

VIRTUAL LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

HELLO RESIDENTS,

We hope everyone has managed to stay healthy and safe during this unprecedented time. Many of you have been navigating these tough times with patience and we appreciate that very much. We know just how difficult it must be to stay busy and entertained and for that reason we are creating a virtual lifestyle for you!

We are so thankful to introduce our fitness partners who are working tirelessly to bring an active lifestyle to your home through live and pre-recorded videos.



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>

SENIOR FITNESS WITH TONA via YouTube

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

YOGA WITH BRIAN via Zoom

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



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FOOD DELIVERY & TAKEOUT

We know this could be a stressful time when it comes to grocery shopping and the inability to eat out at restaurants. Let us help make it easier for you!



GROCERY & RESTAURANT DELIVERY:

INSTACART.COM: Deliveries from local grocery stores – www.Instacart.com

STOP & SHOP: 6:00AM – 7:30AM is reserved for seniors to shop without the rest of the population. They also offer delivery through Peapod.

Contact your local grocery store...they may be delivering also!

PREMADE MEALS:

BLUE APRON: www.Blueapron.com

CLEAN EATZ KITCHEN: <https://www.cleaneatzkitchen.com/>

HELLO FRESH: www.Hellofresh.com

MARTHA & MARLEY SPOON: <https://marleyspoon.com>

RESTAURANT DELIVERY APPS ON YOUR SMARTPHONE:

Doordash | Grub Hub | Seamless | Slice | Uber Eats



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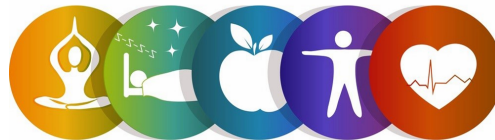
STAY INFORMED – STAY CONNECTED – MOST OF ALL STAY SAFE & HEALTHY!

We encourage you to stay tuned to the facts & tips from the *Centers for Disease Control and Prevention*.

The best way to prevent illness is to avoid being exposed to this virus.

- ✓ Wash your hands often with soap and water for at least 20 seconds every time.
- ✓ Avoid close contact with people who are sick
- ✓ Put distance between yourself and other people.
- ✓ Stay home if you are sick, except to get medical care.
- ✓ Cover your mouth and nose.
- ✓ Wear a face mask if you are sick.
- ✓ Clean and disinfect [frequently touched surfaces](#) daily.

Visit the CDC Website to keep up with the latest recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>



Stay tuned for our next newsletter on virtual tours and entertainment. The Taylor Management Lifestyle Taskforce is working to bring you valuable information regarding virtual lifestyle in your home!

WE' RE ALL IN THIS TOGETHER!

MAINTAIN SOCIAL DISTANCING WITHOUT FEELING SOCIALLY "DISTANT."

