

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

GRAB THAT WATER BOTTLE & LET'S TAKE A HIKE!

Brendan T. Byrne State Forest
Vincentown, NJ

Estell Manor Park
Mays Landing, NJ

Sunfish Pond
Hardwick Township, NJ

Stairway to Heaven
Vernon, NJ

Celery Farm Nature Preserve
Allendale, NJ

Sourland Mountain Preserve
Hillsborough, NJ



Cheesequake State Park
Matawan, NJ

Allaire State Park
Wall Township, NJ

Ringwood State Park
Ringwood, NJ

Watchung Reservation
Mountainside, NJ

Wyanokie High Point
Ringwood, NJ

Manasquan Reservoir County Park
Howell, NJ

FUN IN THE SUN – SWIMMING LAKES IN NJ



Lake Hopatcong in Hopatcong State Park
Lake Marcia at High Point State Park
Lake Wawayanda at Wawayanda State Park
Hooks Creek Lake in Cheesequake State Park

MAKING LAVA LAMPS AT HOME

<https://www.youtube.com/watch?v=r0jic2Q64So>
<https://www.youtube.com/watch?v=80jPXS2OKP8>



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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

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

Also available on demand on their YouTube channel

www.youtube.com/planetfitness

FIT

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

NEWARK YOGA MOVEMENT

www.youtube.com/user/newarkyogamovement



Feeling off balance? You are not alone.

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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".



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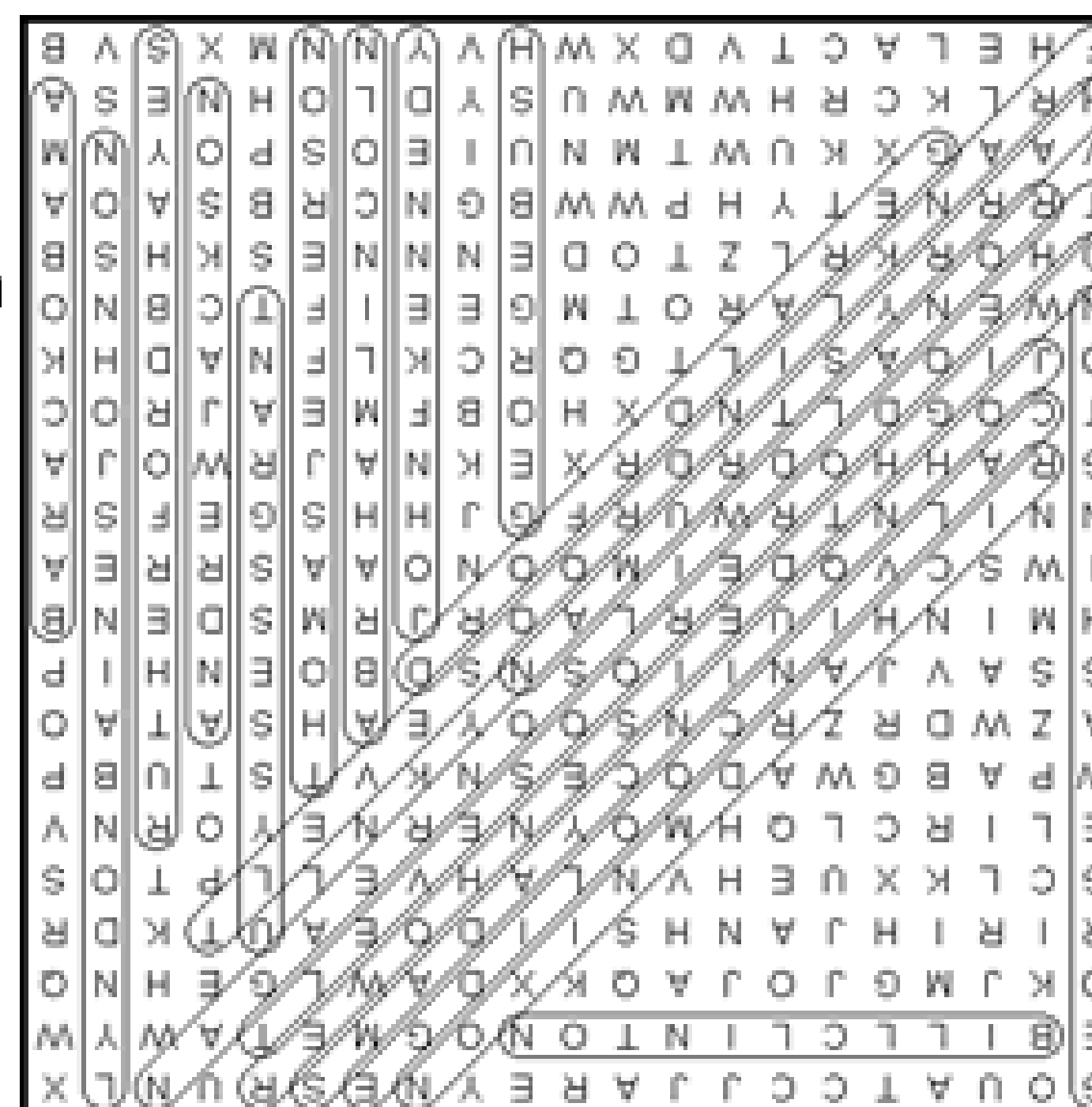
Word Search Puzzle #5H



Word List - "US Presidents"

- | | |
|-----------------------|-----------------------|
| Abraham Lincoln | Harry S. Truman |
| Andrew Jackson | John F. Kennedy |
| Barack Obama | John Quincy Adams |
| Bill Clinton | Lyndon Baines Johnson |
| Calvin Coolidge | Richard M. Nixon |
| Dwight D. Eisenhower | Ronald Wilson Reagan |
| Franklin D. Roosevelt | Rutherford B. Hayes |
| George Bush | Theodore Roosevelt |
| George Washington | Thomas Jefferson |
| Gerald R. Ford | Ulysses S. Grant |

Word Search Puzzle #5H - Solution



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