

The spring newsletter

Games to Have Fun and Keep Your Memory Sharp

Monthly Edition

**March
2026**

OBSERVE



CALCULATE



WRITE



Recipe - Hidden Words - Quiz and much more

famileo

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Difficulty



Recipe

- Seasonal Vegetable Special -

Read the recipe and fill in the blanks using the words provided.
Some words will not be used, and some vegetables are not in season.

Word List:

- | | | |
|-------------------|---------------|-------------|
| • bell peppers | • 350 | • cucumbers |
| • eggs | • heavy cream | • 30 |
| • zucchini | • leeks | • 5 |
| • salt | • oven | • tomatoes |
| • 3 | • pepper | • skillet |
| • shredded cheese | • 1 cup | • pie crust |



_____ quiche

Ingredients:

- 2 _____
- 1 _____
- _____ eggs
- $\frac{3}{4}$ cup _____
- _____ shredded cheese
- salt
- pepper

Preparation:

1. Wash the _____ and slice them thinly.
2. Sauté them gently in a pan with a little oil or butter until tender.
3. In a bowl, crack the _____ and mix them with the _____.
4. Add the shredded cheese and season with salt and pepper.
5. Preheat the oven to _____ °F.
6. Roll out the _____ into a pie pan.
7. Spread the _____ over the crust and pour the mixture on top.
8. Bake for _____ minutes, until golden brown.



Difficulty



What time is it?

- Special time change -

Daylight Saving Time Has Arrived!

For each clock, draw the hour hand and the minute hand according to the instructions.

Draw the hands to match the time shown.

6 : 45



Daylight Saving Time:
In New York, clocks move
forward one hour.

New York



Los Angeles is 3 hours behind
New York. What time is it
in Los Angeles?

Los Angeles



Tokyo is 14 hours ahead
of Los Angeles.
What time is it in Tokyo?

Tokyo



Mexico City is 15 hours
behind Tokyo. What time
is it in Mexico City?

Mexico City



Hidden Words

Read each definition and write the word in its row.
Then copy the letter from the highlighted center column.
These letters will form the “Secret Word.”
Complete the crossword and discover the final message!

[illegible]

1. When ice or snow melts.
2. Light and warmth from the sun.
3. A flower that has just opened.
4. A field covered with grass and wild flowers.
5. An insect with colorful wings often seen in spring.
6. When flowers are opening and growing.
7. A small new plant beginning to grow.
8. A band of colors seen in the sky after rain.
9. A structure built by birds to lay eggs.
10. Short periods of light rain.



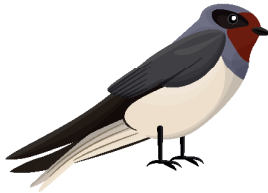
Difficulty



Flight

- Special birds -

Circle the two migratory birds and use the photos to discover where they spent the winter.



Swallow



Titmouse

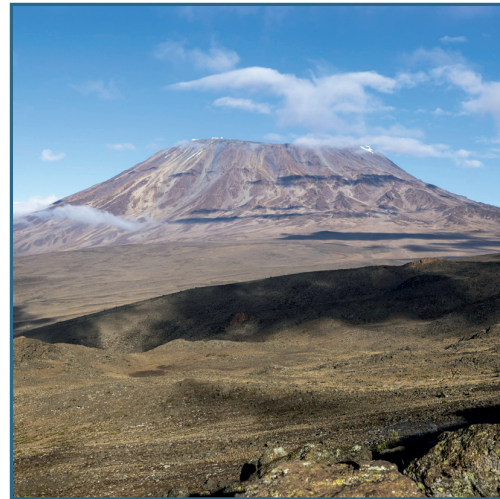


Stork

Many birds migrate to Sub-Saharan Africa.

- What is the name of this famous mountain?

- In which country is it located?



Many birds migrate to West Africa.

- What is the name of this historic island?

- In which country is it located?



Difficulty



Math challenge

Fill in the missing numbers in each grid.
All operations must be correct both horizontally and vertically.
Each row and column forms a correct equation.

6	+		=	10
+				-
2				
=				=
	-	5	=	

9	-		=	
-				+
				4
=				=
5	+		=	11

	+	2	=	4
-				+
1				
=				=
	+	6	=	

	-	6	=	
-				+
				9
=				=
4	+		=	10

1	+	5	=	
+				+
=				=
	+	5	=	9

13	-	3	=	
+				-
				2
=				=
	-	7	=	



Difficulty



Seek and find

- Spring Special -

Look carefully at the picture and find all the items in the list.

Items to find:





Difficulty



Quiz

- History Special -

Read each question carefully.
For the first questions, circle the correct answer.
For the last question, write your answer in the space provided.

March 15, 44 BC: A famous Roman leader was assassinated during the Ides of March. Who was he?

- A
Augustus
- B
Julius Caesar
- C
Nero
- D
Marcus Aurelius

March 8 is recognized internationally by the United Nations. What day is it?

- A
Peace Day
- B
International Women's Day
- C
Europe Day
- D
Labor Day

On March 25, 1957, a foundational treaty for European integration was signed. What is it called?

- A
Treaty of Versailles
- B
Treaty of Maastricht
- C
Treaty of Rome
- D
Treaty of Lisbon

March 14, 1879 marks the birth of a scientist who changed our understanding of the universe. Who was he?

- A
Galileo
- B
Isaac Newton
- C
Albert Einstein
- D
Louis Pasteur

Every year on March 17, a major celebration honors a patron saint.
In which country did it originate?

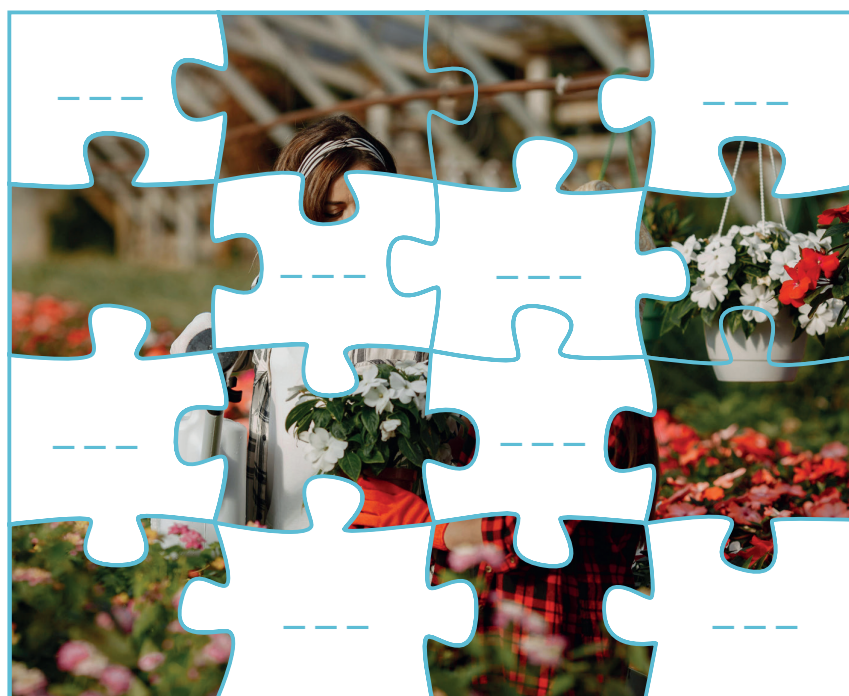


Difficulty



Puzzle

Study the numbered pieces around the image.
Write the correct number in each space to complete the picture.





Difficulty



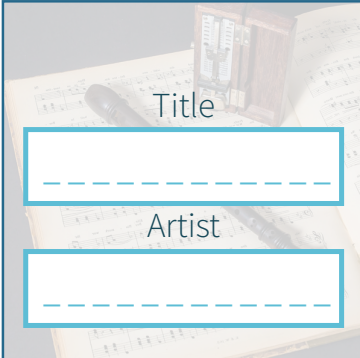
Memories

Take a moment to remember...
Read the prompts and complete them with your own memories.

My favorite spring memory is...

A spring smell or sound I will never forget...

What song reminds you of March or the return of spring?



Title

Artist



What place reminds you of March or springtime?

Recipe

Solution



Leek quiche

Ingredients:

- 2 leeks
- 1 pie crust
- 3 eggs
- $\frac{3}{4}$ cup heavy cream
- 1 cup shredded cheese
- salt
- pepper

Preparation:

1. Wash the leeks and slice them thinly.
2. Sauté them gently in a pan with a little oil or butter until tender.
3. In a bowl, crack the eggs and mix them with the heavy cream.
4. Add the shredded cheese and season with salt and pepper.
5. Preheat the oven to 350 °F.
6. Roll out the pie crust into a pie pan.
7. Spread the leeks over the crust and pour the mixture on top.
8. Bake for 30 minutes, until golden brown.

What time is it?

Draw the hands to match the time shown.

6 : 45



Daylight Saving Time:
In New York, clocks move
forward one hour.

New York



Los Angeles is 3 hours behind
New York. What time is it
in Los Angeles?

Los Angeles



Tokyo is 14 hours ahead
of Los Angeles.
What time is it in Tokyo?

Tokyo

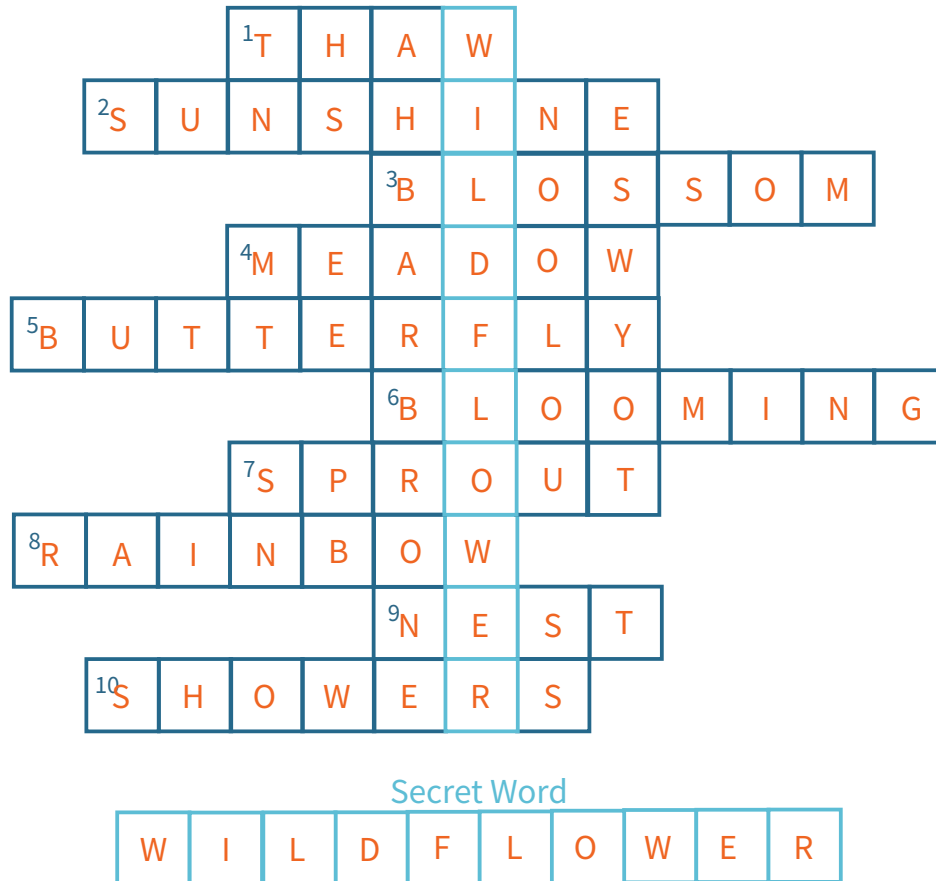


Mexico City is 15 hours
behind Tokyo. What time
is it in Mexico City?

Mexico City



Hidden Words



- When ice or snow melts.
- Light and warmth from the sun.
- A flower that has just opened.
- A field covered with grass and wild flowers.
- An insect with colorful wings often seen in spring.
- When flowers are opening and growing.
- A small new plant beginning to grow.
- A band of colors seen in the sky after rain.
- A structure built by birds to lay eggs.
- Short periods of light rain.

Flight

Solution



Swallow



Titmouse



Stork

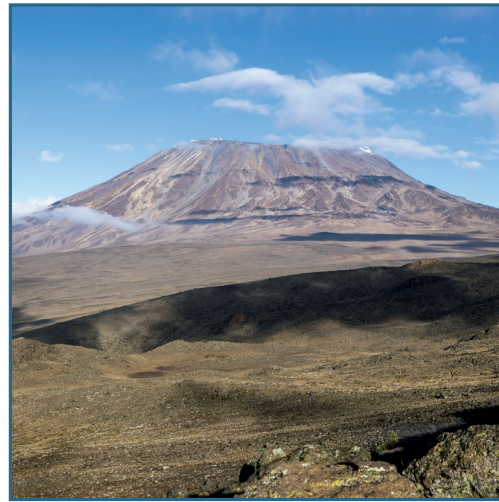
Many birds migrate to Sub-Saharan Africa.

- What is the name of this famous mountain?

Mount Kilimanjaro

- In which country is it located?

Tanzania



Many birds migrate to West Africa.

- What is the name of this historic island?

Gorée Island

- In which country is it located?

Senegal

Math challenge

Solution

6	+	4	=	10
+				-
2				7
=				=
8	-	5	=	3

9	-	2	=	7
-				+
4				4
=				=
5	+	6	=	11

2	+	2	=	4
-				+
1				3
=				=
1	+	6	=	7

7	-	6	=	1
-				+
3				9
=				=
4	+	6	=	10

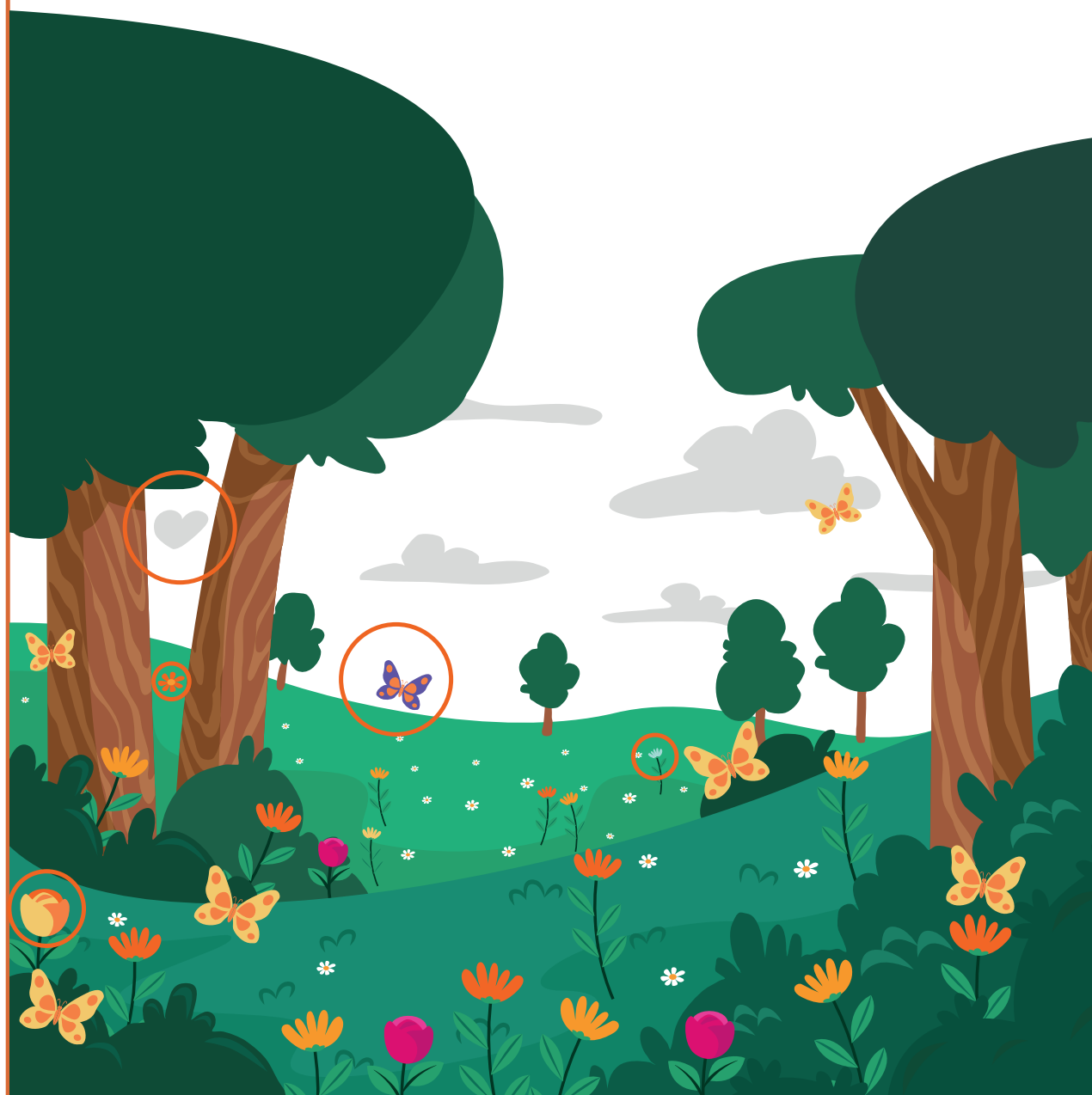
1	+	5	=	6
+				+
3				3
=				=
4	+	5	=	9

13	-	3	=	10
+				-
2				2
=				=
15	-	7	=	8

Seek and find

Solution

Items to find:



Quiz

Solution

March 15, 44 BC: A famous Roman leader was assassinated during the Ides of March. Who was he?

B
Julius Caesar

On March 15, 44 BC, during the famous “Ides of March,” Julius Caesar was assassinated in the Roman Senate by a group of senators. This event marked a major turning point in Roman history and paved the way for the end of the Republic.

March 8 is recognized internationally by the United Nations. What day is it?

B
International Women’s Day

March 8 is recognized by the United Nations as International Women’s Day. This day highlights the fight for equality, rights, and recognition of women around the world.

On March 25, 1957, a foundational treaty for European integration was signed. What is it called?

C
Treaty of Rome

Signed on March 25, 1957, the Treaty of Rome established the European Economic Community (EEC). It represents a key step in the construction of the European Union.

March 14, 1879 marks the birth of a scientist who changed our understanding of the universe. Who was he?

C
Albert Einstein

Born on March 14, 1879, Albert Einstein was one of the greatest scientists of the 20th century. He is especially famous for the theory of relativity, which profoundly transformed our understanding of the universe.

Every year on March 17, a major celebration honors a patron saint. In which country did it originate?

Ireland

The March 17 celebration honors Saint Patrick, the patron saint of Ireland. This Irish national holiday is now celebrated in many countries around the world.

Puzzle

Solution



...See you next month for a new edition...

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