

Hello,

I do hope this is finding you and all of your family well. If you did not open an eblast I sent last night regarding Groceries at WB Mason please take a moment to do so. I wanted to share an email below from one of Clearbrook's Residents after receiving the eblast. Very moving and I am grateful this resource was a help to him and many of you.

I hope you enjoy the latest Virtual Lifestyle Newsletter.

Be Well – Stay Well,

Jill

EMAIL FROM A CLEARBROOK RESIDENT

Great suggestion, wanted to get something to a friend in rehab in Brooklyn, I tried everyone I could think of and spend time only to be told at the end they couldn't deliver to this remote part of Brooklyn or it wouldn't be until after April 15!! The woman at WB Mason couldn't have been nicer and the snacks I ordered will be there today or tomorrow (the website was easy to use but it refused to take my credit card is the reason I had to speak to the rep. To straighten it out).

Bravo for finding this source!

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

CONCERTS, TOURS, AND MORE...OH MY!

FROM THE COMFORT OF YOUR HOME!

Grab a snack and grab a drink and cozy up while you view concerts happening online throughout the month! This is just a sneak peak of many live shows to come!

UPCOMING CONCERTS

Instagram: Download the Instagram App on your smart phone and create an account! Moving forward you may see concerts and events available via Instagram!



Live From Our Living Rooms: <https://www.livefromourlivingrooms.com>

National Arts Centre-Canada: <https://www.facebook.com/CanadasNAC.CNAduCanada/>

When was the last time you had a chance to travel? I know, its been a while for me too! Wanna check out the Great Wall of China or perhaps the famous Hawaii Volcanoes? Let's do it together!



VIRTUAL TOURS

Virtual Library Tour: <http://www.ilovelibraries.org/article/take-virtual-tours-these-stunning-libraries>

The Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

Hawaii's Volcanoes: <https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>



LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

MMM.... Do you smell that? Cooking is a great hobby to take up while being cooped up in the house. Join *Chef Eva Kronenburg* or the *Cookology Recreational Culinary School* in learning a few recipes! Your mouth is going to water!!

No
Place
Like
Home
Cooking!

COOKING DEMOS

Chef Eva Kronenburg: https://www.youtube.com/channel/UCOvoiY0tf4Q6bM9R-clIHHA?fbclid=IwAR1xhd2MDHH9gVOVNXT_r_uWr7nV57VsNgdLcVw9HjosjE3prsGg93zWdBo

Cookology Recreational Culinary School:
www.facebook.com/pg/cookology/videos/?ref=page_internal

Food Network: https://watch.foodnetwork.com/?utm_source=marketingsite&utm_medium=trendingline_watchfullseasons_text

Virtual puzzles? Wow, who would have thought even a puzzle could be virtual. Select from a scenic view, a regal animal, a beautiful spring flower and spend some time creating your own puzzles. You may also be interested in checking out your App Store on your Smart Phone and looking for "free jigsaw puzzles".

PUZZLES

Jigsaw Planet: <https://www.jigsawplanet.com>

Jigsaw Explorer: <https://www.jigsawexplorer.com>



When you get a chance, take a look at your App Store for Instagram. We will start adding Instagram links to future newsletters!



LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

STAYING ACTIVE



CLARK FITNESS via YouTube

Tune in and get your 30 minute workout from the comfort of your home
<https://www.youtube.com/channel/UC1zawsIFPmbTGM1Hn-x3UqA>

CARDIO SCULPT WITH MARDI KURZWEIL LEIBOWITZ on Facebook

<https://www.facebook.com/mardi.kurzweilleibowitz>

SENIOR FITNESS WITH TONA via YouTube

<https://www.youtube.com/watch?v=sEk8bZbeZao>

YOGA WITH BRIAN via Zoom

<http://www.omcentraljerseymassageandyoga.com/store>

TAI-CHIH WITH SIOBHAN HUTCHINSON on YouTube

Mondays-Wednesdays-Fridays at 10AM (Live & Interactive)

Learn natural techniques to help support the immune system, experience serenity, and regain a sense of normalcy. If interested, provide your Skype Address or email Siobhan for an invitation. Contact Siobhan@NextStepStrategiesLLC.com or call 609-752-1048
Skype Address to connect to: **siobhan.hutchinson1**

YMCA is offering free videos: <https://ymca360.org>

Planet Fitness is Live-streaming on Facebook (<https://www.facebook.com/planetfitness/>)
on weekdays at 7:00PM. Also available on demand on their YouTube channel
(<https://www.youtube.com/planetfitness>)

WE' RE ALL IN THIS TOGETHER!
MAINTAIN SOCIAL DISTANCING WITHOUT FEELING SOCIALLY "DISTANT".



Please click [HERE](#) to visit the Clearbrook Community Association web site.