

Ocean View At Falmouth

Volume 2



Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week

Little Libraries Turn to Little Pantries

There are 75,000 registered Little Libraries around the world. Now, people are converting them to Little Free Pantries to help their communities.

The idea started in a small town in Arkansas and they are now popping up throughout the country.

People have been adding items like toilet paper, hand sanitizer, canned goods, and other non-perishable items.

Check out the OV Portal

You'll find resources like menus, walking maps, activities packets, and archived newsletters.

[OceanView Portal](#)



One Tip to Stay Social

"Walk" Through Some of the World's Most Prestigious Cultural Institutions

You can still check a few things off your bucket list without leaving your couch.

Here's a list of virtual tours you can take for free-including some of the world's most famous museums like The Louvre, Musee D'Orsay, and the Van Gogh.

Later, take a look at Atlanta Zoo's Panda Cam or Monterey Bay's Habitat exhibit.

You can also jump to the front of the line and tour parks like Disneyland and SeaWorld,.

To see the full list of free virtual tours, click the link below.

[30 Amazing Virtual Tours](#)

Food and Entertainment



"Healthier" Banana Bread

Ingredients:

- 5 tablespoons unsalted butter or coconut oil
- 1/2 cup honey or pure maple syrup
- 1 3/4 cup mashed ripe banana (about 3 1/2 large or 5 medium bananas)
- 2 eggs
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups white whole wheat flour (can sub white flour)

Instructions:

Preheat oven to 350 degrees F.

Spray a 9x5-inch loaf pan with cooking spray

Melt the butter in a large glass bowl in the microwave. Ten seconds at a time should work.

Add the honey and mashed banana to the bowl and whisk to combine. Whisk in the eggs.

Add the baking soda, salt, cinnamon and vanilla to the bowl. Whisk until very well combined.

Add the flour and mix with a rubber spatula until just combined.

Transfer the batter to the prepared baking pan.

Bake for 55-65 minutes,

Let the bread cool in the pan for 10 minutes and then transfer it to a wire rack to finish cooling.

Cowbell Challenge

The awesome residents of the first floor of Hilltop joined in on Jimmy Fallon's Cowbell Challenge this past week.

The Cowbell Challenge called on everyone in the country to gather on Friday at 3 p.m. EST to "show coronavirus who's boss."

The Talk Show host says he was inspired by the Italians, who despite being on lock down have been singing from their balconies.



This Week's Entertainment Picks

Jameson's Pick



The Way of Kings by Brandon Sanderson

"An epic high fantasy novel and winner of multiple book the year awards. It's my favorite book by my favorite author. I read this book every year."

Ross's Pick



Merle's Door by Ted Kerasote

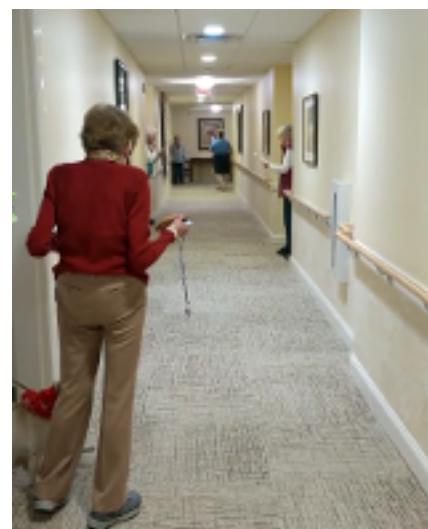
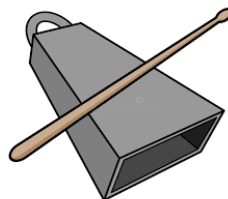
"A deeply touching portrait of a remarkable dog and his relationship with the author, Merle's Door explores the issues that all animals and their human companions face as their lives intertwine."

Christina's Pick



Dear Edward by Ann Napolitano

"A highly publicized plane crash leaves the survivor to find normalcy again while under the glare of media fascination."



3 Moves You Can Use

This week, Christina and Jameson demonstrate three exercises that require nothing but a chair. Click on each picture for full instruction.

Have more questions? You can call the fitness team during the week between 8:00 AM - 4:00 PM using extension 208!



Cardio Warm Up

In this video, Jameson puts Christina through a typical Chair Class cardio-based warm up that safely gets your body ready for exercise.

If you've attended Chair Class before, these movements will seem familiar to you.



Sit-to-Stand Progressions

Next up, Christina leads Jameson through three different sit-to-stand variations.

Strengthen your legs, hips, and core with just one movement!



Hamstring Stretch

Don't forget to stretch!

Jameson and Christina show you how to safely stretch the hamstrings and lower back.

We recommend stretching 30 seconds per side!