

Ocean View At Falmouth

Volume 9



Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week

People Use Chalk to Write Plant Names on Sidewalks to Help People Connect With Nature - 'More Than Weeds'

Starting in France, and then traveling to the UK, the US, to right here in Portland, this campaign called "More than Weeds" has taken the internet by storm.

Boris Presseq, a botanist from Toulouse, France, says he began chalking the names of the plants he found on sidewalks and walls to help raise awareness of the diversity and richness of plant citizens in the heart of the southern French city.

People around the world have been sharing pictures of their neighborhood's identified plants with a new appreciation for them.



One Tip To Stay Social

Here's our next creative writing prompt!

Writing prompts are all about being creative. Are you ready to flex those writing muscles again? Join in on the fun! If you like the prompt below, simply write a short story based on it.

This week's prompt: *"Think back to a conversation or interaction that inspired you? See if you can return your imagination to that experience and then write about it from that place of inspiration."*

Please feel free to share your short stories with us. It may even make it in the newsletter!

[More Than Weeds](#)

[Submit Your Story](#)

Food and Entertainment



Jameson's Meatball Recipe

Jameson made this with his son, Liam, this past weekend.

Ingredients:

- 2 lbs ground pork
- 2 lbs ground beef
- 3 eggs, whisked
- 1/2 cup gluten free bread crumbs
- 5 scallions, chopped
- 1/2 onion, minced
- 2 tbsp Adobo seasoning
- 4 tbsp raw honey

Directions:

Preheat oven to 375°.

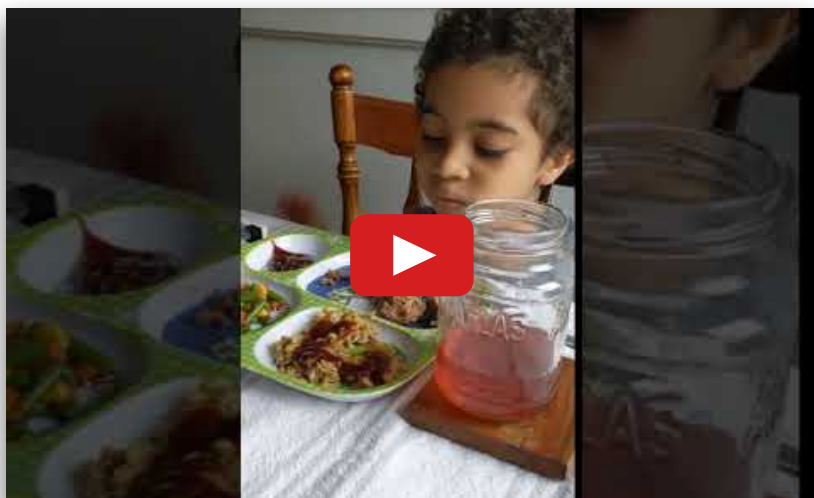
Combine pork and beef, mixing together thoroughly in a large bowl.

Combine eggs, scallions, onion, bread crumbs, and Adobo, mixing thoroughly in a medium bowl.

Combine the contents of the medium bowl into the large bowl and mix well.

Shape mixture into 2" diameter meatballs.

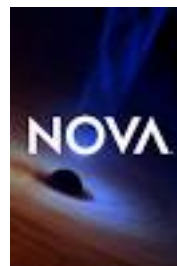
Bake at 375° for 15 minutes, turn, bake another 12 minutes, then spread 4 tbsp raw honey on top of meatballs and bake another 5 minutes.



This Week's Entertainment Picks

Jameson's PBS Pick

NOVA This show brings you stories from the frontlines of science and engineering, answering the big questions of today and tomorrow, from how our ancestors lived, to whether parallel universes exist, to how technology will transform our lives. Visit the official website to watch full-length documentaries.



Christina's PBS Pick

Big Blue Live Big Blue Live is a live television and online event celebrating some of the world's most amazing marine creatures converging off California's coast.



Ross's PBS Pick

Expedition with Steve Backshall Naturalist Steve Backshall journeys to the world's last unexplored places, encountering extraordinary wild life and remarkable people along the way!



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, the fitness team performs three different balance exercises.

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!



Arm Circles

Jameson coaches Christina and Ross through a quick and easy warm up for the arms.



Chair Dip

Christina has Jameson and Ross perform an upper body strength training exercise. Make sure to keep your core braced and your spine neutral.



Runner's Sit Ups

Ross teaches Jameson and Christina how to do a seated Runner's Sit Up. This exercise is a great option to get your core muscles stronger.

Fitness Video Archive

Check out OceanView's growing fitness video archive.

Now with over 35 unique videos that include warm up, upper body, lower body, mobility, stretching, core work, and even a bonus blooper reel!