

# LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

## “MUSIC CAN CHANGE THE WORLD.” – BEETHOVEN

Slip into something comfortable, sit back and enjoy the musical performances, including a Taylor Management Company exclusive by Zack Alexander! Don't forget to tune in!

### MUSICAL COLLECTION

**ZACK ALEXANDER:** April 10th at 6:30PM – A local performer is putting on a sneak peak show for Taylor Management Communities only on YouTube Live: <https://youtu.be/TzpubVFJvZM>

**HOMEHELLA:** April 10th at 8:30PM – Live Concert & Chat: [www.instagram.com/p/B-KUNXcBpUm/](http://www.instagram.com/p/B-KUNXcBpUm/)

**FRIDAY NIGHT FIGHTS:** April 10th at 8:30PM – #jointhefight [overcoatsmusic.com/jointhefight](http://overcoatsmusic.com/jointhefight)

**THE GRAMMY MUSEUM** is releasing its digital public program with Andrea Bocelli, Matteo Bocelli and Bob Ezrin: <https://grammymuseum.org/museum-at-home/>

### WINE – WINE – AND MORE WINE

A little wine and chocolate never hurt anyone right? Take a virtual tour of a winery or join a virtual wine class!

#### UNCORKED!

#### KENDALL – JACKSON

Mark your calendars – Every Sunday at 4:00PM

**Virtual Wine Tasting with Kendall – Jackson**

[www.facebook.com/kjwinery](http://www.facebook.com/kjwinery)

#### PRIORITY WINE PASS

[www.prioritywinepass.com](http://www.prioritywinepass.com)

Take a look at virtual wine tasting packages from a variety of participating Napa Valley Wineries

#### CHATEAU MONTELENA WINERY

<https://montelena.com/visit/virtual-tour>

Take a self-guided virtual tour of the winery



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## SWEETEN ' IT UP

Mmm...the sweetness of a cookie!! Tune into another Taylor Management Company exclusive with Wendy from My Dessert Diet who will be showing us how to make one giant cookie! You may want to keep a sweet snack with you, I'm sure your mouth will be watering!



**MY DESSERT DIET:** April 9th at 4:00PM – A Taylor Management Company Exclusive: *Baking with Wendy* on Zoom. Everyone will be muted during the demo in order to make it easier for everyone to hear. She will introduce herself and let you know when the demo is over. Maybe she'll offer you a virtual bite! Enjoy!!!  
**Zoom Meeting ID:** 974 199 509.      **Password:** 551038

### DESSERT RECIPES & VIDEOS:

<https://www.177milkstreet.com/recipes/?category=desserts>

## EAT LOCAL

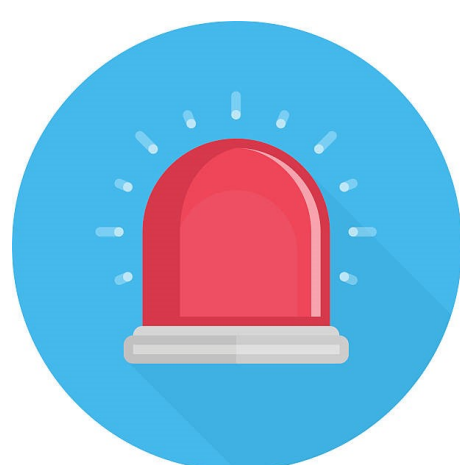
### HOW TO SUPPORT YOUR LOCAL RESTAURANTS

Tired of cooking and bored of eating the same things? Well you can still eat delicious food. Bet you're wondering how.

- Call your favorite restaurants and ask if they will deliver
- Order from your local pizzeria
- Check out some Apps on your Smart Phone that deliver your favorite meals right to your door!
  - » Grub Hub
  - » Seamless
  - » Uber Eats
  - » Door Dash
  - » Slice



### SUPPORT NJ & NYC FIRST RESPONDERS & RESTAURANTS



Support the Sirens: [www.gofundme.com/supportsirens](http://www.gofundme.com/supportsirens)



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## KEEP MOVING!

### 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?\\_tn=%2CdK-R-R&eid=ARCOSPcaibmWwma4EhSgp1xCEsmdRz0h6io\\_Nf\\_DN2yju\\_f2rQqIIBTqrBmQzJ1KwPABKLcU0gq8VrK&ref=mentions](https://www.facebook.com/mardi.kurzweilleibowitz?_tn=%2CdK-R-R&eid=ARCOSPcaibmWwma4EhSgp1xCEsmdRz0h6io_Nf_DN2yju_f2rQqIIBTqrBmQzJ1KwPABKLcU0gq8VrK&ref=mentions)

### SENIOR FITNESS WITH TONA via YouTube

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

### YOGA WITH BRIAN via Zoom

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

### TAI-CHI 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](mailto:Siobhan@NextStepStrategiesLLC.com) or call 609-752-1048

Skype Address to connect to: [siobhan.hutchinson1](https://www.skype.com/join/3siobhan.hutchinson1)

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

PLANET FITNESS is live-streaming on Facebook ([www.facebook.com/planetfitness](https://www.facebook.com/planetfitness)) on weekdays at 7:00PM. Also available on demand on their YouTube channel ([www.youtube.com/planetfitness](https://www.youtube.com/planetfitness)).

HEARTLINE FITNESS SYSTEMS Search for "Three Sages" on the Apple App Store on your Smart Phone and use access code: heartline (case sensitive).



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

