

# LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY



## OUTDOOR ACTIVITIES IN NJ

To name a few:

### BEACHES

- Belmar
- Wildwood
- Ocean City
- Spring Lake
- Point Pleasant

### CAMPGROUNDS

- Ponderosa Campground
- Yogi Bear's Jellystone Park



### LIGHTHOUSES

- Sandy Hook Lighthouse
  - Barnegat Lighthouse
  - Cape May Lighthouse
  - Sea Girt Lighthouse

### PARKS

- Liberty State Park
- Cheesequake State Park
  - Allaire State Park
- Monmouth Battlefield State Park



### SPACE FARMS-DRIVE THRU ZOO

<https://spacefarms.com/zoo>

### BROOKHOLLOW'S BARNYARD-DRIVE THRU ZOO

<https://brookhollowsbarnyard.com>

### SIX FLAGS GREAT ADVENTURE-SAFARI

[https://www.sixflags.com/greatadventure/attractions/safari?gclid=Cj0KCQjw6ar4BRDnARIsAITGzIBgFLVURBIYvZg8x3jYUriMIOIRn\\_OusL-hYw-4RCUIeRfLnG-itaAaAgVkeALw\\_wcB](https://www.sixflags.com/greatadventure/attractions/safari?gclid=Cj0KCQjw6ar4BRDnARIsAITGzIBgFLVURBIYvZg8x3jYUriMIOIRn_OusL-hYw-4RCUIeRfLnG-itaAaAgVkeALw_wcB)

### SANDCASTLE GAME

<pbskids.org/daniel/games/sandcastle/>





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## SOLVE THE PICTOGRAM!

Answers will be in the next Lifestyle Issue.

1 SAND	2 MAN BOARD	3 STAND I	4 R E A D I N G
5 WEAR LONG	6 R ROAD A D	7 T O W N	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. Ph.D. B.S.	11 KNEE LIGHTS	12 I I O O O O O
13 CHAIR	14 DICE DICE	15 T O U C H	16 GROUND FEET FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 G I C C C C C C	22 PROGRAM	23 C R O S S C O R E C	24 J U Y O U S M E T





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## KEEP MOVING!

### ZOOM MEDITATION – THE ART OF LIVING

6:30PM – 7:00PM Every Night  
[us04web.zoom.us/j/819066257?pwd=K3ZPeILLUzJseUFOYXkxMWdSQkJwdz09](https://us04web.zoom.us/j/819066257?pwd=K3ZPeILLUzJseUFOYXkxMWdSQkJwdz09)

### 10 MINUTE MEDITATION

<https://www.youtube.com/watch?v=O-6f5wQXSu8>

### SENIOR FITNESS WITH TONA on YouTube

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

### YMCA

<https://ymca360.org>

### PLANET FITNESS

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

### FIT

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

### NEWARK YOGA MOVEMENT

[www.youtube.com/user/newarkyogamovement](http://www.youtube.com/user/newarkyogamovement)

## Feeling off balance? You are not alone.

Join our FREE Skype Class to improve physical/emotional balance, help support your immune system, & calm that chattering mind with a combo of Qigong & Holistic Health Techniques.

**Easy, fun, FREE.**

Monday, Wednesday, Friday at 10am

Email for Skype Invite  
or provide your Skype address to  
**Siobhan@NextStepStrategiesLLC.com**  
or call 609-752-1048



**Ask about personalized  
classes/sessions**

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

