

Ocean View At Falmouth

Volume 11



Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week

Personal Training at OceanView returns in June

The fitness team restarts personal training June 1st.

We have a few new guidelines moving forward for training:

1. 30-minute sessions only
2. A face mask is required if indoors
3. Updated medical clearance form completed by your doctor regarding exercise while wearing a mask
4. Buddy sessions are outdoors only - no masks required
5. Temperature check before each session
6. 6 foot distancing for everyone

There are limited training times available on a first-come, first-served basis.

You may reserve your training time slot before getting medical clearance.

Training outside without a mask is allowed (weather dependent).

We did our best to reserve your starting time slot if you had recurring personal training, but cannot guarantee it for everyone.

To schedule personal training, please reply to this email or call the fitness team at (207)781-4460 x208.

We are so excited to be seeing you all again soon!



One Tip To Stay Social

Reserve Your Appointment For Outdoor Fitness Classes

Starting Wednesday, June 3rd, the fitness team will begin teaching a limited schedule of outdoor-only classes.

We're proud to be able to offer so many different classes:

OUTDOOR Chair M/W/F 9:00a & 10:00a

Meet at Hilltop Patio

OUTDOOR Cardio M/W/F 9:00a & 10:00a

Meet outside BBC Entry

OUTDOOR Floor Yoga T/Th 10:00a

Gazebo Grille Lawn

(mats and blocks provided)

OUTDOOR Swing into Summer T/Th 11:30a

Gazebo Grille Lawn

Classes will be limited in size because of social distancing - an appointment is mandatory.

Residents must exercise outdoors and 10 feet apart to remove face covering.

In all classes, we will be starting SLOW until we determine everyone's current participation level.

See your June Updates for all the details!

Food and Entertainment



3 Ingredient Pancakes

INGREDIENTS

- 1 very ripe banana
- 2 eggs
- 1/4 teaspoon cinnamon
- Optional 1/8 tsp salt*

STEPS

- Mash banana in a medium bowl.
- In a separate bowl, whisk together the two eggs.
- Add eggs to banana and whisk together until thoroughly combined. Whisk in salt and cinnamon.
- Preheat a griddle or large skillet over medium heat. Spray griddle with cooking spray and use a tablespoon to drop batter onto griddle. Let set for a few minutes, and then flip with spatula. Cook for an additional minute or two on remaining side and remove to plate.

VARIATIONS

- Omit the cinnamon and season with other spices. Pumpkin Pie seasoning, Apple Pie seasoning, or just a dash of nutmeg are all delicious!
- Use the batter to make one giant pancake in a small skillet. It's MUCH faster than flipping individual pancakes.
- Add toppings! While butter and syrup are traditional, other good options include peanut butter, almond butter, Greek yogurt, and fresh berries.



This Week's Entertainment Picks

Jameson's Virtual Tour Pick

Houston Space Center (NASA) The free Space Center Houston interactive mobile tour features audio tour, GPS maps, augmented reality, and more. Interactive augmented reality experiences around the center so you can experience more of the space center. You'll be able to explore the Moon, watch the Saturn V launch, see every gallery in 360 degrees.



Christina's Virtual Tour Pick

Georgia Aquarium The Georgia Aquarium has a number of live video streams which allow internet users to enjoy the daily goings-on of the facility's resident African penguins, beluga whales, sea otters, and barrier reef-dwellers.



Ross's Virtual Tour Pick

Edinburgh Castle Edinburgh Castle, built on top of an extinct volcano, has hosted quite a bit of European history. It is also facing detrimental changes due to climate change. Learn about its past and possible future by taking a tour of the city and castle!



Moves You Can Use

This week, Jameson, Ross, and Christina coach you through three different exercises you'll be doing in our new OUTDOOR class schedule. 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!



Cossack Squat

Jameson coaches Ross and Christina through a lateral squat variation that opens up your hips and inner thighs. Reach forward with your hands and stick your hips back at the same time for this exercise.



T Spine Mobility Drill

Ross has Christina and Jameson work on their golf game with this thoracic spine mobility exercise. Make sure to keep your core braced and your spine neutral while you move through a pain-free range of motion.



Tree Pose

Christina instructs Jameson and Ross during a balance pose from a traditional yoga class. This exercise is a great option to improve balance, core stability, and shoulder range of motion.

Fitness Video Archive

Check out OceanView's growing fitness video archive.

Now with over 40 unique videos that include warm up, upper body, lower body, mobility, stretching, core work, and even a bonus blooper reel!