

The Avalon Gazette - May 2022



REMINDERS

The office will be **closed** on **Monday, May 30th** for **Memorial Day**.

We still have available **garden beds** in the Avalon garden. If anyone is interested, please contact the office to be assigned a bed.

LIVE MUSIC

Avalon Resident **Joel Gold** will perform folk songs in the Manor House Living Room on **Tuesday, June 7th at 2:00 PM!**

Joel will be playing his banjo and guitar, singing songs he's sung at previous concerts, along with some new ones, and asking people to sing along. Beverages will be provided.

We hope to see you there!

May Dining Activities

Men's Breakfast – Wednesday, May 4th at 8:30 AM

****RSVP BY MONDAY, 5/2****

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

Menu:

Breakfast Burrito

Hashbrowns

Banana Muffin

Fruit Cup

Bacon & Sausage

FIRST FRIDAY – Friday, May 6th

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.

Dinner at 6:00pm

Join us for dinner afterward in the Manor House dining room.

Cost is \$18 per person.

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

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 5/2****

Dinner Menu:

Salad – Street Corn Salad

Appetizer – Tortilla Chips, Guacamole & Salsa

Main Course – Steak & Chicken Fajitas

Dessert – Churros

Ladies' Lunch – Wednesday, May 11th at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 5/9****

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

Menu:

Appetizer – Cilantro Lime Slaw

Salad – Fiesta Salad

Main Course – Chicken Enchiladas

Dessert – Chocolate-Covered Strawberries

Manly Brews – Wednesday, May 18th at 8:00 AM

****RSVP BY FRIDAY, 5/13****

SIGN UP IS REQUIRED – Please contact the Avalon office.

Join the guys for some conversation and a cuppa!

Bagel Central Bagels, coffee & fruit - **\$7** per person



WEDNESDAY, MAY 25 | 11:00 AM

BEHIND THE MANOR HOUSE

FREE FOR RESIDENTS

JOIN US AND LEARN ABOUT OUR EXERCISE CLASSES

RSVP: AVALON OFFICE BY 5/20
CALL 862-5100 OR EMAIL

May Recreation Activities

🌸 *Yoga* – Every **Thursday** at **10:00 AM**. (**NO CLASS 5/5 & 5/12**) Julie Milan teaches this class in the Manor House upper living room.

🌸 *Strong for Life* – Every **Wednesday** at **10:30 AM** (**NO CLASS 5/4 & the 5/25 class will start at 9:30 due to Avalon Spring Brunch**) Sonja Parker teaches this class in the Manor House upper living room.

*Space is limited at Strong for Life. Sign up is required each week.
Please call or email the Avalon office to sign-up.*

Hampden Recreation Department *“Reshaping Retirement”*

Co-ed senior fitness class instructed by Physical Therapist, Dana Tardif, with focus on strength and balance at your own pace. **Drop-in program (no sign-ups required).**

Fee is \$2.00 per person, per class.

Class is from 9:00-10:00 AM on Monday, Wednesday, and Friday.

Building open at 8:30 AM to walk for a warm up in advance of the class and is included in the drop-in fee. Class is located in the **Skehan Rec Center** at 1 Main Rd. North in Hampden.

Mats and Weights are provided along with disinfectant wipes,
but feel free to bring your own!

Visit hampdenme.myrec.com for more information or to see other offered programs!

Busy Hands

Busy Hands is back! Bring any kind of handcraft to work on while enjoying good conversation.

Tea and coffee will be provided.

Tuesday, May 10th at 2:00 PM in the **Manor House Living Room**



Eastern Area Agency on Aging

Durgin Center



The Durgin Center provides a space for wellness and enrichment activities, social opportunities, and meals offered through their community café. It's also accessible for community members to gather and have a cup of coffee or play cards.

The Durgin Center is conveniently located in Twin City Plaza, 274 State Street, Brewer. There is ample parking and public bus line service right to the front door.

Open Monday – Friday 9am-3pm

Visit their website at: eaaa.org/durgincenter for more information, including a calendar of classes and events, or call: **207-941-2865**.

The Streaming Corner

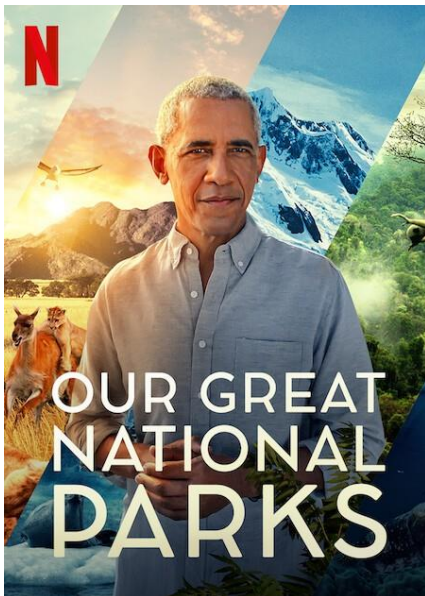
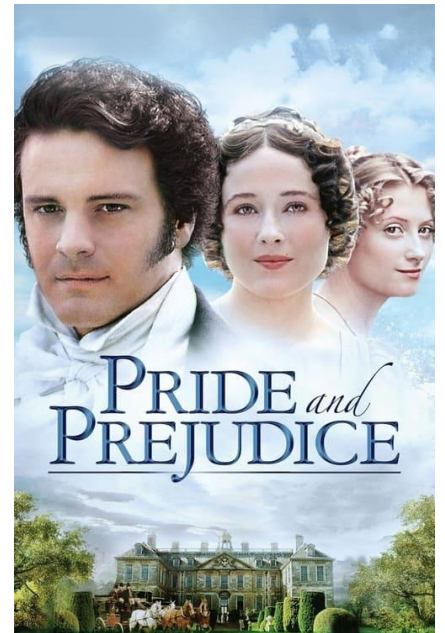
[Pride and Prejudice on Hulu](#)

Drama, History – 1995 Miniseries

Starring: Colin Firth and Jennifer Ehle

While the arrival of wealthy gentlemen sends her marriage-minded mother into a frenzy, willful and opinionated Elizabeth Bennet matches wits with haughty Mr. Darcy. Based on the novel by Jane Austen.

iMDb rating: 8.9/10



[Our Great National Parks on Netflix](#)

Documentary – 2022 Miniseries

Narrated by: Barack Obama

This stunning docuseries shines the spotlight on some of the planet's most spectacular national parks.

[All the Old Knives on Amazon Prime](#)

Suspense – 2022 Film

Starring: Chris Pine, Thandiwe Newton & Laurence Fishburne

Two CIA agents and ex-lovers are brought back together years after a failed rescue attempt and forced to blur the lines between profession and passion in this deeply riveting tale of global espionage, moral dilemma and deadly betrayal.

(Rated R)





Break out your grill and celebrate

Cinco de Mayo!

Margarita Grilled Shrimp

INGREDIENTS

- 1 lb. raw jumbo shrimp (16 to 20 per pound), peeled and deveined
- 1/3 c. olive oil
- 2 large garlic cloves, roughly chopped
- 1 tsp. minced jalapeno
- 1 T. brown sugar
- 1 tsp. smoked paprika
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. cumin
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 2 tsp. tequila, optional
- thin slices of fresh lime, if placing shrimp on skewers
- chopped cilantro
- wedges of fresh lime, for squeezing over top of grilled shrimp



INSTRUCTIONS

1. Shrimp can be grilled with or without skewers. If using wood skewers, start soaking them in water. (Flat skewers are best—that way the shrimp won't spin on the stick!)
2. Place shrimp in a wide shallow bowl and set aside.
3. In a small bowl with high sides, combine all ingredients from olive oil through black pepper. Use an immersion blender to completely process until there are no sizable pieces. Or use a food processor or blender. Pour marinade over shrimp and gently stir to coat evenly. Cover and refrigerate for 2 to 3 hours, folding gently about halfway through.
4. Drizzle tequila over the shrimp, if desired, and gently fold to combine. If using skewers, thread shrimp onto skewers, with a folded slice of lime in between shrimp (see skewer photos in post).
5. Heat grill to medium-high. Make sure grates are clean, and then oil them well. Set shrimp on grates and grill for 3 to 4 minutes per side, or just until shrimp are no longer opaque and have some nice char. Smaller shrimp will take less time. Place shrimp on a platter and sprinkle with cilantro. Serve with fresh lime wedges to squeeze over the top.

FIESTA RICE

INGREDIENTS

- 2 1/2 Tbsp olive oil
- 2 Tbsp lime juice
- 1 tsp lime zest
- 1/4 cup finely chopped fresh cilantro
- 1/2 tsp ground cumin
- 1 1/2 tsp minced garlic (1 large clove)
- 2 1/2 cups leftover cooked brown rice, chilled
- 1 (14.5 oz) can black beans, rinsed and drained well
- 2 medium roma tomatoes, chopped
- 3/4 cup chopped green or orange bell pepper (or a blend)
- 1 small jalapeno, seeded and minced
- 1 cup frozen corn, thawed according to package instructions
- 1/2 cup chopped red onion, rinsed under cold water to remove harsh bite and drained well
- 1 avocado, diced (optional)
- Salt and freshly ground black pepper



INSTRUCTIONS

1. In a small mixing bowl whisk together olive oil, lime juice, lime zest, cilantro, cumin and garlic.
2. To a large bowl add brown rice, black beans, tomatoes, bell pepper, jalapeno, corn, red onion and avocado.
3. Pour lime mixture over ingredients rice mixture and toss to evenly coat while seasoning with salt and pepper to taste.

The Best Classic Margarita



INGREDIENTS

- 4 ounces tequila (silver recommended)
- 2 ounces lime juice (freshly squeezed (more if you like it tart))
- 1 ounce Simple Syrup
- 1 ounce orange liqueur (Grand Marnier)

For rim of glass:

- 1/2 teaspoon lime zest
- 1 teaspoon kosher salt
- 1 teaspoon sugar

INSTRUCTIONS

1. Fill a cocktail shaker with ice. Add tequila, lime juice, Simple Syrup and orange liqueur. Cover and shake until mixed and chilled, about 30 seconds.
2. Use leftover lime to moisten edge of glass. Place salt, sugar, lime juice mixture on a small plate. Press the rim of the glass into the mixture to coat the rim.
3. Fill glass with ice. Strain margarita into the glass. Enjoy!

Do you remember when...?

70 Years Ago in 1952:

- Average cost of new house - \$9,050.00
- Average wages per year - \$3,850.00
- Cost of a gallon of gas - 20 cents
- NBC's "The Today Show" debuts during January, hosted by Dave Garroway.
- Elizabeth II becomes the Queen of England and the United Kingdom after the death of her father King George VI on February 6th.
- The iconic musical film "Singin' in The Rain" premieres at Radio City Music Hall in New York City on March 27th.
- The popular Mr. Potato Head toy is first sold during May. The toy consisted of little plastic goofy faces and body pieces meant to be placed on real vegetables. George Lerner, the creator of the toy, thought that his invention would help make vegetables more appetizing and fun for children. Just prior to the release of Mr. Potato Head, it became the first toy to be advertised on television at the end of the previous month. It was a success and over one million were sold within the first year.
- The first Chevrolet Corvette prototype was completed during December.



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

SUDOKU

Difficulty: Medium

If you would like the answers to any of the puzzles, please email ariel@avalonvillage.com

Did you Know: Weird, Amazing Facts

- **The Apollo 11 crew used hundreds of autographs as life insurance.** Neil Armstrong and the Apollo 11 crew faced the real chance that they wouldn't return from the moon safely, leaving their families without financial support. Due to the extreme danger that they were about to face, they couldn't take out life insurance policies. So instead, they signed hundreds of autographs, which their families would have been able to sell if they didn't make it home. Luckily, those life insurance autographs weren't needed. They do, however, show up in space memorabilia auctions today, selling for as much as \$30,000.
- **The Queen owns all the swans in England.** According to British law, any unclaimed swan swimming in the open waters of England and Wales belongs to the Queen. The law originated in medieval times when swans were a delicacy for the wealthy, but it still stands today. Queen Elizabeth II also upholds a centuries-old tradition with the swans: Every year during the third week of July, all the swans in the River Thames are counted for the Queen in a practice called "Swan Upping."
- **A fortune cookie company once foretold the lottery, resulting in 110 winners.** In 2005, one Powerball drawing had a shocking 110 second-place winners who all attributed their luck to a fortune cookie. The folks at Powerball were suspicious (typically, there are just four or five second-place winners); however, no foul play was involved. Wonton Food, a Chinese fortune cookie distribution factory in Long Island City, just so happened to correctly foretell five of the six winning numbers. Each winner took home between \$100,000 and \$500,000, depending on how much they bet.
- **A woman with two uteruses gave birth to twins less than a month after having a baby.** When most people have a baby, they typically wait a little while before even thinking about having another child. But that wasn't an option for one woman in Bangladesh, who unexpectedly gave birth to twins in March 2019, less than a month after having another newborn. The highly unusual circumstance came about because the woman has two uteruses and both were able to successfully carry the three healthy children to term.
- **A meteor exploded over Earth with the force of 10 atomic bombs and everyone missed it.** You'd think if a spacial body met a phenomenally fiery fate right above our heads, we'd notice. But when a meteor hit our atmosphere on Dec. 18, 2018, and exploded with a force that was 10 times the energy of the Hiroshima atomic bomb, it wasn't discovered by NASA scientists until after the fact. Turns out, it went largely undetected because it took place over the Bering Sea in an area that was close, but not directly on, the path of commercial planes flying between North America and Asia.
- **Bumblebees can fly higher than Mount Everest.** If you thought it was impressive that humans can make it to the top of Mount Everest, you'll be stunned to find out that bumblebees can make it to the summit, too. Researchers who tracked two bees that were able to fly at more than 29,525 feet (or 9,000 meters, which is higher than Everest) admitted that they were "shocked at how high they could fly."

Astrological Corner:

Taurus: April 20th to May 20th

This season of eclipses initiates you into epiphanies about your restlessness and urgency for change. While you normally prefer to slowly pick at the edges of transformation, you are catalyzed into action this month. Whether the shape it takes is externally noticeable is yet to be known. Despite the uncertainty that hangs over your pretty head, you are undoubtedly in a bigger cycle of embodied and relational shifts. You're well on your way.

Gemini: May 21st to June 21st

It may prove challenging to harmonize your desire for excitement and your desperate need for quiet alone time. Prioritize noticing patterns and paying attention to the responsibilities on your plate. You can clear out some that do not require your leadership. Instead, dedicate more energy towards unpacking your tendency towards self-sabotage. These things are connected. Notice when you are avoiding important inner self-work through mundane daily life responsibilities.

Cancer: June 22nd to July 22nd

Your outer world achievements are likely to showcase the true colours of the people around you. This month, there is a longing to share a more authentic version of yourself in the highlight reels of your public life. It'll bring in new people towards you and perhaps trim some out. What matters the most is resonance. Lean into what's true for you in this moment more than what's expected of you.

Leo: July 23rd to August 22nd

Here's hoping you can do something about the cabin fever of your days and mind—whether this means literally (safely) travelling to renew your dulled-out inspiration reserves, or perhaps taking up a new field of study to stimulate your brain. This month is all about explorations and journeys. You'll find yourself having an urgent desire to share your work with the world and make new connections. Please do—and make sure you're enjoying yourself.

Virgo: August 23rd to September 22nd

Turning inward, balancing your spreadsheets, tending to your emotional health, taking your time, walking away and trying again. These are some of your suggested to-do lists this month, dear Virgo. It seems as though you're on the verge of disbelieving your old narratives. This is good. Don't take yourself too seriously but trust that you're right to question even your tried and true ways.

Libra: September 23rd to October 22nd

The thing about being open to love (of all kinds) is that you simultaneously become a student of grief. To be present and engaged in life and relationships is to be open to loss. An open heart is a broken heart. Not broken to mean misery and despair all the time, but broken open, as in softened by life and loss. This is a beautiful thing. Please do not misunderstand. May you find the courage to love despite your vulnerability and grief.

Scorpio: October 23rd to November 21st

It's been nice how inspiration can shake the stagnation out of your achy bones and weary heart. As you metaphorically mood-board your way to your renewed sense of self, your relationships mirror the profound changes you're experiencing firsthand. This is good, even if sometimes it is painful and bittersweet. As the month comes to a close, you may become less indulgent and more interested in taking brave and strategic action. All in the spirit of supporting the new you that's becoming.

Sagittarius: November 22nd to December 21st

May has the potential to be both spicy and sweet, but you also have to carry your own weight. It's a work hard, play hard kind of vibe. Indulge and shower yourself with the type of love and devotion you desire. Be bold, take some risks. But remember to also do your homework. Show diligence and devotion where it matters. Take responsibility for what is yours to bear. Revel in the fruits of your labor.

Capricorn: December 22nd to January 19th

Moving in the direction of your desire is foundational to supporting yourself. Creatively expressing who you are, in all the complex facets of your personhood, is necessary to feel alive every day. Being awake to this part of your life will shift your ideas about care, labor, relationships and belonging. What would happen if work begets, instead of abolishes, pleasure? What kinds of choices will you make instead?

Aquarius: January 20th to February 18th

Sustainability will remain unattainable when you continually underestimate the danger of overextending yourself beyond capacity. Sometimes you learn this lesson the hard way, but sometimes things work out in your favor. Do not be skeptical of ease. That's a miserable way to live. Instead, revel in the grace of not having to strive and struggle. Don't let guilt ruin the fun you could be having.

Pisces: February 19th to March 20th

Romanticizing dramatic and sweeping life events can sometimes dilute the significance of the mundane. Change happens when you alter the microscopic details of your daily life. One of the root words of habit means to live. Pay attention to what you're mindlessly cultivating through your habits. Be more in touch with the pulse of your day-to-day instead of yearning for that one big extraordinary moment that you think will fix most of your problems. Start small but stay consistent.

Aries: March 21st to April 19th

You might be feeling larger than life this month, dear Aries. Ride this wave of shameless confidence and let your audacity take you where you've never been but always wanted to go. One antidote to grief is a persistent commitment to engaging with life. Find what makes you come alive and do it. Invite more sweetness into your day-to-day.

Crossword Puzzle

Difficulty: Medium

LA Times

By Kathy Lowden / Ed. Rich Norris

© 2022 Tribune Content Agency, LLC

ACROSS

- 1 Bar passer: Abbr.
- 4 Donkeys
- 9 Silly
- 14 Heckler's word
- 15 Kind of milk one shouldn't cry over
- 16 Luxury watch
- 17 CPR expert
- 18 Petite Mattel doll with her own Netflix TV series
- 20 Put on a peg, as a golf ball
- 22 Carp in a pond
- 23 WWII subs
- 24 Rich as Croesus, e.g.
- 26 Lire replacers
- 28 Person, place or thing, in grammar
- 30 Irish or English dogs
- 34 Guy featured in "Practical Principles of Plain and Perfect Pronunciation"
- 38 MSN competitor
- 39 Ooze with
- 40 Silent assent
- 41 Main blood vessel
- 43 World Wide ___
- 44 Porky's girlfriend

- 46 Wand symbolizing royal authority
- 49 Snow pea holders
- 50 ___ & Young: accounting firm
- 52 Places for belts
- 56 Séance contact
- 59 Firepit residue
- 61 Avoid completely
- 62 Animated feline in Inspector Clouseau films
- 65 "... butterfly ... bee" boxer
- 66 Broadway backer
- 67 Road one-eighty
- 68 Dangerous tide
- 69 Aptly named novelist
- 70 Digital units
- 71 Second addendum to a letter ... and a hint to 18-, 34-, 44- and 62-across

DOWN

- 1 Aids in illegal activity
- 2 Actress Marisa
- 3 Tribal symbol
- 4 Cleopatra's snake
- 5 Did not remain silent
- 6 Cylindrical barn neighbor

1	2	3		4	5	6	7	8		9	10	11	12	13		
14				15						16						
17				18						19						
20				21		22				23						
24				25			26	27								
				28			29		30				31	32	33	
34	35	36					37						38			
39							40				41	42				
43							44				45					
46				47	48				49							
				50				51		52				53	54	55
56	57	58						59	60				61			
62								63				64		65		
66								67						68		
69								70						71		

- 7 Kimmy Schmidt player ___ Kemper
- 8 Hog's home
- 9 Will Smith film suggested by an Asimov classic
- 10 Free, after "at"
- 11 ___-Seltzer
- 12 Nair rival, once
- 13 Phone no. go-withs
- 19 More pristine
- 21 Had an evening meal
- 25 Stuff of legends
- 27 Depleted
- 29 NorCal NFL team
- 31 Wyatt of Dodge City
- 32 Naan relative
- 33 Refinery by-product
- 34 Church benches
- 35 Corp. bigwig
- 36 Boob ___: TV
- 37 "... like the ___ calling the kettle black"
- 41 Verdi opera set in Egypt
- 42 Watering place
- 44 Prefix for "five"
- 45 Remote area known for its middle?
- 47 Livened (up)
- 48 Almost a homer
- 51 Badly worn
- 53 Musical symbol
- 54 Dutch flower
- 55 Little scissors cuts
- 56 Box for practice
- 57 Tree with needles
- 58 "Young Frankenstein" Fräulein
- 60 Close, as a door
- 63 Well-worn pencil
- 64 OR attendants

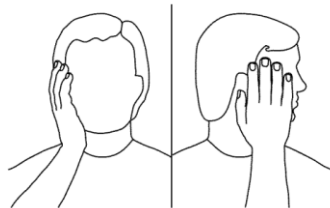
3 Best Stretches for Neck Health

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

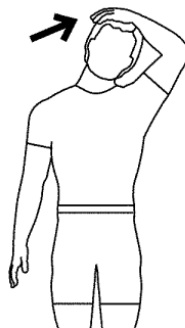
Hi, Everyone!

I hope that this finds you well, staying safe and staying active in this beautiful weather. It is always so much fun for me to see all the people out walking when I am in the Avalon neighborhood! In previous articles we have touched on stretches for several different areas of the body, including the back, hips, knees, and shoulders. So I thought I would focus this article on the three stretches I most often recommend for the neck.

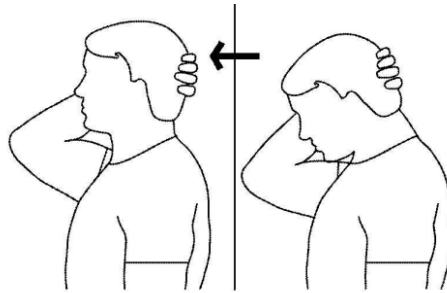
1) Neck Rotation Stretch: Start by sitting or standing up tall with your best posture. Then turn your head as far as you can in one direction, as if looking over your shoulder. You may increase this stretch by placing your hand on the side of your head in front of your ear, and gently pulling further in this direction, as pictured. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



2) Side Neck Stretch: Sitting or standing up straight with your best posture, tilt your head directly to the side, as if moving your ear down toward your shoulder. Be sure not to “hunch” your shoulders up toward your ears - keep both of your shoulders anchored down so that you get the most benefit from this stretch. You may want to apply a little bit of extra stretch by pulling gently with your opposite hand on your head, as pictured. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



3) Back of Neck Stretch: Start again by sitting up as tall and straight as you can. Gently tuck your chin in (as if making a double-chin), and then tilt your head straight down, as if looking at your navel. You can increase this stretch by placing both hands behind your head, interlocking your fingers, and gently pulling your head down farther. You should feel this high up on the back of your neck. Hold for 30 seconds, or 3 deep breaths.



As with all stretches, these neck stretches are most effective when done daily. Feel free to do 1-3 repetitions of each stretch, and try sprinkling them throughout your day to keep your neck healthy and functional. If any of these exercises cause pain, let off any over-pressure you may be applying with your hands and try them without using your hands for a gentler stretch. Then, the next time you are out walking, use your neck range-of-motion to look all around and enjoy the wonderful spring scenes you come across.

Enjoy these spring days....and stay safe!

Be strong, stay active, LIVE life!

Yours in good health,
Sonja Parker, MSPT, LMT
Phone: (207) 249-9410
Email: sonja@designingfitness.com
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.