

# Ocean View At Falmouth

Volume 7



## Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



### One Positive Story From This Week

*Instead of Selling Lemonade, Boy Tells Drive-by Jokes*

6-year-old Callaghan McLaughlin had been looking forward to starting his own lemonade stand once the weather warmed up—but since the novel coronavirus outbreaks has forced the world into quarantine, he had to improvise.

Rather than spend his times indoors, Callaghan decided to spread joy in his community by setting up a “drive-by joke stand” so he could make his neighbors laugh while respecting social distancing guidelines.

Callaghan’s mother, Kelsea, says that the youngster has been using one-liners from a kid’s joke book that she bought for him six months ago.



### One Tip To Stay Social

*Participate in our creative writing prompt!*

Writing prompts are all about being creative. Maybe you're a writer and you just want to flex those muscles? Join in on the fun! If you like the prompt below, simply write a short story based on it.

This week's prompt: *"When you're born, a book is written about you as you live your life. In the Golden Years of your life you're given your book. You open it, expecting a novel. Instead you get a "Choose your own adventure" book with all of the decisions you ever made, and every outcome they could have had."*

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

[Callaghan's Jokes](#)

[Submit Your Story](#)

# Food and Entertainment



## *Make Your Own Salad Dressings*

Below are three simple ways to create your own salad dressings at home.

**Standard Vinaigrette:** All you really need is oil, vinegar, and a bit of emulsifier—usually mustard—to pull this standard together.

*Recipe:*

3:1 oil and vinegar ratio

1 teaspoon mustard (dijon or whole grain)

Salt and pepper to taste

**Balsamic Vinaigrette:** Balsamic vinegar makes a tart and sweet base for salads, so it's a common vinaigrette ingredient, usually with a splash of honey to bring it together.

*Recipe:*

3:1 oil and balsamic vinegar ratio

Salt and pepper to taste

**Herb Dressing:** There's no rules on this one, just clean up whatever herbs are floating in your fridge or garden, and drizzle with a touch of oil before blending. Play around by adding garlic, capers, pickled shallots, or anything else you have on hand.

*Recipe*

1/2 cup extra virgin olive oil

1/2 cup minced mixed fresh herbs (parsley, basil, dill, thyme)

3 tablespoons white wine vinegar

2 tablespoons honey and/or dijon mustard



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

Jameson's Cooking Show Pick

**Great British Baking Show (PBS)** Join



Mary Berry and Paul Hollywood for this instant classic.

Creative recipes from non-professional bakers, friendly competition, good humor from the hosts, and genuine feedback from master bakers make this baking show a must-see.

Christina's Cooking Show Pick

**SALT FAT ACID HEAT (Netflix)** Chef and food



writer Samin Nosrat travels around the world to demystify and explore the central principles of what makes food delicious.

Ross's Cooking Show Pick

**Cooked (Netflix)** As he tries his hand at



baking, brewing and braising, acclaimed food writer Michael Pollan explores how cooking transforms food and shapes our world.

## *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 how you can turn everyday tasks into a fitness routine. Click on each picture for full instruction. *Disclaimer: no OceanView employees' feelings were hurt during filming.*

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



## Grocery Bag Offset Farmer Carry

Safely lift heavy groceries while working on your core and grip strength. Keep the grocery bag close to your body when you pick it up, and make sure you don't bend over to the side by bracing your core muscles and keeping your chest up.



## Peanut Butter Jar Single Arm Overhead Press

Christina makes Jameson do some single arm overhead presses with his cherished collection of peanut butter jars. Make sure to keep yourself safe by reaching with your arm and not your back. This exercise can be done with any pantry item!



## Broom Core Rotation

Christina makes Jameson pick up his mess while focusing on improving his posture and increasing his core strength. Get your feet wider than your shoulders to keep your balance and try to turn using your stomach muscles.



## Fridge Single Arm Row + Oven Bent Over Row

Do you open your appliances like a pro? Christina and Jameson show how to fit your fitness routine into baking cookies and eating snacks. The next time you open an appliance, make sure you're challenging yourself to turn it into an exercise.

## 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 bloopers reel!