

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

NJ TEAHOUSES

Harmony Tea Room
Westwood, NJ

High SocieTea House
Wayne, NJ

The Cosy Cupboard – Opening soon
Covent Station

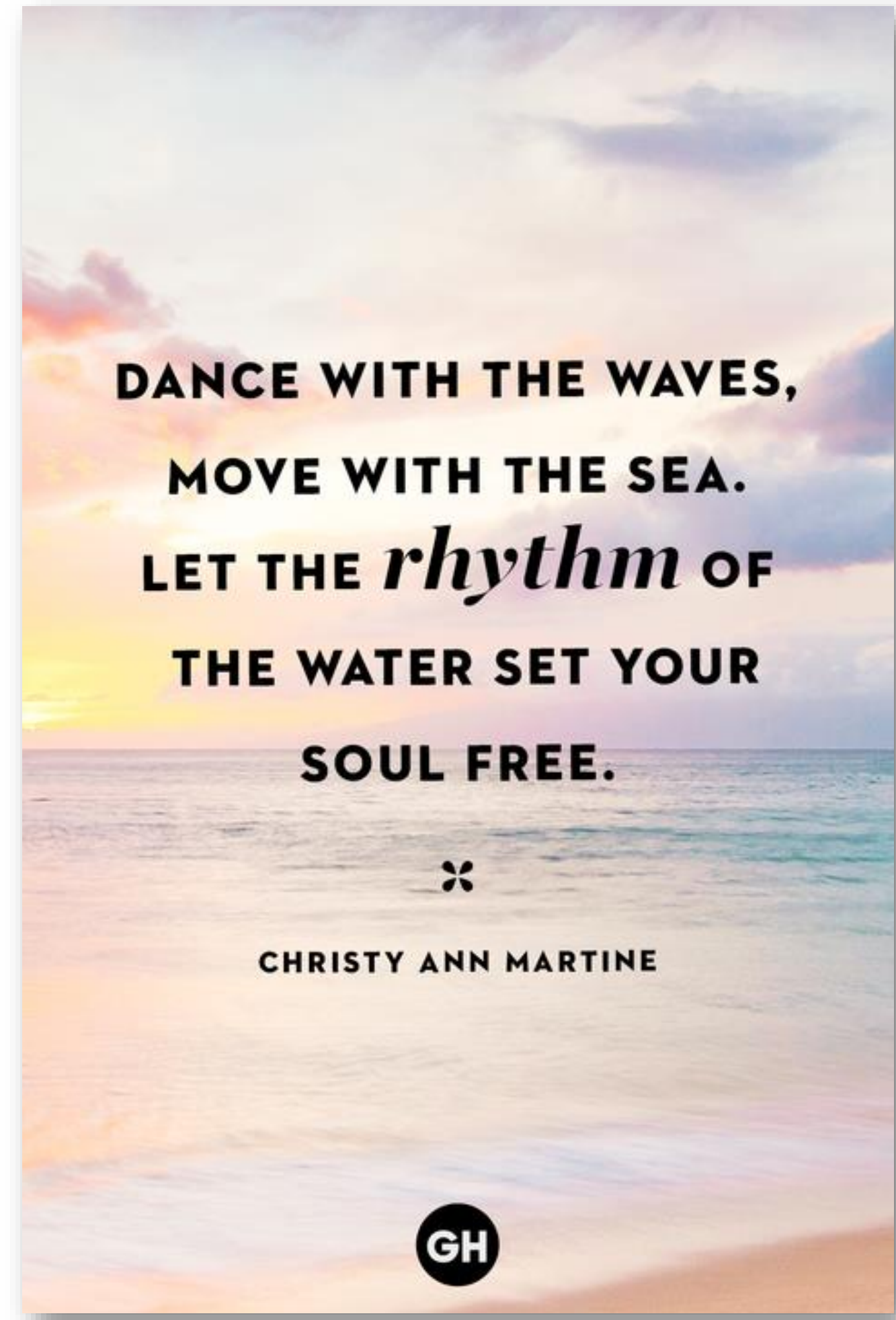
Mulberry House
Westfield, NJ

One Steep at a Thyme
Jamesburg, NJ

The New Leaf Tea Room
Riverton, NJ

Boukakuan Japanese Tea House & Garden
Bordentown, NJ

Nutty Duchess Tea Room
Collingswood, NJ



PICK YOUR OWN SUNFLOWERS

Johnson's Locust Hall Farm
Jobstown, NJ

Stony Hill Farms
Chester, NJ

Ort Farms
Long Valley, NJ

MAKE A PAPER SUNFLOWER

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



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SOLVE THE SUDOKU PUZZLE!

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



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STAY ACTIVE!

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.

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.

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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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SUDOKU PUZZLE ANSWERS

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

