



Office Closed Reminders

- ❄ The office will be closed in observation of **New Year's** on Friday, **January 1st**, and **Martin Luther King Day** on Monday, **January 18th**.

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.

Avalon has new residents!

Jack and Rose Daniels have purchased 118 Heather Way
Joanie Speyer has purchased 101 Thistle Lane

**We want to wish you all the happiest and healthiest of new years!
May 2021 be filled with more fun and togetherness than its
predecessor. Let's say 'good riddance' to 2020!**

Announcing the winners of the Holiday arrangements!

Pat & Wanda Passero (pictured),
Mike & Norma McInnis, and
Dwight & Jan Rideout



Also announcing the winners of the Gingerbread House Competition!

Originality & Creativity

Lee DeRoche



Overall Appearance

Barbara Condon



**A friendly reminder, this is the perfect opportunity to learn yoga
in the privacy of your own home!**

Virtual YOGA for Avalon Residents with Julie Milan *A Class for **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. Once she receives an email confirming your interest in the class, you will then receive a link to join the yoga class via Zoom.

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).

Do you know all your onsite library has to offer?



Although the [Edythe Dyer Library](#) is not open for browsing due to Covid-19, it still has enough to keep you busy during these cold winter months.

Did you know you can check-out more than just books?

The library collection also includes books on CD, large print books, magazines, movies and TV series, music CDs, and graphic novels.

What if they don't have the item you're looking for?

Not only can you put items on hold, the library is part a huge inter-library loan system, which is back up and running! They are able to request books from other libraries throughout the state and have them sent to the library at no charge to you. It's very easy! Simply tell the librarian what you would like to order, and if the item is available, it should be in your hands in less than a week.

How can you find out what the library has?

Just visit the library website: www.edl.lib.me.us and click on CATALOG at the top. That will take you to the Minerva system page where you can search for whatever you're looking for. You can also visit their [Facebook](#) page where they post updates of new books added to the collection. If you still don't know what you want, give them a call at **207.862.3550** and tell the librarian some authors you've read or genres you enjoy. They are always happy to help!

January Recipes

In the spirit of a new year and many people making an effort to eat healthier, this month's recipes are inspired by eating healthy!

Upgrade your Scrambled Eggs!

Ingredients:

- 2 eggs
- 2 egg whites
- Handful of spinach
- 4 mushrooms, sliced
- ½ bell pepper, chopped
- 4 cherry tomatoes, quartered
- ¼ cup cheddar or feta cheese
- ¼ avocado, mashed or sliced (optional)
- ¼ cup salsa (optional)
- Dash of hot sauce (optional)
- Cooking Spray and salt & pepper



Instructions:

1. Heat a small pan with cooking spray over medium-high heat.
2. Add all your veggies and saute for 2-3 minutes.
3. Add eggs into pan, sprinkle with sea salt and pepper, and cook until done (usually 3-4 minutes).
4. At end of cook time, sprinkle with cherry tomatoes and cheese and allow to melt.
5. Serve with optional mashed avocado, salsa, and dash of hot sauce.

Serves 2

Build a Better Salad!

Greens:

- Spinach, arugula, kale, frisee
- Romaine, butter or iceberg lettuce
- Spring mix

Vegetables:

- Bell peppers
- Carrots
- Cucumbers
- Red onion
- Snow or snap peas
- Tomatoes
- Radishes
- Broccoli or cauliflower

Protein:

- Chicken or turkey breast
- Boiled egg
- Shrimp or salmon
- Beans, chickpeas or lentils

Fat:

- Olives or olive oil
- Avocado
- Nuts (Almonds, pepitas, sunflower seeds, walnuts)

Extras:

- Dried cranberries
- Feta or goat cheese
- Quinoa

Creamy Herb Dressing

Ingredients:

- 1 medium clove garlic
- 1 cup fresh herbs, lightly packed (ex: parsley, cilantro, dill, basil)
- 1 cup plain Greek yogurt
- Lots of freshly ground black pepper
- ½ tsp sea salt

Instructions:

1. Blend all until smooth in food processor.
Can also be used as a veggie dip! Stores in fridge 5-7 days.



Oil-Free Balsamic Dressing

Ingredients:

- ¼ cup + 2 Tbsp balsamic vinegar
- 3 Tbsp dijon mustard
- 2 Tbsp maple syrup
- ½ tsp dried oregano
- ½ tsp dried basil

Instructions:

1. Add all ingredients into a jar, close tightly, and shake. If you don't have a jar, add all ingredients to a small mixing bowl and whisk. Can also be used as a condiment on sandwiches. Stores in fridge in air-tight jar/container for 2-3 months.

Crossword Puzzle

Difficulty: Hard

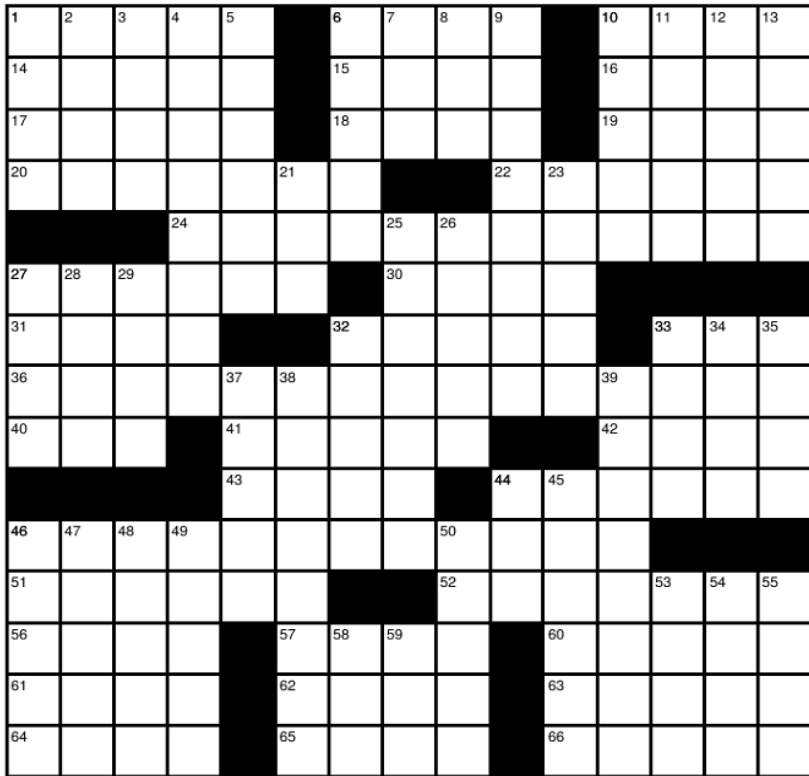
Nice Try

ACROSS

1. Popular chutney ingredient
6. It may be rowed
10. Stats. that supplement your SATs
14. Voter reg. grp. in the news
15. Gothic cathedral feature
16. Small songbird
17. It's bound for harvest
18. Lug
19. Ancient theaters
20. "I" minded
22. Total
24. Contractor's offering
27. Famous balcony occupant
30. Fryer's fat
31. Gray subj.
32. Jamaican fruits
33. It has salt within it and salts above
36. Nintendo booklet
40. PST part
41. Shoot up like _____
42. Smew, e.g.
43. Bronze age arm band
44. They may be rowed
46. Past the breaking point
51. Passes on
52. It may help you regain your focus?
56. Burn a bit
57. Fog
60. Target, on the diamond
61. Seed covering
62. Infernal quality
63. Following
64. Totals
65. Drains
66. Lawman Earp

DOWN

1. Photon's lack
2. Pine
3. Yuletide
4. Tagger's art



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5. Playing at peak
6. Use the tub
7. Guillermo's gold
8. Tread the boards
9. Flamboyant
10. Murkiness
11. "The Taming of the Shrew" locale
12. Fail to be
13. Travel round the rink
21. Word with chess or opening
23. Thick
25. "View of Toledo" painter
26. Health to Hernando
27. 1975 move about Amity horror
28. Tesla, for one
29. Word before up, down, back, or low
32. In ____ (unborn)
33. Heart's partner
34. SASE, typically
35. Pops the question
37. Bumpgo the Deerslayer
38. Designs on Nike shoes
39. Distinguish
44. Place for rooting
45. Kornfield Kounty comedy hour
46. Keiko's kin
47. India's first P.M.
48. Miner's filing
49. Sandwich and Salisbury, e.g.
50. Is sensitive
53. Singer James
54. Correction for a correction
55. Injury that brings you before the bench
58. Hollywood Gardner
59. Kind of code or car

SUDOKU

Difficulty: Easy

4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: E equals O

HY ZU MHOQFQU H RFTC
 PEMMCPJCX YETCMW,
 WEZC PEEIOEEIW, FYX
 JRC QCWJ HW RHWJEQU.

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Difficulty: Medium

Goal-Setting for 2021!

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

Ok can we all say it together??? GOODBYE 2020!!!! HELLO 2021!!!! I'm pretty sure it is safe to say that we are all hoping for a better year this year than last year! And while we are still in the thick of it with THE virus, I am choosing to look ahead to the time when we can all return to spending time with family and friends, and getting back to some of our favorite activities with our favorite people. I am encouraging you to use that hopefulness to plan out and pursue your exercise goals, starting now!

What is the activity you most look forward to once we come out on the other side of this pandemic? Being able to play golf, tennis, or go hiking with friends? Being able to enjoy grandchildren and family? Being able to go on that trip you've been planning? Exploring your answers to that question is the perfect starting point for adding more exercise into your life. Once you know what motivates you, you can and should design your fitness program around that. Here are some examples:

- You are a golf fanatic and would play golf every day of your life if you could. Using this idea as great motivation to begin exercising (and to become the best golfer in your foursome), you should include 1) strengthening to increase the power in your swing for longer driving distances, 2) flexibility to increase your torso torque and enable a smoother swing, 3) balance exercises to remain steady as you are chipping out of the sand trap, and 4) a walking program to keep you from feeling ready for the clubhouse after only the 7th hole.
- You want to be able to keep up with your grandkids when they come to visit. The perfect exercise program would include 1) strengthening exercises to be able to easily pick them up and carry them, 2) flexibility to allow you to get down and up from the floor to play with them, 3) balance exercises to be a contender in the game of Twister, and 4) endurance exercises to keep you going until nap time (yours or theirs)!
- You are planning the trip of a lifetime and want to be able to squeeze every moment out of it. As far as exercise goes, you may want to include 1) strengthening exercises to be able to lift and carry your overstuffed carry-on, 2) flexibility exercises to keep you from feeling stiff after hours of sitting while you travel, and 3) a walking or biking program to rev up your metabolism so that you can burn off the calories of all those delicacies you will want to indulge in.

Hopefully one of these examples resonated with you personally, but if not, do your own deep thinking about what is important to you as we emerge from this crazy time. Then use that as inspiration to design your own purposeful exercise program and to *stick with it!* (And if you are not sure what exercises to do, consult a professional!) THINK about these reasons to exercise when you are feeling tired and use them to light a spark beneath you. Not only will you feel good about your fitness level, but you will also feel great about once again being able to do the things that bring you joy in life.

Be strong, stay active, LIVE life!

Yours in good health,
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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.