# OceanView At Falmouth

Volume 3



## Virtual Fitness Newsletter Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week Some Good News with John Krasinski

John Krasinski, famous for his role as Jim on the American version of "The Office", started a new YouTube channel this week where he compiles feel-good stories from around the world and reports on them.

One of the featured stories happened in Maine this past week.

A Maine man bought 100 lobsters to support a local Lobsterman and delivered them to his neighbors.

#### **Check out the OV Portal**

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



**One Tip to Stay Social** *Attend Yale University online for free* 

The Science of Well-Being is the world's most popular online college course, and is currently free through Yale University.

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits.

As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change.

**Science of Well-Being** 

#### **OceanView Portal**

# **Food and Entertainment**



## Homemade Pasta Ingredients:

3 cups flour 4 eggs (room temperature)

#### Instructions:

Wash your hands thoroughly with soap and water.

Sift 3 cups of flour into a large bowl and make a volcano-like crater in the middle for the eggs (see photo).

Using your hands, mix the eggs into the flour, kneading and working the dough for 10-15 minutes. Consider this your upper body workout for the day!

Work the dough into a ball and cover in cling wrap. Let it rest for a minimum of 30 minutes and a maximum of four hours in the fridge.

Roll it out until it is very thin and cut into any shape you like.

Cook for two minutes in boiling water.



Click the photo to watch a video of Jameson and his son, Liam, making pasta together!



## This Week's Entertainment Picks

Jameson's Pick



#### Sherlock (Netflix)

This 13-episode miniseries is binge-worthy if you like character-driven mysteries and good production value.

#### Christina's Pick



#### Little Fires Everywhere (Hulu)

Your standard bestselling book getting adapted to the small screen, this is another character-driver story with a nail-biting mystery to be solved.

Ross's Pick



#### Party Animals (BBC)

Party Animals tells the story of people involved with the Parliament of the UK, including researchers, lobbyists and government and Conservative Members of Parliament.

# Chair T'ai Chi



Click on the photo to following along with a 7-minute T'ai Chi class.

## 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!



### Mobility Warm Up

In this video, Jameson puts Christina through a seated mobility 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 Tempo Variations

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

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



#### **Core Work**

Don't forget your core!

Jameson and Christina show you how to safely isolate your core muscles with this modified boat pose.

Make sure to keep your back safe by bracing your core muscles.



#### **Blooper Reel**

It may look like we're naturals in front of the camera (or not), but here's how our recordings *really* go.