

SHOUT OUT TO AVALON SNOW BIRDS! We look forward to your safe return in the weeks to come.



# News

SUSAN JONASON, EDITOR

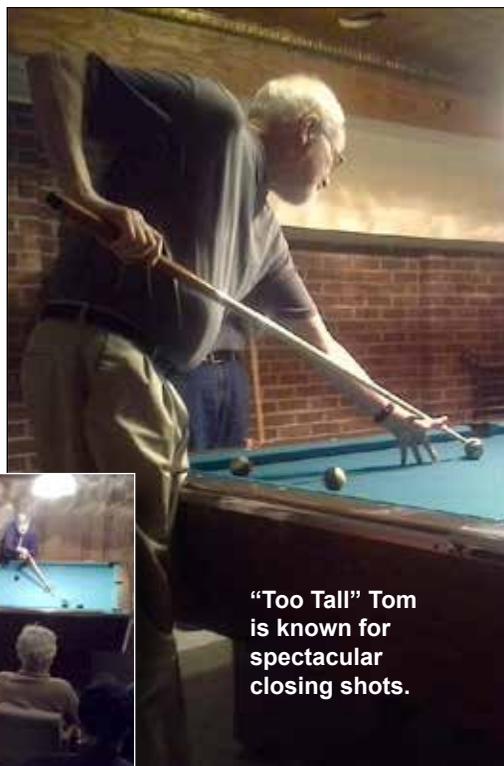
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WINTER 2015

**IN THIS ISSUE:** Wonderful Winter: Valentine's Surprise, Tea Party, Busy Hands, Billiards & Pinochle Tournament / Cooking Class / Blazing Trails Along the Penobscot / A Mission for Health Preservation / Think Thaw Throwdown



Barbershop serenading for Valentine's Day kept the lovelights glowing.



"Too Tall" Tom is known for spectacular closing shots.

## Winter means it's time for FUN INDOORS.

"Why go south for the winter when there are so many fun things happening at Avalon Village?" That's what year round residents say!

Whether it's a weekly, monthly, annual or first-time ever event, there's always something fun happening indoors during the cold winter months.

The "Who's on B-Flat?" barbershop quartet surprised Ellen Young and

Delphine O'Brien when they appeared at their cottages on February 13th. Following her living room serenades, Ellen said, "That really made my day!"

Spirits were bright when a group of ladies gathered together for a Tea Party on January 29. The special tea cups they brought, along with baby photos that were shared, raised many smiles.

Another group that gets together on Tuesday afternoons for "Busy Hands" is busy knitting colorful squares for a "crazily artistic" blanket that they will donate to a local charity once it's complete.

The 5th Annual Billiards & Pinochle Tournament is in full swing. There's talk of the weekly matches continuing until either the snow melts or the summer Bocce tournament starts, whichever comes first. Follow the sounds of laughter each Friday at 3:00 and join the fun!

Watch for the monthly *Avalon Gazette* to learn about additional indoor winter fun that is soon coming your way!

Members of the "Peanut Gallery" enjoy beer, wine, and munchies as they watch the fun unfold in the Manor House game room.



Two for Tea: Jean Adamson and Maggie Tebbenhoff

## Cook's Corner

### Tomato - Leek - Bacon Tart



- 1/2 (15 oz.) package refrigerated pie crusts
- 3 med. leeks, thinly sliced (about 1 c.)
- 2 T. olive oil
- 1 c. loosely packed fresh basil leaves, coarsely chopped
- 1/2 (2.1 oz.) package, ready-to-serve bacon, chopped
- 1/2 c. mayonnaise
- 1 T. fresh lemon juice

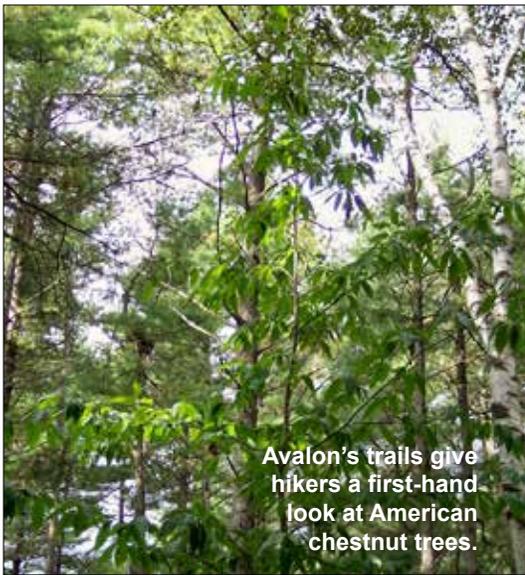
- 1 (8 oz.) package shredded Italian 3-cheese blend
- 8 plum tomatoes, sliced
- 3 garlic cloves, coarsely chopped
- 1/4 c. grated Parmesan
- 1/2 t. pepper

**Coat** 9-inch tart pan with cooking spray. Fit pie crust into pan. **Bake** at 450° for 10 mins. or until golden. Remove crust and sprinkle with half of the 3-cheese blend.

**Saute** leeks in hot oil in a skillet over med. heat until tender; sprinkle over crust. Arrange tomato over leeks; sprinkle with basil and garlic.

**Stir** together remaining 3-cheese blend, chopped bacon, and remaining 4 ingredients in a bowl. Spoon cheese mixture over tart, spreading to edges. **Bake** at 375° for 25 mins. or until golden. Garnish, if desired. Makes 4 servings.

**Calling All Cooks!** If you like the recipe above, you won't want to miss Chef Lainey Holmes' Cooking Class on **Wednesday, March 4th** (11 AM - 1 PM). Lainey will offer plenty of fun in the kitchen as you join friends to make (and then eat!) this recipe – an Avalon favorite. Call 862-5105 today to sign up (space is limited) ... and don't forget your apron!



Avalon's trails give hikers a first-hand look at American chestnut trees.

## Blazing Trails

When Lynn and Bill Connell moved to Avalon from Walpole in early 2014, they were excited to learn that there was a trail system that extended through the pine forest, taking hikers along the Penobscot River bluff, across to the Edythe L. Dyer Library, and beyond.

When they set out to explore the trails, however, using a hand-drawn map as their guide, they encountered a problem: the trail map, which

was created many years ago, was out of date. In one instance, the map indicated a trail that couldn't be located!

Unfazed, Lynn and Bill, who each possess an impressive background in outdoors expertise, set out to correct the map. In particular, Lynn wanted to find a non-existent path that she refers to as the "phantom trail." She and Bill, together with neighbors Glenn Castner, Dottie Grindle and Tom Dubois, are on a mission to re-establish the mysterious trail that has them stumped.

"We did find an old trail that ends on the adjacent private property to Avalon Village, and we believe it must be the old trail that was inaccurately portrayed on the map," Lynn said. Using GPS technology, the Trail Blazers plan to recreate the phantom trail and bring it back onto Avalon's property, extending inland from the Penobscot riverbank, to somewhere behind the community garden beds off Foxglove Drive.

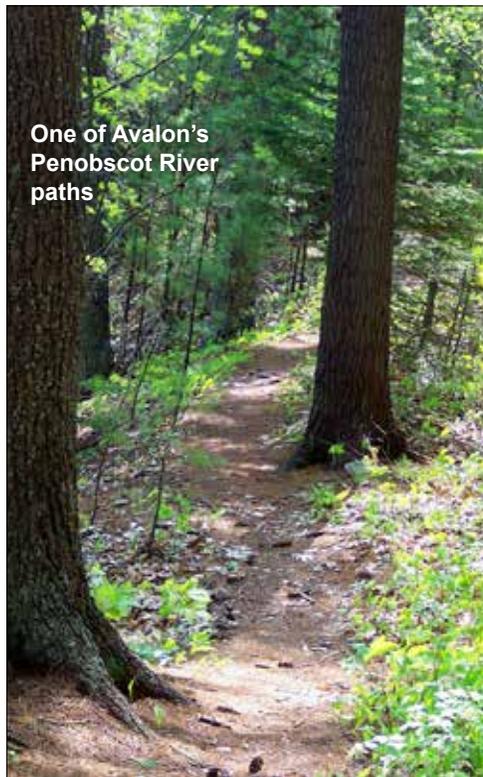
"In our search for the trail, we've been delighted to find the grove of American Chestnut trees that we had been told about, as well as four giant King Pines that range in age from approximately 141 to more than 180 years old\*, as well as varieties of beautiful wildflowers."

With a chuckle, Lynn added, "that old map only shows four major trails. As we've walked around, our group has found what seems to be endless trails on Avalon's property – through woods and clearings, and across ridges. Whether they were made by people taking shortcuts or by animals, who can say, but this project could keep us out of trouble for a long time if we pursue restoring them all."

For now, working on the phantom trail is enough to keep the Trail Blazers plenty busy. If you hear chainsaws buzzing in the woods this spring, you'll know that the phantom trail is on its way to no longer being a mystery! Soon, everyone will be able to enjoy Avalon's natural surroundings as never before!

In the meantime, the existing trails are beckoning, so strap on your snowshoes and enjoy the quiet winter splendor that awaits ... and, if you'd like to join the Trail Blazers, they welcome your participation!

\*Through the Knox & Lincoln County Extension Service for which they volunteered, Bill and Lynn learned how to measure trees to determine the age.



One of Avalon's Penobscot River paths



Julie Milan teaches Avalon's popular Yoga classes – wonderful exercise for all levels of ability.

## Maintaining Independence Through Health Preservation

BY ANDREW STEWART, COOPERATIVE DIRECTOR

At Avalon Village, when we say that we don't provide "health care" we mean that we do not provide a staff of doctors and nurses. We believe that the very term "health care" has been transformed through our culture to encompass primarily, "illness care."

If you believe that health care means caring – truly caring – for your health, then you've found the perfect place at Avalon Village.

Avalon is committed to providing every opportunity to preserve independence for our residents as they age through a series of programs that are as valuable as any prescription.

Programs that nourish body, spirit and mind, such as weekly Yoga, Tai Chi, and Bone Builders – led by trained instructors – help residents take personal responsibility for their independence and well-being.

Because our setting is perfect for stretching your legs, new activities, like a "pedometer project," are currently being organized to encourage regular walking – a fun group activity!

With our commitment to healthy aging, we hope you will join those who are discovering how to maintain true independent living for years to come ... here at Avalon Village!



**Avalon Fun Fact:** Ice-Out occurred at 5:01 PM on Leap Day '02

## Claim the glory! Guess the day & time for Ice-Out on the Pond 2015!

Look into your crystal ball and call Andy Stewart with your best guess of the day and time (AM or PM) for when the ice will be melted from shore to shore! The lucky guess will go down in history, etched upon our distinguished Ice-Out Trophy.