

# Ocean View At Falmouth

Volume 6



## Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



### One Positive Story From This Week

*After WWII Vet Makes History By Raising \$33 Million for NHS, People Are Calling for Him to Be Knighted*

It has been a little over a week since Captain Tom Moore set out to raise £1,000 for healthcare workers by walking 100 lengths of his garden before his 100th birthday on April 30th.

The World War II veteran has since raised a jaw-dropping \$33.7 million—and counting—for NHS Charities Together through his Just Giving crowdfunding page.

Over the course of just six days, more than 866,000 people have also signed a petition calling for Captain Tom to be knighted.

A team of aircraft restorers are reportedly planning a Spitfire flyby for the senior's 100th birthday.

[Watch the News Coverage Here](#)



### One Tip To Stay Social

*Although our national parks and historic sites may be closed, you can still stop by for a visit!*

Now is about the time of year a lot of people start spending more time outside and thinking about visits to state or national parks. While most of those parks are closed, you can still visit quite a few national parks or national historic sites virtually.

There are a dozen locations you can peek in on from the comfort of your living room, either by virtual tour or by webcam. The list includes Hot Springs, Virgin Islands, Crater Lake, Channel Islands, Yellowstone and Katmai National Parks, as well as other national historic sites across the country.

[Virtual Tour](#)

# Food and Entertainment



## 3 Ingredient Crème Brûlée

### Ingredients (Makes one serving)

1/2 cup vanilla ice cream

1 Egg Yolk

1 Tbsp granulated sugar

### Instructions

Preheat the oven to 325 °F

Scoop the ice cream in a microwave-safe bowl. Microwave the ice cream for 30 to 40 seconds or until completely melted. Allow to cool for 5 minutes.

Add the egg yolk into the melted ice cream and whisk well.

Pour the mixture into a ramekin. Place the ramekin in a pan. Pour hot water into the pan to come roughly halfway up the sides of the ramekin.

Bake for 40-50 minutes. The crème brûlée should be set, but still a little jiggly in the middle. Remove the ramekins from the roasting pan, allow to cool to room temperature, cover with plastic wrap and refrigerate for at least 2 hours, and up to 3 days.

Remove the crème brûlée from the refrigerator for at least 30 minutes before browning the sugar on top.

Sprinkle a tablespoon of sugar on top of each crème brûlée.

Broil the crème brûlée to melt the sugar. Keep an eye on it, to make sure you don't over cook it. Allow the crème brûlée to sit for at least 5 minutes before serving.

If you are using flavored ice cream, use 1 egg instead of 1 yolk.

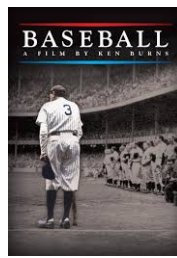
Enjoy!



## This Week's Entertainment Picks

### Jameson's Documentary Pick

**Baseball (Netflix)** The story of Baseball is the story of America. It is an epic overflowing with heroes and hopefuls, scoundrels and screwballs. It is a saga spanning the quest for racial justice, the clash of labor and management, the transformation of popular culture, and the unfolding of the national pastime.



### Christina's Documentary Pick

**Won't You Be My Neighbor (Netflix)** The film looks back on the legacy of Fred Rogers, focusing on his radically kind ideas. While the nation changed around him, Fred Rogers stood firm in his beliefs about the importance of protecting childhood.



### Ross's Documentary Pick

**Birth of the Cool (Netflix)** A visionary, innovator, and originator who defied categorization and embodied the word cool: a foray into the life and career of musical and cultural icon Miles Davis.



## Resident's Pick

Do you have a favorite book or television show, or one that you are currently enjoying?

Do you think your peers would enjoy it as well?

If so, let one of the fitness staff know what it is. You may see it in a future newsletter!

[Send Us Your Picks!](#)

# Moves You Can Use

This week, Christina and Jameson demonstrate a full workout for you to stay in shape while at home. Go in the order shown, and try to do three rounds of 10 repetitions each. Start with the easiest version and focus on safety and good technique. 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!*



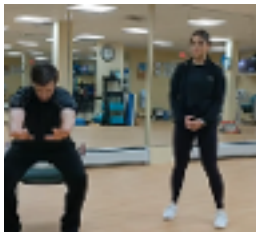
## **Push-up - 3 Variations**

Christina puts Jameson through three different levels of push-ups, starting with the easiest and progressing to the most difficult.



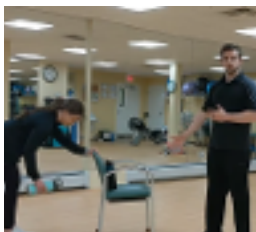
## **RDL - 3 Variations**

Jameson talks Christina through three ways to do a Romanian Deadlift, one of the best exercises to strengthen the back of your legs.



## **Squat - 3 Variations**

Christina has Jameson work on his lower body strength, progression from using a chair for support to a backpack.



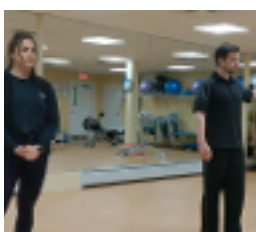
## **Bent Over Row - 3 Variations**

For this upper body exercise, Jameson has Christina use a household item to work on her back muscles with a rowing motion.



## **Lunge - 3 Variations**

Jameson has Christina do a split squat with three different levels of difficulty. Make sure you hold on tight for safety.



## **Balance - 3 Variations**

In this video, Christina puts Jameson through three different levels of balance exercises. Make sure you stay safe by holding onto the wall as much as you need to.

## **Fitness Video Archive**

Check out OceanView's growing fitness video archive.

Now with over 30 unique videos that include warm up, upper body, lower body, mobility, stretching, core work, and even a bonus blooper reel!