

# The Avalon Gazette - December 2021



The office will be **CLOSED**  
Friday, December 24 in observance of Christmas,  
and December 31 in observance of New Year's Day.

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A reminder that **Board** and **Finance** meeting minutes can always be found in the **Resident Portal** on the Avalon website!

## December Recreation Activities

- 🌸 **Yoga** – Every\* **Thursday** at **10:00 AM**. Julie Milan will teach this class in the Manor House upper living room, while maintaining social distancing. Masks are encouraged but not mandatory.  
\* *Yoga will meet December 2, 9 & 16, and then resume on January 6.*
- 🌸 **Tai Chi** – Every\* **Thursday** at **11:15 AM**. Andy Stewart will teach this class in the Manor House upper living room, while maintaining social distancing. Masks are encouraged but not mandatory.  
\* *Tai Chi will meet December 2, 9 & 16, and then resume on January 6.*

# *December Dining Activities*

## *Men's Breakfast – Wednesday, December 1<sup>st</sup> at 8:30 AM*

**\*\*RSVP BY MONDAY, 11/29\*\***

Sign-up is required – Please contact the Avalon office.

***Menu:***

*Savory French Toast Bake*

*Scrambled Eggs*

*Bacon & Sausage*

*Fruit Plate*

## *FIRST FRIDAY – Friday, December 3<sup>rd</sup>*

***Wine & Cheese*** at 5:00pm

Socialize and mingle at the Manor House, while enjoying a selection of beer, wine, cheese and crackers. There is no charge for this.

## *Ladies' Lunch – Wednesday, December 8<sup>th</sup> at NOON*

**\*\*RSVP BY MONDAY, 12/6\*\***

Sign-up is required – Please contact the Avalon office.

***Menu: Appetizer – Caprese Bruschetta Bread***

*Crab Bisque*

***Main Course – Greek Chicken Salad with Pita Bread***

***Dessert – Peppermint Bark***

## ***PRIME RIB CANDLE LIGHT DINNER***

***Wednesday, December 15<sup>th</sup> at 6:00pm***

Join us for a special dinner by candle light. \$25 per person.

Sign-up is required – Please contact the Avalon office.

**\*\*MUST RSVP BY FRIDAY, 12/10\*\***

***Dinner Menu:***

***Appetizer – Stuffed Mushrooms***

*Shrimp Cocktail*

***Salad – Spinach Cranberry Cashew Salad***

***Main Course – Prime Rib***

*Garlic Parmesan Mashed Potato*

*Maple Bacon Brussel Sprouts*

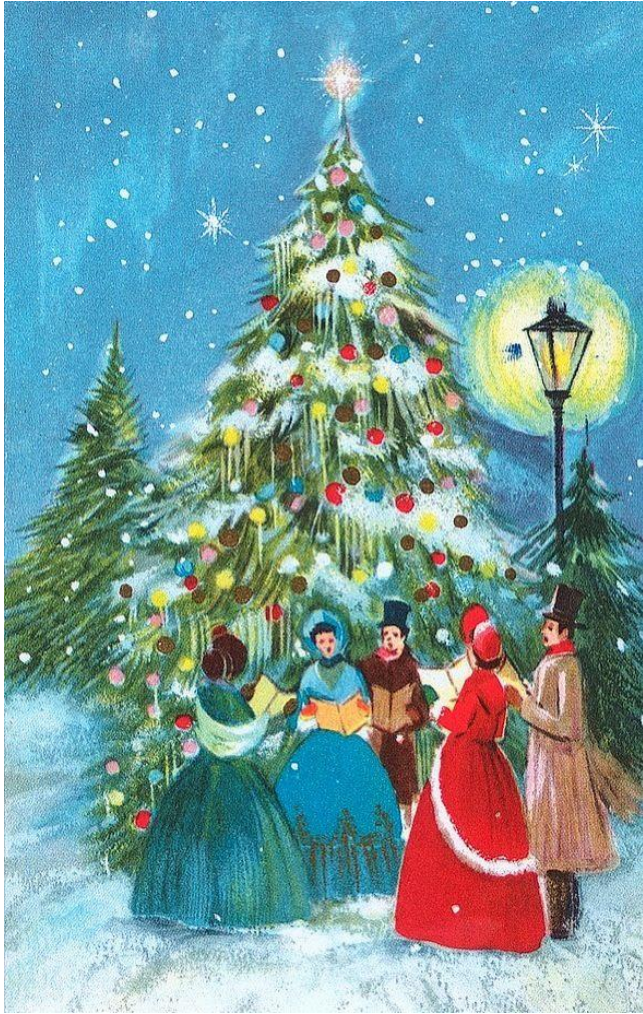
***Dessert – White Chocolate Cranberry Cheesecake***

# *Gather and Be Thankful Together*

*It was so wonderful to see our neighbors and celebrate this annual tradition!*



## *Carolers, Cookies and Cocoa!*



Please join us on  
**Tuesday, December 14<sup>th</sup>**  
from **4:45-5:30 PM**  
outside the **Manor House**  
where students from the  
Hampden Academy Chorus  
will be singing carols, while  
we get into the holiday  
spirit with hot cocoa and  
cookies!



# Get into the holiday spirit with these local activities!

## Gardens Aglow

### Coastal Maine Botanical Gardens

- A driving tour of magical light ✨

Nov. 20-Jan. 1

Arrival times every 15 minutes

4:30-8:30 p.m., Thurs.-Sun.

Visit their website to purchase tickets:

<https://www.maine gardens.org/>



## Annual Christmas Craft Fair

Brewer Eagles Club –

22 Atlantic Ave. Brewer

Saturday, December 11

9:30-1:30 PM

Offering a variety of crafters and vendors for your gift-giving needs! Free admission.

## “Cirque Dreams: Holidaze”

Cross Insurance Center, Bangor

Thursday, December 9 at 7:30 PM

“Cirque Dreams: Holidaze” lights up the stage in this popular and dazzling holiday spectacular. This annual tradition wraps a whimsical, Broadway-style musical infused with contemporary circus artistry into the ultimate holiday gift for the entire family!



Visit <https://ticketmaster.com/cicbangor> for tickets!

# Local Theatre

## *The Gracie Theatre:*

SAT, DEC. 11 at 3:00 p.m. + 7:00 p.m.

SUN, DEC. 12 at 3:00 p.m.

Robinson Ballet presents "**The Nutcracker**"

\$15.00 Adults, \$10 Students/Seniors

Tickets at [www.robinsonballet.org](http://www.robinsonballet.org)



## **Yuletide Celebration**

Saturday, December 4 at 7:30 p.m.

**COLLINS CENTER FOR THE ARTS**

The University's major choral ensembles collaborate with small instrumental ensembles to perform this annual holiday concert. An evening of festive music and fun for the whole family!

Tickets are \$12, including fees.

## **Winter Holiday Pops**

Saturday, December 18 at 7 p.m.

**COLLINS CENTER FOR THE ARTS**

The Bangor Symphony Orchestra presents the Winter Holiday Pops! Come to celebrate the excitement of the season as vocalist Hannah Madeline Goodman and special guests perform your holiday favorites, all backed by the Bangor Symphony Orchestra led by Lucas Richman.



Visit <https://www.collinscenterforthearts.com/> for tickets!



## Penobscot Theatre Company

### Miracle on 34th Street: A Live Musical Radio Play

November 18 - December 26, 2021

Original Lyrics, Music & Arrangements by Jon Lorenz

Join the studio audience at WPTC for a star-studded musical adaptation of this beloved holiday classic.

Adapted from the original 1947 Lux Radio Hour Broadcast and paired with live Foley effects, localized jingles and an original, musical score, this perennial Christmas favorite is sure to melt the most cynical of hearts.

Visit <https://www.penobscottheatre.org/> for tickets!

## “Greetings!”

A collaboration between *Ten Bucks Theatre* and *True North Theatre* Companies

December 9 – 12, 16 -19

Ten Bucks Theatre, Bangor Mall

All tickets are \$15



Visit <http://www.tenbuckstheatre.org/greetings/> for tickets!

# The Streaming Corner

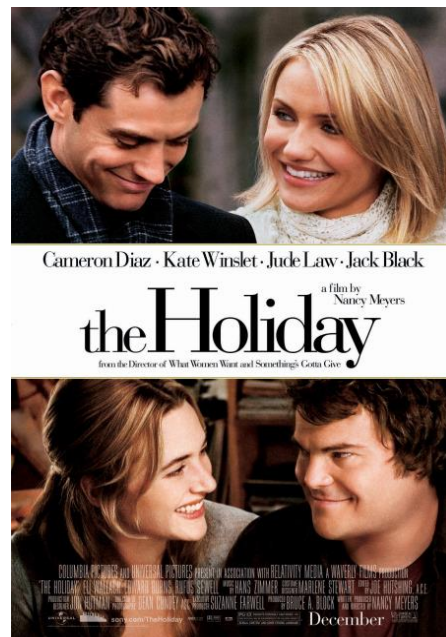
## The Holiday on Hulu

Comedy, Romance – 2006 Movie

*Starring: Kate Winslet, Jude Law, Cameron Diaz*

During the holidays, two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love.

iMDb rating: 7/10



## Sugar Rush: Christmas on Netflix

Reality, Cooking – 2 Seasons

*Starring: Hunter March, Candace Nelson & Adriano Zumbo*

A Christmas baking competition with 4 teams, 3 rounds, 2 cakes and 1 winner of \$10,000.

## It's A Wonderful Life on Amazon Prime\*

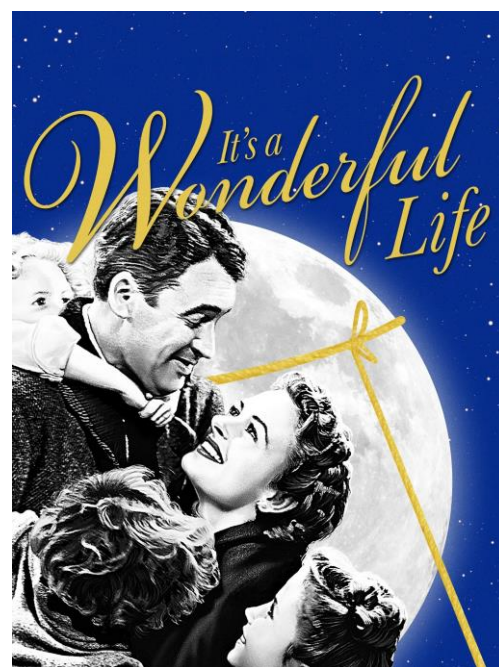
Drama, Family – 1946 Movie

*Starring: James Stewart & Donna Reed*

In this holiday classic, an angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

iMDb rating: 8.6/10

*\*Did you know? If you pay to have Amazon Prime shipping, you can watch a selection of movies and shows for free on Amazon Prime's streaming service? Visit Amazon.com and select it from their drop-down menu under Digital Content & Devices!*



# Brown Sugar Bourbon Pineapple Glazed Ham

*A tasty variation of the traditional Christmas favorite!*

## INGREDIENTS

- 1 10-12 pound fully cooked Hickory smoked bone-in ham
- Whole cloves
- 1 cup pineapple or apple juice
- 1 cup packed light brown sugar
- 1/2 cup bourbon
- 1/3 cup pineapple preserves
- 1 Tablespoon butter melted
- 2 teaspoons spice brown mustard
- 1/4 teaspoon allspice



## INSTRUCTIONS

1. Preheat the oven to 325°F. Move the rack to the lower third of the oven.
2. Remove any skin and trim the fat to 1/4-inch thickness.
3. Score the ham in a diamond pattern using a sharp knife making 1/4-inch deep cuts 3/4-inch apart.
4. Press a whole clove in the center of each diamond.
5. Place cut side down (fat side up) into a 13 x 9-inch baking pan or similar. Pour the pineapple juice around the ham. (You may use a baking rack fitted into the pan, if desired.)
6. In a small bowl, mix together the brown sugar, bourbon, preserves, butter, mustard and allspice. Mix until fully combined.
7. Carefully spoon or brush the glaze over the ham using 1/3 of the glaze. Cover loosely with foil and place into the oven.
8. Bake for 12-15 minutes per pound. Stop midway through baking, lift the foil and spoon 1/3 of the glaze over the ham then recover with foil.
9. Thirty (30) minutes before the end of baking remove the foil and brush with the remaining glaze and return to the oven uncovered to finish baking and brown.
10. If needed, broil at the **very end of baking** to char further. Do NOT walk away.
11. Rest uncovered for 20 minutes then carve or cool completely and chill.
12. Store leftovers tightly covered and chilled.

Notes: Follow the ham package instructions for recommended baking time, if different

# Cranberry Salsa

*Served over cream cheese, this was a hit at our November gathering!*

## INGREDIENTS

- 12 oz cranberries (fresh or frozen) chopped
- 1/2 cup granulated sugar
- 1 jalapeno pepper deseeded and minced
- 2 tablespoons chopped green onions
- 1/4 cup chopped fresh cilantro
- 3 tablespoons fresh lemon or lime juice
- 3 tablespoons grated fresh ginger
- A pinch of salt and pepper
- 1 (8 oz) package cream cheese softened
- Crackers for serving

## INSTRUCTIONS

Mix all the above ingredients in a glass bowl. Cover and chill for at least 4 hours before serving (best if made the day before). To serve, pour over the top of a brick of cream cheese. Serve with crackers.



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# Raspberry Pinwheel Cookies

## INGREDIENTS

- 1 1/2 cup flour
- 1/4 teaspoon salt
- 4 oz. cream cheese
- 1/2 cup butter
- 1/4 cup raspberry jam
- 1/2 cup walnuts, finely chopped
- 1/4 cup sparkling sugar

## INSTRUCTIONS

1. Combine the flour and salt in a food processor and pulse a few times to mix.
2. Add the butter and cream cheese and process until a ball of dough forms. It will form fine crumbs first, and then as you continue to process it will clump together into a ball.
3. Chill the dough for 2 hours.
4. Preheat the oven to 375 F.
5. Roll the dough out onto a lightly floured surface into a rectangle about 14 x 12 inches. I cut the edges off my rectangle to make it straight.
6. Spread the jam on the dough, and then spread the walnuts on top.
7. Roll up from the long side and cut into 1/2 inch thick slices.
8. Dip one side of each slice in coarse sugar.
9. Bake sugar side up for 15 - 20 minutes, until the cookies are lightly browned.



## Did you Know: Interesting Facts About Christmas, Hannukah & Kwanzaa

- **It's widely believed that today's Santa wears a red suit because that's the color associated with Coca-Cola, but this isn't the case.**

Before the Coca-Cola Santa was even created, St Nick had appeared in numerous illustrations and written descriptions wearing a scarlet coat. However, it is true that Coca-Cola advertising played a big role in shaping the jolly character we know and love today. In 1931, Coca-Cola commissioned Swedish-American artist Haddon Sundblom to paint Santa Claus for the company's Christmas adverts.

Prior to this, Santa had been portrayed in a variety of ways throughout history: tall and gaunt; short and elfin; distinguished and intellectual; even downright frightening. Sundblom's paintings for Coca-Cola established Santa as a warm, happy character with human features such as rosy cheeks, a white beard, twinkling eyes and laughter lines. This grandfather-style Coca-Cola Santa captivated the public and the perception of the North Pole's most-famous resident changed forever.

- **The Christmas wreath is a symbol of love and eternal life.** The Christmas wreath is representative of the crown of thorns that Jesus wore. Eventually, the colors of Christmas – red, green, and gold were added. Red is said to represent the blood of Jesus, green is supposed to symbolize life, and gold stands for royalty and light. And the evergreen foliage used to make Christmas wreaths symbolizes the continuity of life and nature even in the darkest days of winters.
- **The word Hanukkah means "dedication."** The holiday commemorates the triumph of a band of rebel Jews known as the Maccabees in reclaiming their temple from the Greek-Syrians.
- **Hanukkah lasts for eight nights, to commemorate how long the holy light burned.** The temple required a holy light to burn inside at all times, but the Jews had only enough oil for one night. Incredibly, the light burned for eight days.
- **The famous dreidel, or four-sided spinning top, was invented as a distraction.** The Greek-Syrians had outlawed Jewish studies, so the Jews spun dreidels to pretend they were merely playing games while they engaged with their scripture.
- **Kwanzaa is a celebration of African-American culture and heritage.** It lasts seven days from December 26th to January 1st. It was created by Dr. Maulana Karenga in 1966.
- **The name Kwanzaa comes from a Swahili phrase that means "first fruits of the harvest."** Initially the holiday was meant as an alternative to Christmas, but later it was said to be in addition to other religious holidays such as Christmas. Some people combine aspects of Kwanzaa and Christmas together today in order to celebrate their race as well as their religion.
- **The seven principles of Kwanzaa are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.** The candleholder in Kwanzaa is called a kinara, and a candle is lit each day.

## Astrological Corner:



November 22<sup>nd</sup> to December 21<sup>st</sup>

On Dec. 13, Mars enters Sagittarius and Mercury in Capricorn, which will welcome some flexibility and grounded approaches to how we think and act. And we can expect a happy ending in Jupiter's second ingress into Pisces on Dec. 28, bringing optimism, hope and grace as we wrap up 2021.



December 22<sup>nd</sup> to January 19<sup>th</sup>

Usually, you pride yourself on being laconic: you save your words for when they matter.

But you might surprise yourself by being verbose and having more to say than usual.

Since last spring, you've been more introspective, visiting painful parts of your past. Now, as you come up for air, you have a determined resolve to give hope a chance.

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## SUDOKU

Difficulty: Hard

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

If you would like the answers to any of the puzzles, send an email to:

[ariel@avalonvillage.com](mailto:ariel@avalonvillage.com)

# Crossword Puzzle

Difficulty: Medium

## LA Times

By Sam Acker / Ed. Rich Norris

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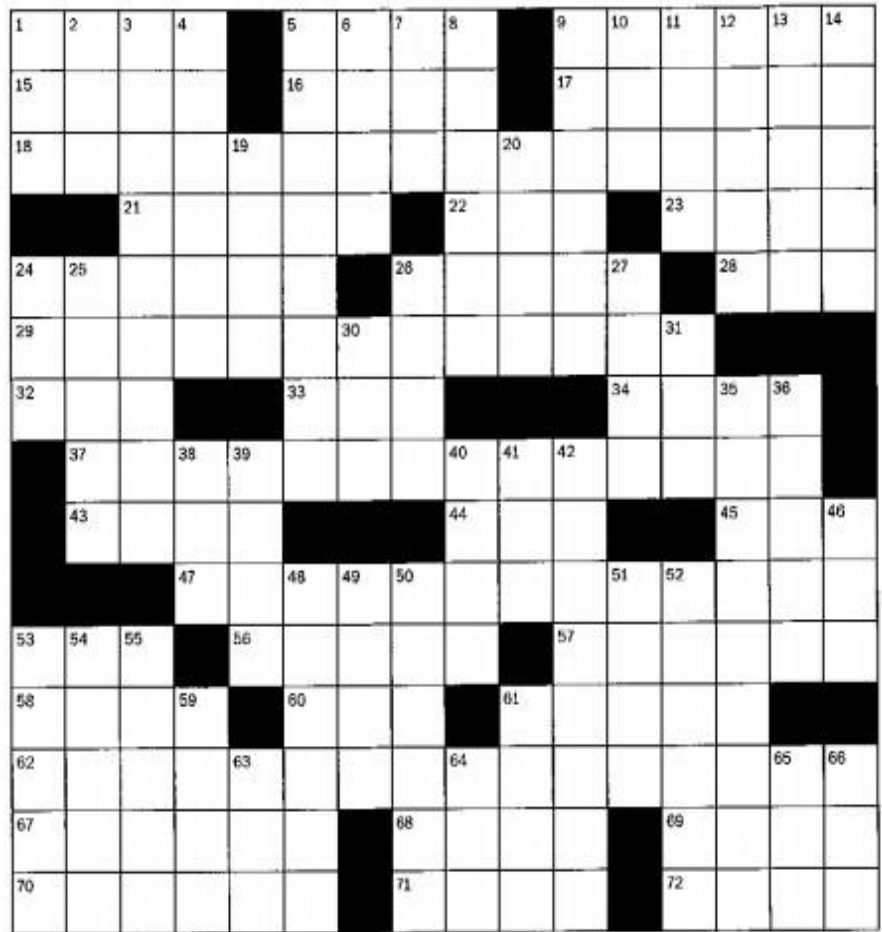
### ACROSS

- 1 Outer border
- 5 Soft "Hey, you!"
- 9 Type of bagel
- 15 "Wuthering Heights" setting
- 16 "I have a bad feeling about this"
- 17 Removed, as a pencil mark
- 18 Automatic time-out near the end of each NFL half
- 21 Pay a call on
- 22 Auction offer
- 23 Medium-sized apple
- 24 Parts of an act
- 26 Dance named for a horse's gait
- 28 Here-there in-between
- 29 Guided sightseeing event in the "Gilligan's Island" theme
- 32 Biotech room
- 33 Paleozoic \_\_
- 34 Knocks firmly
- 37 Food-dropped-on-the-floor "policy"
- 43 Pulitzer author Jennifer
- 44 Reuben bread
- 45 LGBT History Mo.
- 47 1955 Marilyn Monroe film, with "The"
- 53 \_\_-rock: music

- 56 Pricey watch
- 57 Pooch's plaything
- 58 Nagano noodle
- 60 Worksheet line
- 61 Noodle shape
- 62 Large-audience schedule item ... and what the four other longest answers comprise?
- 67 Anger to the max
- 68 Baker's appliance
- 69 Golfer Aoki
- 70 Fenway team
- 71 Viral internet item
- 72 "bye 4 now"

### DOWN

- 1 Defib expert
- 2 The "D" in DJIA
- 3 Succeed impressively
- 4 Ferret's cousin
- 5 Grounds for bad behavior, say
- 6 Close
- 7 Drunkard
- 8 Law exam, familiarly
- 9 Jet Ski rival
- 10 Drop a fly, e.g.
- 11 Did a number
- 12 Lai or Thai
- 13 \_\_ Park: Edison lab site
- 14 Mystery writers' award
- 19 "That makes sense"



- 20 Become limp
- 24 Mo. metropolis
- 25 Rub the wrong way
- 26 Chip dip, casually
- 27 Run smoothly, as an engine
- 30 Tram load
- 31 India-born author Santha Rama \_\_
- 35 Story line surprise
- 36 Italian for "dry"
- 38 Mil. hospitals
- 39 Part of DOE: Abbr.
- 40 African antelope
- 41 "Bill \_\_ the Science Guy": '90s TV show
- 42 When the story is due
- 46 "... hallowed be \_\_ name"
- 48 Whirlpool
- 49 "The Time Machine" race
- 50 One raising her first child
- 51 Takes badly?
- 52 "Eureka!"
- 53 In accordance with
- 54 Michaels of "SNL"
- 55 "Thelma & Louise" car
- 59 Amo, \_\_, amat ...
- 61 S, Am, Ac, K or Er
- 63 It may be inflated
- 64 Ill-fated fruit eater
- 65 Vote of opposition
- 66 Score in fútbol

## **What's on Your Wishlist?**

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

Soooo here we go into full-on holiday season! Have you created your wish-list yet? My husband and I have a traditional wish-list...when we ask each other what we want for Christmas, we always reply “world peace.”

And then comes the standard, “Ok....and what else?”

After that, we might get into a few things that can be bought or made, but if we set aside the material things we might be wishing for, what do we *really* want? What do YOU *really* want?

To be pain-free? To be able to do some of the things you used to be able to do? To be *healthy*?

If those are some of the things on your wish-list, take heart because there is no time like the present to make some of those wishes a reality. Movement – of any kind – can get you started on the path to realizing your optimal health.

Find something that makes you excited and feel good – whether it's walking outside in the cool winter air, or doing some exercises in the cozy comfort of your home – simply start moving a little bit more than you already do, every day. If a day comes along where you lack motivation, seek some out by reviewing your wish-list, or by talking with a supportive friend or family member.

Have a “Plan A” and a “Plan B”: “Plan A” for days when you are feeling good and the weather is nice, and a “Plan B” for when you don't quite have the same energy level or have to stay inside. Or you could take a page from the high school schedule book and have “A-days” and “B-days,” alternating a more challenging level of movement with an easier level of movement every other day.

You can (and *should*) start slowly. But be *consistent*, and ask for help along the way if you hit some speed bumps or hurdles...That is what your healthcare providers are here to do – help you through those challenges. Don't hesitate to reach out!

I sincerely hope that you all have a wonderful holiday season, and that all of your wishes come true, now and always. My wish for you is to...

***Be strong, stay active, and 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.*