

# Ocean View At Falmouth

Volume 5



## Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



### One Positive Story From This Week

*Anonymous donor buys \$150 in gift cards for Iowa town residents*

Every household in Earlham, Iowa — all 549 of them — just received a gift that no one was expecting.

Mayor of Earlham, Jeff Lillie received a phone call from a man calling on behalf of an anonymous donor looking to help boost the town's economy. The donor wanted to buy and give away \$50 gift cards for three local restaurants.

Every household in Earlham would receive \$150 worth of gift cards, and the businesses would each make more than \$27,000.

"Financially, it's one of the biggest things that's ever happened to this small town," Lillie told the Des Moines Register.



### One Tip to Stay Social

*Virtual Bridge*

AARP is offering free online Bridge games!

Since the 1930s, Bridge has been one of the most popular card games. This exciting game is typically played with four players, or two partnerships. You don't have to let scheduling conflicts or social distancing stop your practice.

You can also find other popular card games like Solitaire, Blackjack, and more.

[Play Bridge Now](#)

Interested in learning the game or improving your skills? Check out **The Bridge World** for lessons and quizzes at every level.

# Food and Entertainment



## *Homemade Chocolate*

### Ingredients

2 cups cocoa powder

3/4 cup butter, softened at room temperature

1/2 cup sugar (preferably powdered)

2/3 cup milk

1/4 teaspoon salt (optional)

### Instructions

Blend cocoa and butter. Place the cocoa powder and softened butter in a bowl and stir until blended and mix until it becomes a paste.

Fill saucepan or double boiler about 1/4 full with water (1 cup)

Blend in milk and sugar.

Pour in mold or ice cube tray

Take them out, and dust with powdered sugar.

Then share it with the fitness team!

## **Baby Chicks**

Liam and the Skillings family are raising four chicks that will eventually lay eggs. Liam has named them Star Beam, Mango, Lily, and Baron Oil Slick.



## **This Week's Entertainment Picks**

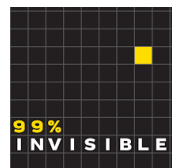
### Jameson's Podcast Pick



#### **The Peregrine**

David Attenborough reads J.A. Baker's extraordinary classic of British nature writing.

### Christina's Podcast Pick



#### **99% Invisible**

99% Invisible is about all the thought that goes into the things we don't think about— the unnoticed architecture and design that shape our world.

### Ross's Podcast Pick



#### **ologies**

ologies is science podcast containing expert interviews on everything from cheloniology (sea turtles) to mixology (cocktails) to biogerontology (aging).

## *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!**

# 3 Moves You Can Use

This week, Christina, Ross, and Jameson demonstrate three exercises for you to stay in shape while at home. Click on each picture for full instruction.

*Have more questions? You can call the fitness team during the week between*



## Front Raise Hold Challenge

In this video, Jameson has Christina and Ross make a FaceTime call to each other while keeping their arms fully extended during the entire phone call.

Challenge your friends and family to a match the next time you call them up.

Better luck next time, Ross!



## Leg Extension Progressions

Next up, Christina leads Jameson and Ross through a few ways to get your quadriceps stronger.

Start with the easiest version and work your way through the intensity progressions based on your comfort level.



## Rotator Cuff Health

Don't forget your shoulder health.

Ross puts Jameson and Christina through a rotator cuff muscle exercise they can do from the comfort of their chairs.

Make sure to keep your core muscles engaged for this one.

## Fitness Video Archive

Check out OceanView's growing fitness video archive.

Now with over 25 unique videos that include warm up, upper body, lower body, mobility, stretching, core work, and even a bonus blooper reel!