

# LIFESTYLE

## WITH TAYLOR MANAGEMENT COMPANY

### GRADUATION!



“DEAR CLASS OF 2020”

June 6<sup>th</sup> at 3:00PM

[www.youtube.com/watch?v=rxpTjcouaeQ](http://www.youtube.com/watch?v=rxpTjcouaeQ)

Oh, the *places* you will go!  
 You'll be on your way *up*!  
 You'll be seeing *great* sights!  
 You'll join the *high* fliers  
 who *soar* to high heights.

### 30-MINUTE MEALS

#### Pizzadilla (Tortilla Pizza)

Ingredients:

- Tortillas
- Fresh or shredded mozzarella
- Pizza Sauce (homemade or jarred)
- Toppings of your choice (diced)

How to:

- Lay your tortilla flat
- Coat with sauce - leaving a small edge for the crust
- Add mozzarella cheese (fresh or shredded)
- Add toppings or sprinkle oregano for a plain pizza

#### Sundried Tomato Linguine

Ingredients:

- Linguine
- Sundried Tomato Jar
- Fresh Spinach
- Fresh or minced Garlic
- Yellow Onions - Diced
- Olive Oil
- Shredded Parmesan Cheese
- Red and Black Pepper

How to:

- Boil water & add Linguine
- In a large pan, add sundried tomatoes a garlic clove and diced onion with olive oil.
- When onions become translucent add spinach and parmesan cheese.
- When pasta is cooked, drain the water and add sundried/spinach mixture.
- Add red pepper or black pepper to taste.

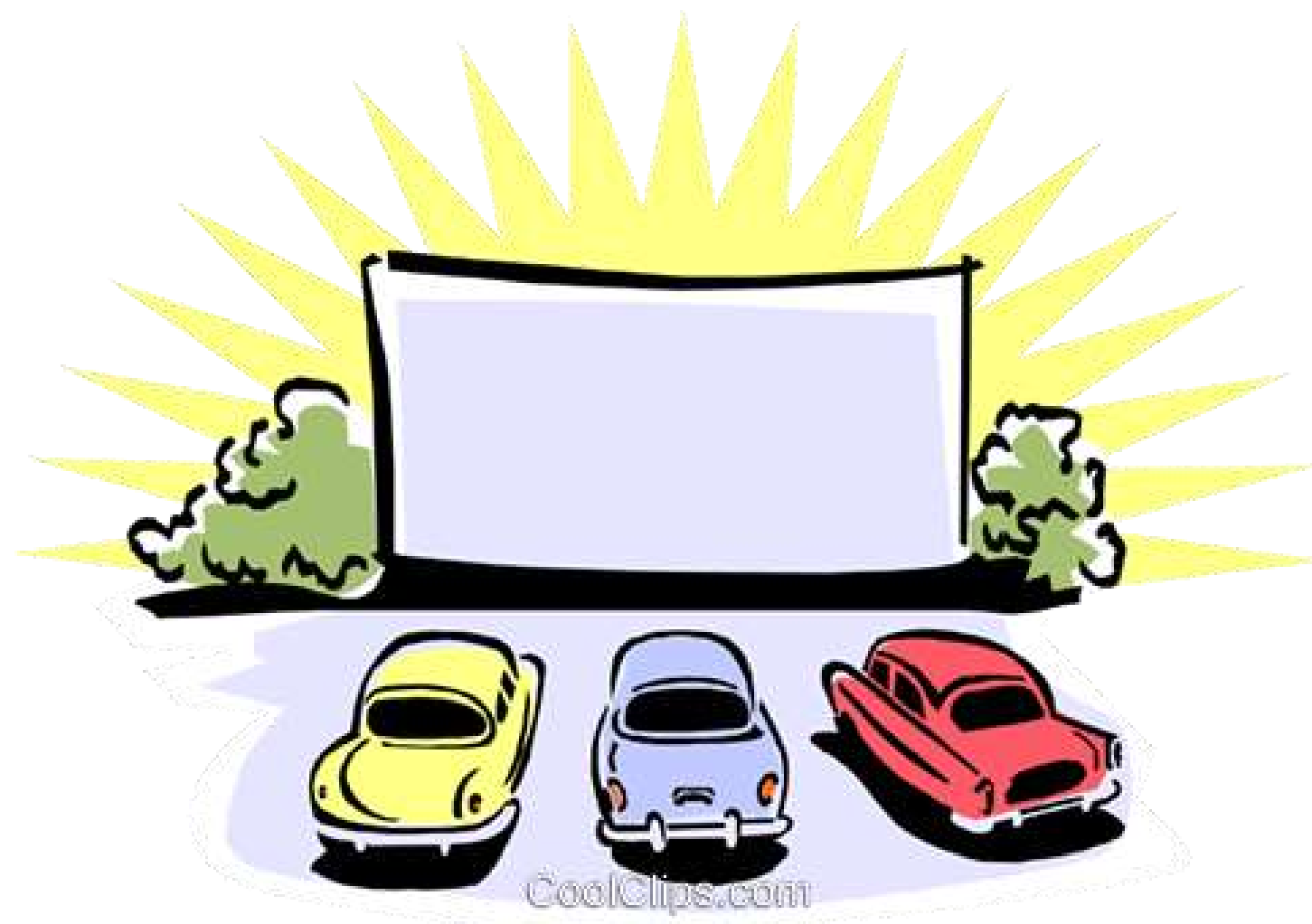


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### MISS GOING TO THE MOVIES?

*Let's reminisce old times with drive in movie theaters!  
Make sure to look for public showings in NJ.*



### DELSEA DRIVE-IN

<https://www.delseadrive-in.com/nowplaying.php>

### BACK TO THE MOVIES

<https://backtothemoviesdriveins.com/>

### UPTOWN DRIVE-IN

<https://mailchi.mp/020fe780da53/uptowndrivein>

### MATH BINGO

[https://www.abcya.com/games/math\\_bingo](https://www.abcya.com/games/math_bingo)

### MATH-MAN

[https://www.abcya.com/games/math\\_man](https://www.abcya.com/games/math_man)

### BUBBLE SCIENCE

[https://youtu.be/wJPw\\_HSPfW0](https://youtu.be/wJPw_HSPfW0)

*All You need to make bubbles!*

- Two (2) Sticks
- String
- Liquid Soap & Water
- A Bucket
- Scissors
- Optional:  
Straws, wire, pipe cleaners, detergent, cornstarch, glycerin



# KIDS CORNER

FOR THE KIDS & GRANDKIDS!



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### KEEP MOVING! STAY ACTIVE

#### CLARK FITNESS on YouTube

[www.youtube.com/channel/UC1zawslFPmbTGM1Hn-x3UqA](http://www.youtube.com/channel/UC1zawslFPmbTGM1Hn-x3UqA)

#### CARDIO SCULPT WITH MARDI on Facebook

[facebook.com/mardi.kurzweilleibowitz?\\_tn=%2CdK-R-R&eid=ARCOSPcaibmWwma4EhSgp1xCEsmdRz0h6io\\_Nf\\_DN2yiw\\_f2rQqllBTqrBmQzJ1KwPABKLcUOgq8VrK&fref=mentions](https://www.facebook.com/mardi.kurzweilleibowitz?_tn=%2CdK-R-R&eid=ARCOSPcaibmWwma4EhSgp1xCEsmdRz0h6io_Nf_DN2yiw_f2rQqllBTqrBmQzJ1KwPABKLcUOgq8VrK&fref=mentions)

#### SENIOR FITNESS WITH TONA on YouTube

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

#### YMCA

<https://ymca360.org>

#### PLANET FITNESS

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

#### FIT

<http://focused-at-home.com/>

#### NEWARK YOGA MOVEMENT

<https://www.youtube.com/user/newarkyogamovement>



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

