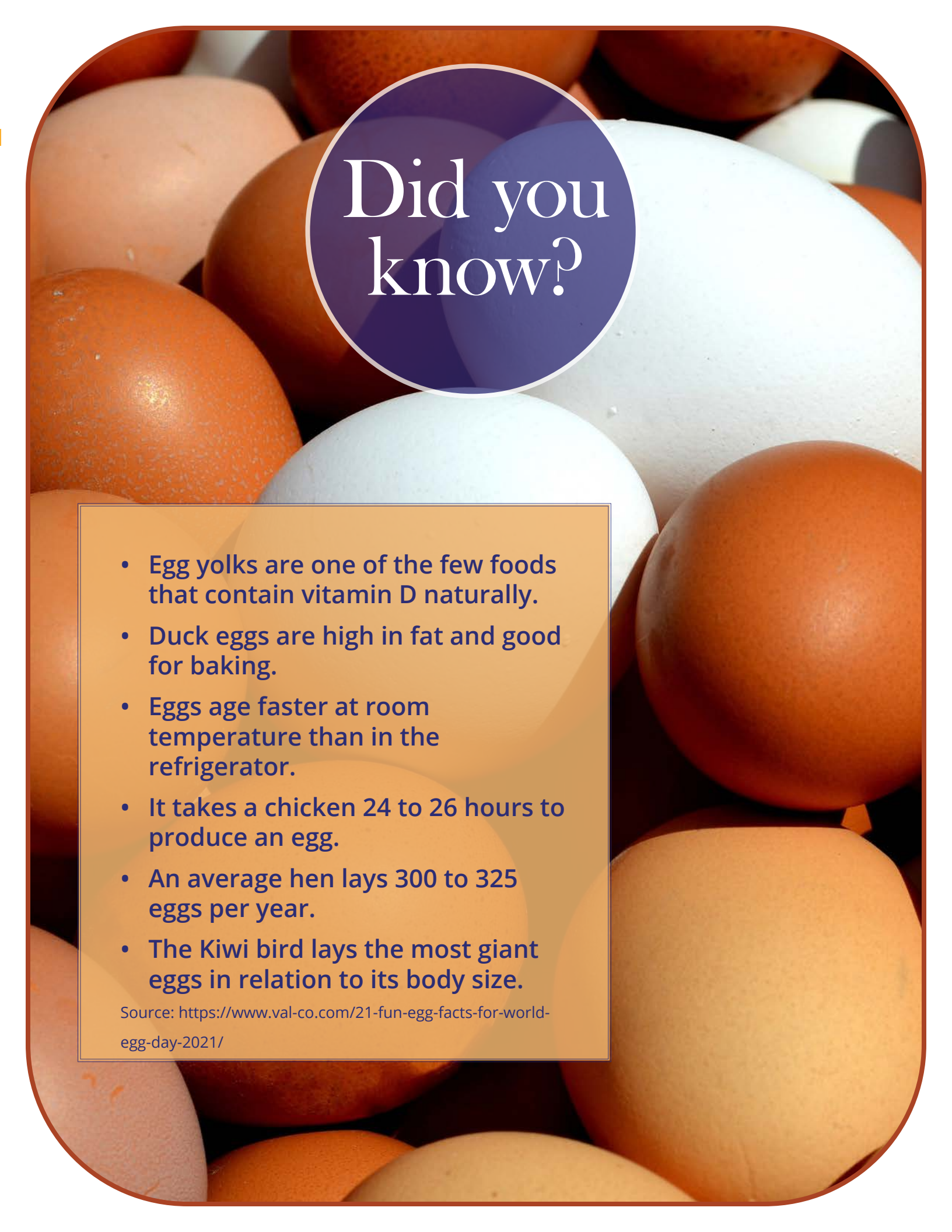


- Beat six eggs in a bowl.
- Add the meat, peppers, onions, and garlic powder to the beaten eggs, stir and pour the mixture into the baking dish.
- Add the hash browns and mix lightly, keeping them off the bottom of the baking dish.
- Bake in the oven for about 30 minutes or until it's cooked through. Test with a wooden skewer or fork; it should come out clean after inserting.
- Top with cheese and place the dish back in the oven for a few minutes until the cheese melts.

Serve and enjoy.

Double the recipe if you cook for many people.





Did you know?

- Egg yolks are one of the few foods that contain vitamin D naturally.
- Duck eggs are high in fat and good for baking.
- Eggs age faster at room temperature than in the refrigerator.
- It takes a chicken 24 to 26 hours to produce an egg.
- An average hen lays 300 to 325 eggs per year.
- The Kiwi bird lays the most giant eggs in relation to its body size.

Source: <https://www.val-co.com/21-fun-egg-facts-for-world-egg-day-2021/>

Starburst Gift Box

Decorate a Starburst Gift Box!

Fill the finished box with delicious chocolate. This makes a lovely birthday gift for somebody.

Any plain box will do for this project.

Supplies needed

- Gift box
- Foam brush
- Q-tips
- Paints
- Plate to put paint on
- Plain paper for practice
- Paper towels
- Water for cleaning the sponge brush



Method

- Put blobs of paint on your paper plate and take the lid off the box.
- Practice making stars on a plain piece of paper before you start on the box.
- Dip the bottom edge of the foam brush in the paint, hold it upright, and press lightly on the paper, making a narrow line. Pivot the brush slightly and make more marks across the first one until you have the shape of a star. You can make several marks from one dip in the paint.

Gift Box (cont.)



- When you feel confident, start decorating the lid. Make the stars, and don't forget the sides of the lid.
- Add some dots with q-tips between the stars.



Let the project dry.

Tips

Protect yourself and your work surface from paint splashes.

To clean the foam brush when you are finished and between color changes, wash it under the tap and squeeze gently to get the paint out.

Dry with a paper towel.

You can mix colors to get different shades or place one color lightly on top of another, as seen in the picture below.



Wood Heart Card



A lovely handmade card that is suitable for many occasions.

With Valentine's Day around the corner, this is a perfect project.

Supplies needed

- Wood heart
- Markers
- Craft glue
- Blank greeting card



Method

- Choose your own pattern or copy our designs on these pages.
- Glue the heart to the front of the card. If the card is not folded, this would be the right-hand side.
- Write your greeting on the front and inside of the card.



Valentine's Day

Whether your card is for a loved one or a friend, a handmade card is always appreciated.

Here are some fun Valentine's verses:

Roses are red
Violets are blue,
Sugar is sweet
And so are you!

Roses are red
Water's transparent.
We go well together
I think that's apparent.

Roses are red
Violets are blue
Bears love honey
And I love you.

Roses are red
Violets are blue
I like you more
Than you think I do.

Valentine Smile

On Valentine's Day we think
of those who make our lives
worthwhile,
Those gracious, friendly people
who we think of with a smile.
I am fortunate to know you,
That's why I want to say,
To a rare and special person:
Happy Valentine's Day!

By Joanna Fuchs



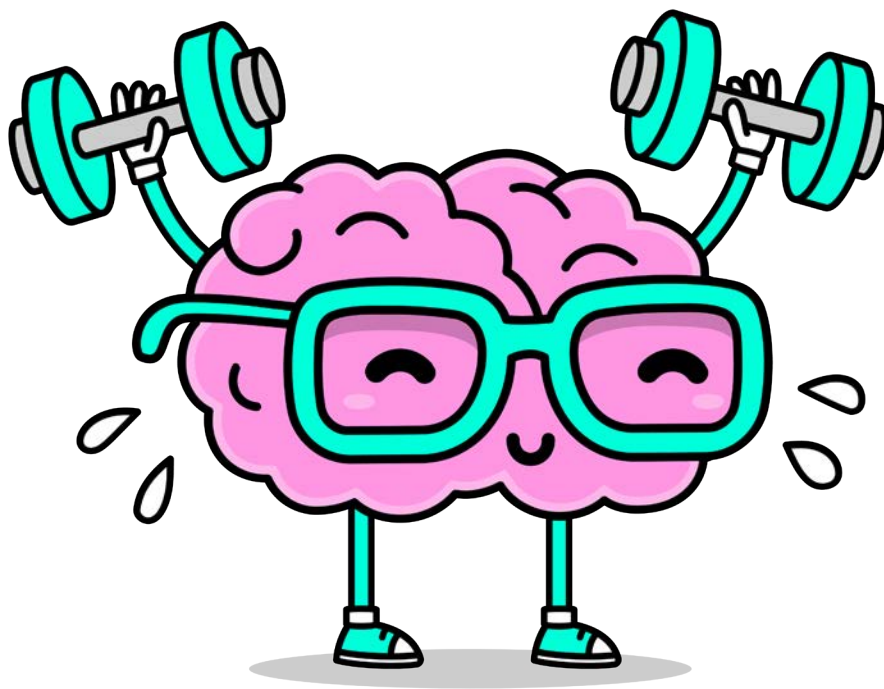
Find the Identical Pictures

Give Your Brain a Challenge Today. This game is a fun variation of Spot-the-difference.

The activity is good for exercising your short-term memory. You must remember what you see in one picture and compare it to what you see in the other images.

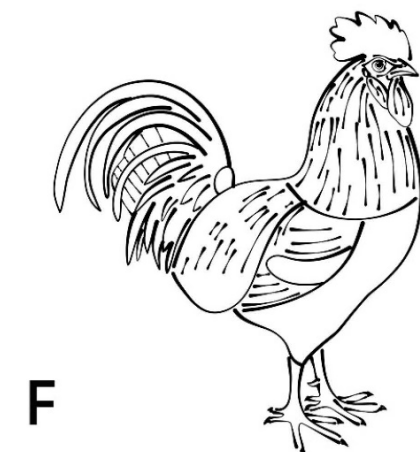
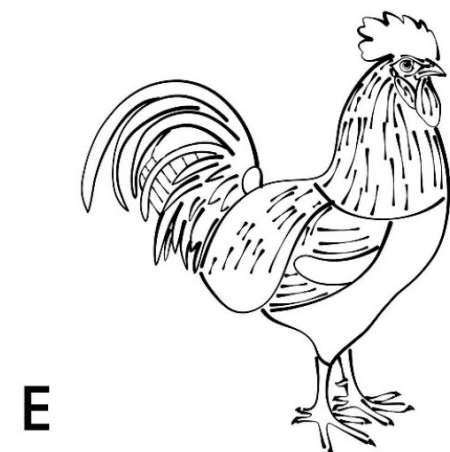
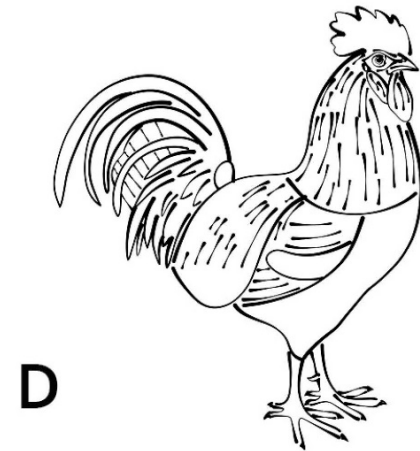
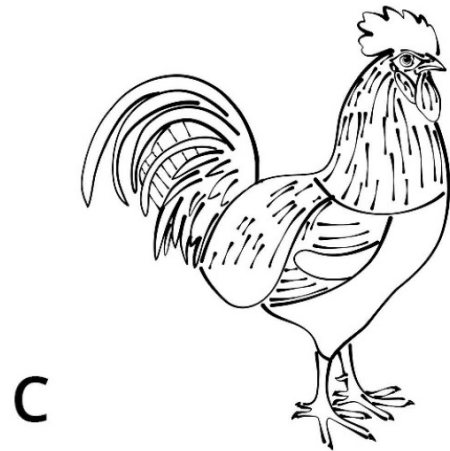
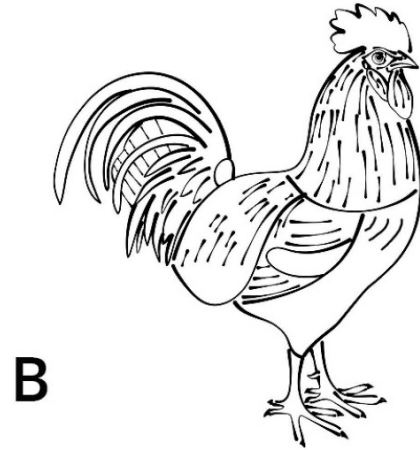
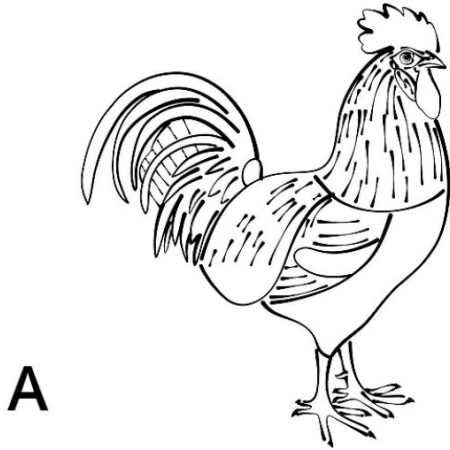
There are six pictures on the activity sheet that all look the same. There are small differences in four of them, leaving two identical images.

Find the differences and mark them.



Which two are the same?

Find the small differences between the roosters and decide which two birds are identical.





Did you know?

The first guitar-like instrument was created around 3500 years ago in Egypt and can be viewed in a museum in Cairo.

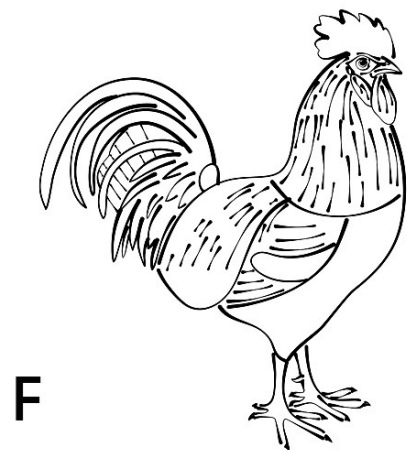
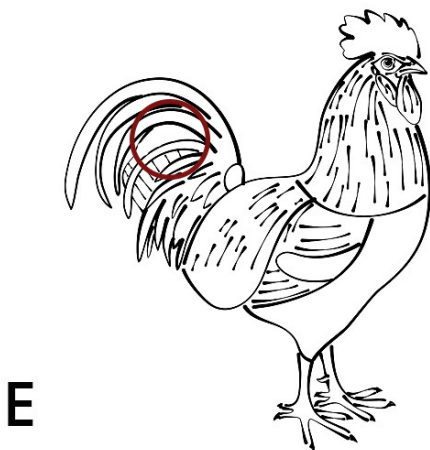
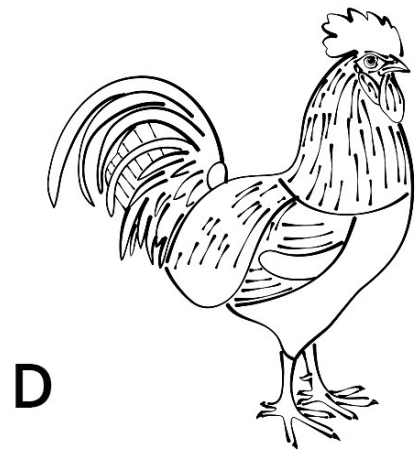
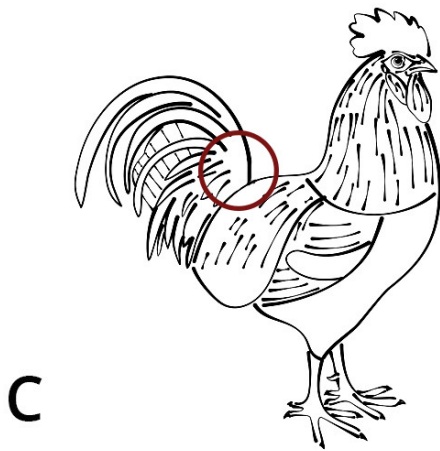
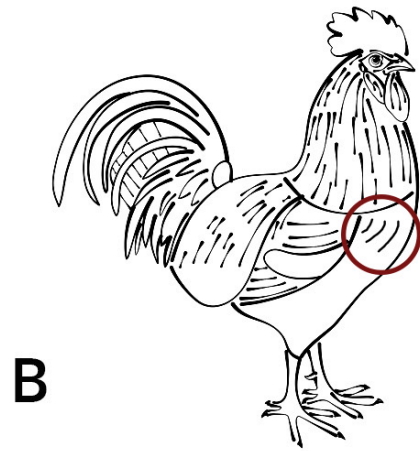
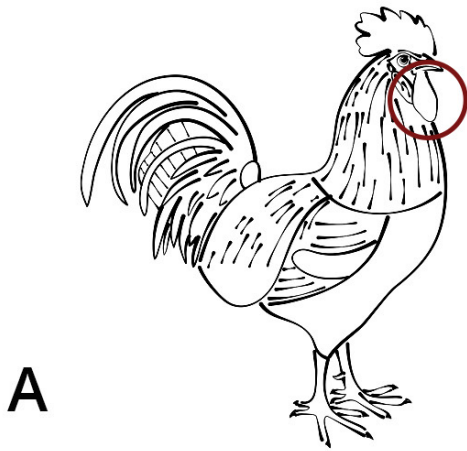
The world's largest functioning guitar is 13 meters (about 43 feet) long.

The most expensive guitar ever sold cost \$2.8 million, with proceeds going to charity. The guitar was signed by some of the best guitarists in the world.

Fact source: <https://www.haworthguitars.com.au/blogs/news/12-interesting-facts-about-guitar>

Solution

Roosters D and F are identical.



Reminiscing

Reminiscing is key to preserving your identity as you age.

For example, if you share stories from your life long ago with your friends and think of happy memories and happenings, this is reminiscing.

Maybe you'd like to share your story with your friends and see if their experiences are similar to yours.



Inventions & Progress

Today the topic is “Inventions and Progress.” Use the journaling page to write down some of your memories and experiences relating to this topic. To assist with your writing, here are some questions to help trigger your memories.

- How old do you think you were when you got the first family TV or radio?
- Do you remember the first time you watched television?
- Was your toilet outside or inside the house?
- How did you get hot water?
- Did your Mom have a washing machine or vacuum cleaner?
- Did you have a telephone?
- What significant changes have happened in the world since you were a child? Consider travel (space, planes, etc.), technology, education, and the cost of everything.



Garden Word Search

How many times can you find the word GARDEN in the grid?
Words can be found horizontally, vertically, diagonally, backward,
and forwards.
Mark the words as you find them (a highlighter pen is great for this),
and count them as you go.

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

I can find the word GARDEN times in the grid.

Garden Word Search Solution


The word GARDEN can be found 12 times in the grid.



Bluebirds

There are three different types of bluebirds in America: the Eastern, Western, and Mountain bluebird.

The bird in the picture is an Eastern Bluebird.

An Eastern Bluebird is perched on a dark brown branch. The bird has a vibrant blue head and back, a rusty-red breast, and a white belly. It is facing right. The background is a soft, out-of-focus green. In the foreground and background, there are clusters of white, five-petaled flowers with green leaves.

This beautiful Eastern bluebird can be found in woodlands, farmlands, and orchards.

Their wingspan is 10 to 13 inches.

They are social and often seen in flocks. When it comes to their nests and feeding places, they are pretty territorial.

Bluebirds like to eat insects, earthworms, grasshoppers, ants, and crickets.

Fact source: <https://www.nature-anywhere.com/blogs/bird-feeding-academy/bird-of-the-week-the-eastern-bluebird>

Did You Know?

- The average human brain is over 75% water.
- The wheelbarrow was invented in China.
- Rice is a staple food for more than 50% of the world's population.
- At birth, dalmatians are always white.
- The average golf ball has 336 dimples.
- Only female mosquitos bite.
- The largest exporter of sugar is Brazil.
- Sir Isaac Newton was 23 when he discovered the law of gravity.
- Brazil covers 50% of the South American continent.
- The most-sung song in the world is Happy Birthday to You.



Quiz: In Which Decade?

Mark the answer you think is correct.

1. In which decade did Disneyland open in California?

- a) 1940s b) 1950s c) 1960s

2. In which decade did Richard Nixon take office as president of the USA?

- a) 1960s b) 1970s c) 1980s

3. In which decade was the official end of World War II?

- a) 1930s b) 1950s c) 1940s

4. In which decade did Alaska become a state?

- a) 1950s b) 1930s c) 1960s

5. In which decade did Frank Sinatra die?

- a) 1970s b) 1980s c) 1990s

6. In which decade did the Titanic sink?

- a) 1900s b) 1910s c) 1920s

7. In which decade was the submarine invented?

- a) 1870s b) 1890s c) 1900s

8. In which decade did the first man walk on the moon?

- a) 1950s b) 1960s c) 1970s

9. In which decade was the Declaration of Independence signed?

- a) 1770s b) 1790s c) 1870s

10. In which decade was the handheld cell phone invented?

- a) 1960s b) 1970s c) 1980s

30s

60s

20s

In Which Decade? Solution

1. b) 1950s

2. a) 1960s

3. c) 1940s

4. a) 1950s

5. c) 1990s

6. b) 1910s

7. a) 1870s

8. c) 1960s

9. a) 1770s

10. b) 1970s

Fun Facts About Alaska

- Alaska is 663300 square miles big! This is an area bigger than Texas, California, and Montana combined.
- Alaska has around 3 million lakes and 12,000 rivers.
- Alaska has the largest forest in the United States.
- Alaska's wildlife is abundant, including grizzly bears, beavers, foxes, eagles, moose, and deer, to name a few.
- Alaska belonged to Russia until the United States bought it for \$7.2 million in 1867.
- Juneau, the capital, is not accessible by road. You can get there by plane or boat.
- The Aurora Borealis (Northern lights) can be seen most nights between mid-August and mid-April.
- The state has over 130 volcanos, 90 of which are still considered active. An eruption can happen at any time.



What is the Question?

In this activity, you are given the **ANSWERS** to the questions. What you must do is figure out what the **QUESTION** is for each answer. There can be many correct questions, so get creative. Write your questions on the lines.

Sample Question: Which is the first month of the year? Answer: January

Question: _____

Answer: Dogs

Question: _____

Answer: A rocket

Question: _____

Answer: Potatoes

Question: _____

Answer: Red

Question: _____

Answer: \$ 20

Question: _____

Answer: Brazil

Question: _____

Answer: A nurse



Question: _____

Answer: President

Question: _____

Answer: Alantic

Question: _____

Answer: Pasta

Question: _____

Answer: Daffodil

Question: _____

Answer: Blonde

Question: _____

Answer: California

Question: _____

Answer: Vaccum cleaner

Creative Photography



These days, many of us have mobile phones that take good photographs.

Why not get creative this month, set up a still-life of objects in your home and take a picture?

Photography is a great way to start noticing what is around you, which we often take for granted and forget to do.

Notes

A blank page from a lined notebook. The page features a vertical red margin line on the left side, creating a narrow left margin. The rest of the page is filled with horizontal blue lines for writing. There are three circular binder holes punched along the left edge of the page, one in the upper, middle, and lower sections. The top right corner of the page is rounded.

We don't stop playing
because we grow old.
We grow old because
we stop playing.

-George Bernard Shaw

Need help? Contact us at contact@mariasplace.com
or call us at 1-970-777-0085.

