

# LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

## Ice Skating in New Jersey!

### **Charlie Heger Ice Rink**

Jersey City, NJ

### **Iceland**

Hamilton, NJ

### **Mercer County Ice Skating Center**

West Windsor, NJ

### **Ocean Ice Palace**

Brick, NJ

### **Palmer Square Skating Rink**

Princeton, NJ

### **Protec Training Center**

Somerset, NJ

### **The Rink at Bergen County's Winter Wonderland**

Paramus, NJ

### **Secaucus Ice Skating Rink**

Secaucus, NJ



**IMAGINE THAT!!!** A New Jersey Children's Museum is one of the few local museums that specializes in pre-school age and young school children. For 20 years, *Imagine That!!!* has provided safe, educational fun for children at several locations throughout New Jersey. Now centralized in one large facility in Florham Park, NJ.

**Violet the Fox** - Learn how to paint with Jesse Robertson  
<https://jesserobertson.com/virtualtutorials/?action=availablefree>

**Sock Skating Rink at the Liberty Science Center**  
<https://lsc.org/explore/exhibitions/sock-skating-rink>



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It's January 2021!!! You know what that means, right? It's time to eat fresh and get healthy after all those holiday / end of the year rich foods! With just a few tweaks, we're going to make a healthy version of **LOADED NACHOS!!**

### Ingredients:

- 2 medium sized whole wheat tortillas
- Olive Oil
- Salt
- 1 small can of Goya black beans or pinto beans
- 1 cup of shredded 2% Sharp Cheddar (Block of cheese, not pre shredded bags)
- 2 tablespoons reduced fat or low-fat sour cream
- ½ cup of homemade or store-bought salsa
- 25% less sodium, taco seasoning (Old El Paso)
- 1 medium tomato, diced
- 1 medium red onion, diced
- 1 medium green pepper, diced
- 1 ripe avocado, chopped
- 1 handful of black olives, sliced into rings
- Fresh or pickled jalapenos ( if you like heat)



### Directions:

1. Cut tortillas into 4 triangles, lightly coat each triangle with olive oil and a pinch of salt. Bake on a baking pan until golden brown
2. Empty one can of beans into a small pot and heat on medium heat. Add half the packet of taco seasoning.
3. After tortillas are crispy, keep them close together and assemble nachos as follows: Tortillas topped with beans, peppers, onions, tomatoes, black olives, jalapenos for heat, and drizzle cheese over top the nachos and sprinkle the remaining packet of taco seasoning. Bake in the oven on 350 degrees for about 5-7 minutes or until cheese has melted.
4. Once cheese is melted, remove nachos from the oven and add chopped avocado, 2 tablespoons of sour cream, and salsa in a separate cup!

**ENJOY!**



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## Fitness

30 Minute - No Equipment Bodyweight Bootcamp Workout

[https://youtu.be/k\\_0MgIJdF6k](https://youtu.be/k_0MgIJdF6k)

Fast Walking in 30 minutes

<https://youtu.be/enYITYwvPAQ>

Planet Fitness Workouts on Facebook

<https://www.facebook.com/planetfitness>

YMCA 360: On Demand Videos

<https://ymca360.org>

Daily Calm - 10 Minute Mindfulness Meditation

<https://www.youtube.com/watch?v=ZToicYcHI0U>

Senior Adult Cardo

<https://youtu.be/jPuvaAd6RYg>

Senior Fitness by Tona

<https://youtu.be/sEk8bZbeZao>

Newark Yoga Movement

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

Laugh with Me - Laughter Yoga

<https://youtu.be/SVkg3L79sL4>

The Art of Living | 6:30PM - 7:00PM Every Night

<https://us04web.zoom.us/j/819066257?pwd=K3ZPelLUzJseUF0YXkxMWdSQkJwdz09>

