

# The Avalon Gazette – **December** 2020



## Office Closed Reminders

- ❖ The office will **close at noon** on **Christmas Eve**, Thursday, **December 24<sup>th</sup>**, and will be closed in observation of **Christmas** on Friday, **December 25<sup>th</sup>**.

## The following reminders will continue to remain in place

- ❖ We **continue** to ask that you place any checks or correspondence in the **green box** outside of the Avalon office and to **not come into the office**.
- ❖ If anyone is in need of a **transfer station permit**, please call the office and we will arrange to have one left for you to pick up.
- ❖ Also, another reminder to **dog owners**, please remember to carry pet waste supplies and remove waste promptly. A **waste station** is located on Lupine Trail.

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## Announcing the winners of the Thanksgiving baskets!

Roger and Nadine Morse (pictured),  
Garry and Debbie Gilpatrick, and Carolyn and  
Steve Edgecomb



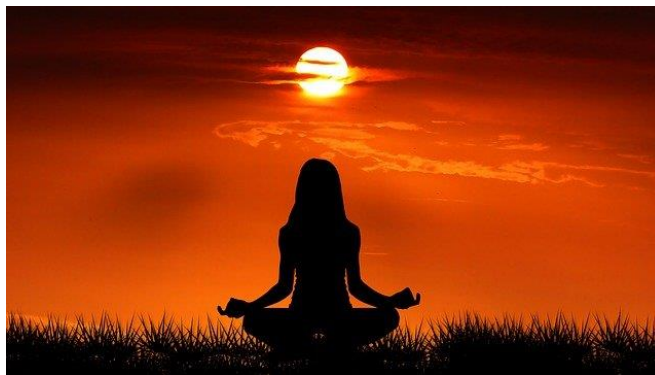
A special word of thanks to **ALL** who sent Beth and Ali emails with thank yous, as well as thank you cards and thank you phone calls for the Thanksgiving food that was delivered! We thoroughly enjoyed making them for all of you and hoped it would be a bright spot in your day. This has been a very difficult year for many of us and any bright spot in a day or smile surely helps!

**Stay tuned for a holiday surprise this month as well!**

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## Virtual **YOGA** for Avalon Residents with Julie Milan

*A Class for **Beginners** and all Levels!*



- **Tuesdays at 11:00 a.m. to 12:00 p.m.**
- Classes will be held online through **Zoom**.
- Instructor: Julie Milan, PhD, RDN, LD, E-RYT 200
- Interested participants should contact **Julie** at **[milanyogawellness@gmail.com](mailto:milanyogawellness@gmail.com)**. Once she receives an email confirming your interest in the class, you will then receive a link to join the yoga class via Zoom.
- An **orientation class** will be offered for new participants on **Thursday, December 17<sup>th</sup> at 11:00 a.m.** This class will go over the basics of yoga, as well as give you all an opportunity to ask questions you might have.

### **Class Description:**

Learn and practice yoga in a slow and gentle manner with or without the support of a chair (if you need a folding chair, let us know in the Avalon office and we will get you one from the Manor House). Both seated and standing yoga postures will be practiced and may be modified or adapted as needed or desired.

### **Class Benefits:**

Improve balance, increase flexibility, build strength, reduce tension and stress, prevent injury, and more...

### **Class requirements/options:**

computer, tablet or phone; yoga mat; chair (if desired); yoga blocks and/or strap (if desired).

Hello, All!

2020 has been quite the year, and, because of the precautions we had to take due to Covid-19, our new staff members have been unable to meet you all face-to-face. We would like to introduce you to two of our new staff members below!



Ariel Bonin is our new Administrative Assistant. She is 32 years old and a Hampden Academy graduate. She attended Beal College and received an Associate's Degree in Hospitality and Tourism Management. She has worked at the Edythe Dyer Library since 2005 and has probably met many of you there. She currently lives in Hampden with her husband, their 9-year-old daughter, and dog Jax. In her free time, she enjoys reading, writing, going to her family camp in Millinocket, going for walks, and spending time with family.

Please continue to reach out to Ariel for whatever you need, or even just to say hi. It makes her day to get a wave through the window!

Ali Toner is our Kitchen/Housekeeping supervisor and has been here since May. She grew up in Winterport along the Penobscot River, and graduated from Hampden Academy in 2000. Ali and her husband Andy have been married for 11 years and live in Carmel with their two dogs, Tucker and Harbor. Ali enjoys spending free time at her camp in Northern Maine with their family.



Ariel & Ali both look forward to the day when they are able to meet you all in person!



# Holiday Gingerbread House Contest



For those of you who wish to participate in a gingerbread house contest, please contact the office no later than **Friday, December 11<sup>th</sup>** to let us know.

Gingerbread house kits will be distributed the following **Tuesday, December 15<sup>th</sup>** right to your cottage. Participants are asked to take a picture of their completed gingerbread house and send to the office no later than **Tuesday, December 22<sup>nd</sup>**.



We encourage you all to be creative and use whatever additional items (other than the kit provided) you wish to create an original and unique gingerbread house. All types of candy, cloth, figures, or anything your imagination entails are welcome!

Once all participants have sent their photos back to us no later than the 22<sup>nd</sup>, we will then send out photos of all the gingerbread houses for everyone to vote on. No names will be shared, only the photos.

**The categories to be voted on will be:**

- ❄ Originality and Creativity
- ❄ Overall Appearance



Prizes will be awarded to the winners!



# December Recipes

These recipes were featured in our Thanksgiving bags and are some of Beth and Ali's favorites.

From our homes to yours, may these delicious treats keep you warm and cozy.

## Squash Bisque

### Ingredients:

- 1 ½ tsp olive oil
- 1 cup chopped onion
- 4 cups butternut squash, peeled & cubed
- 1 medium sweet potato (8 oz) peeled & cubed
- 1 cup corn kernels, fresh or frozen
- 1 ½ cups canned chicken broth diluted w/ 1 ½ cups water
- 2 Tb minced fresh ginger
- 1 ½ tsp light brown sugar
- 1 tsp ground coriander
- 1/2 tsp freshly ground black pepper



### Directions:

1. In large saucepan, warm oil over medium heat until hot but not smoking. Add onion and cook, stirring until it begins to brown (3-5 minutes).
2. Add squash and sweet potato, corn, diluted chicken broth, ginger, brown sugar, coriander, and pepper. Bring to a boil.
3. Reduce heat to low, cover and simmer until squash is tender (15-20 minutes).
4. With slotted spoon, transfer solids to a food processor or blender, and process to a smooth puree.
5. Return the puree to the saucepan and stir to blend with liquid remaining in the pan.
6. Serve hot, makes 4 servings.

# Pumpkin Chocolate Chip Cookies



## Ingredients:

- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 1 egg
- 1 tsp vanilla extract
- 1 cup canned pumpkin puree
- 2 cups flour
- 2 tsp baking powder
- 3/4 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ground ginger
- 1/8 tsp ground cloves
- 1/2 tsp salt
- 3/4 cup semi-sweet chocolate chips

## Directions:

1. Preheat oven to 350°. In mixer, blend sugars and vegetable oil. Add egg, vanilla. Add pumpkin.
  2. Mix flour, baking powder, baking soda, cinnamon, nutmeg, ginger, cloves, and salt.
  3. Combine two mixtures. Add chocolate chips.
  4. Bake for 12 minutes.
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# Cowboy Cookies

## Ingredients:

- 3/4 cup butter
- 3/4 cup sugar
- 3/4 cup brown sugar
- 1 1/2 eggs
- 1/2 tsp vanilla
- 1 1/2 cups flour
- 1/2 T baking soda
- 1/2 tsp salt
- 1/2 T cinnamon
- 1 1/2 cups chocolate chips
- 1 1/2 cups rolled oats
- 1 cup coconut
- 1 cup chopped pecans



## Directions:

1. Preheat oven to 350°.
2. Cream butter and sugars together. Add eggs and vanilla. Beat.
3. Add dry ingredients until blended.
4. Stir in remaining ingredients (chocolate chips and pecans). Bake 10-12 minutes.

## The “12 Days of ‘Stretch-mas’” Exercise Program

By Sonja Parker, MSPT, LMT  
Designing Fitness Physical Therapy, LLC

Hello, and holiday greetings to you all! I have decided to do a fun take on this popular holiday song for my article this month. No matter your religious preference or holiday traditions, exercise is a common denominator - it is healthy for all of us! Try to take a few moments out of your days this month to do each of these exercises - you will be giving yourself a gift of TLC!

12 reps: Marching in place - just as it sounds! Stand up tall and hold on for balance if needed.

11 reps: Shoulder rolls - “hunch” your shoulders up toward your ears, then roll them back and down. Repeat 11 times (doesn’t that feel so good??)

10 reps: Full body stretch - simply reach up, as if trying to pick that perfect apple off of a high branch - reach first with one arm, then with the other, shifting your weight and repeating 10 times.

9 reps: Partial squats - holding on to a chair or kitchen counter for balance, simply bend your knees as if sitting back on a chair (with your weight on your heels). Come back up and repeat 9 times.

8 reps: Reaching up on tip toes - at a corner of your kitchen cabinets, reach up with both hands to touch the upper cabinet as high as you can, lifting up onto your tippy-toes. Complete 8 reps.

7 reps: Kitchen sink push-ups - stand at your kitchen sink with your hands on the edge of the counter. Step your feet backwards a few steps while keeping your hands in place. Try to make a straight line with your body as you lean forward, bend your elbows, and do a “push-up” at the sink. Repeat 7 times.

6 reps: Rotations - standing or sitting up as tall as you can, turn your head and rotate your shoulders around slowly as you look over your shoulder (as if looking to see who is coming behind you). Slowly come back to “center” and repeat on the other side. Repeat 6 times.

5 reps: Sit to stand - exactly as it sounds - sit in a stable, firm chair. Stand up from the chair to a full upright position with good posture, then sit back down. Use your hands to push up only as necessary. Repeat 5 times.

4 reps: Thoracic extension stretch - do you remember this from last month’s article? Place your hands by your ears, stretch your elbows out to the side, and lift your chest up toward the sky as you arch backwards...so good for your posture! Repeat 4 times.

3 reps: Side stretch - sitting or standing, lift one arm up and out to the side, continuing overhead, and arching to the other side, as if you are making a large “C” shape with your body. Hold and stretch for a few seconds, then repeat on the other side. Perform 3 times on each side.

2 reps: Flamingo-stand - at the kitchen counter, stand tall and hold on for balance as needed. Lift one leg up, standing tall on the other leg for 10-30 sec as able. Repeat with your other leg.

1 rep: Deep breath - inhale deeply through your nose, hold for 2-3 seconds, then exhale completely through your mouth. You are done! Don’t you feel better already?

If any of these exercises do not agree with you, simply skip ahead and try the next. Try to keep this up every day, giving yourself the gift of exercise as we hunker down and count our blessings this holiday season!

I wish you all peace, health, and happiness!

Yours in good health,  
Sonja Parker, MSPT, LMT  
Phone: (207) 249-9410  
Email: [sonja@designingfitness.com](mailto:sonja@designingfitness.com)  
[www.designingfitness.com](http://www.designingfitness.com)

*While this article is intended to provide a brief overview, it is not intended as a substitute for medical consultation. Please consult your doctor or physical therapist for more information.*

▪ **Be strong, stay active, LIVE life!**