

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

SNOW SHOEING

Do you enjoy hiking? If the answer is YES, you've got to try Snow Shoeing!



**Lamont Reserve and
Rockleigh Woods Sanctuary**
Bergen County

Ramapo Mountain State Forest
Bergen County

Round Valley Recreation Center
Hunterdon County



**Delaware Water Gap National
Recreation Area**
Monroe County

Allamuchy
Warren County

Paulinskill Valley
Sussex County



KIDS CORNER



**Maple Sugaring at
Howell Living History Farm**
Lambertville, NJ
Saturday, February 27, 2021

Maple Sugar Fest
Summit, NJ
Sunday, February 28, 2021

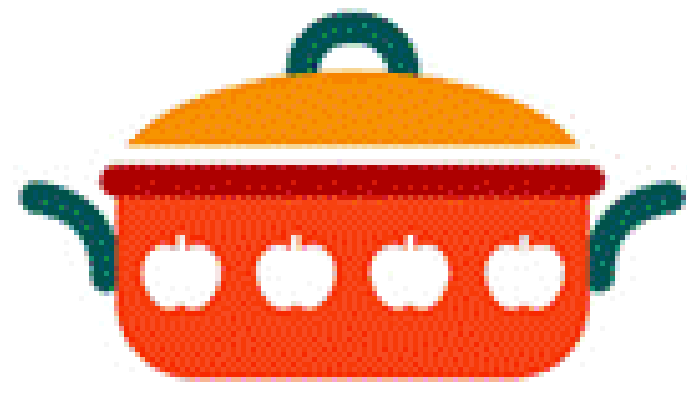
Garden Sprouts Outside
Morristown, NJ
Wednesday, March 3, 2021

Maple Sugaring at the New Weis Center
Morristown, NJ
Saturday, March 13, 2021



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65 Cooking Terms Word Search

J	C	W	H	I	S	K	J	E	C	U	D	E	R	C	O	A	T	B
U	F	N	C	N	M	G	L	A	Z	E	P	K	A	Z	R	G	N	R
L	H	F	N	P	W	A	K	C	U	H	S	U	G	D	I	C	E	A
I	I	N	A	E	E	U	E	Q	E	X	U	O	R	F	T	E	D	I
E	H	O	L	E	B	A	S	T	E	X	V	E	I	E	S	E	E	S
N	D	S	B	T	D	E	U	K	S	K	D	L	L	S	E	G	Z	E
N	N	A	U	S	A	A	E	C	N	G	T	G	L	P	R	C	I	S
E	E	E	T	R	S	L	N	T	E	E	A	Y	F	I	R	A	L	C
R	L	S	F	H	C	Z	A	O	R	S	A	R	N	E	B	A	E	A
E	B	L	E	S	A	E	R	G	F	I	Y	D	A	R	H	E	M	L
A	N	D	U	A	B	S	B	X	Y	F	F	M	O	H	C	R	A	D
D	S	I	L	M	S	T	I	U	C	T	I	I	G	Q	H	A	R	F
A	S	L	O	O	K	O	E	T	C	D	L	H	C	A	O	P	A	L
S	U	U	T	D	P	R	D	U	S	T	E	Y	C	X	P	L	C	A
H	R	T	R	E	E	S	F	O	L	D	T	N	E	T	S	I	O	M
C	T	E	R	M	C	C	E	M	U	L	S	I	F	Y	Z	G	K	B
N	T	I	M	O	G	R	A	T	E	A	L	D	E	N	T	E	E	E
I	M	I	R	L	C	J	I	M	E	T	A	N	I	R	A	M	I	X
P	S	E	K	A	B	D	N	I	L	B	S	A	W	H	I	P	P	Z

AL DENTE
BASTE
BEAT
BLANCH
BLEND
BLIND BAKE
BOIL
BRAISE
BROIL
CARAMELIZE
CHIFFONADE
CHOP
CLARIFY
COAT
CREAM
CRUSH
CUBE

DASH
DEEP FRY
DICE
DILUTE
DREDGE
DUST
EMULSIFY
FILET
FILTER
FLAMBE
FOLD
GLAZE
GRATE
GREASE
GRILL
GRIND
HULL

JULIENNE
KNEAD
MACEDOINE
MARINATE
MASH
MIREPOIX
MIX
MOISTEN
MULL
PARE
PINCH
POACH
PUREE
REDUCE
ROUX
SAUTE
SCALD

SCORE
SEAR
SEASON
SHUCK
SIFT
SIMMER
STEAM
STEEP
STIR
TOSS
TRUSS
WHIP
WHISK
ZEST



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STAY FIT. STAY ACTIVE. STAY HEALTHY.

30 Minute - No Equipment Bodyweight Bootcamp Workout

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=ZToicYcHIOU>

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>

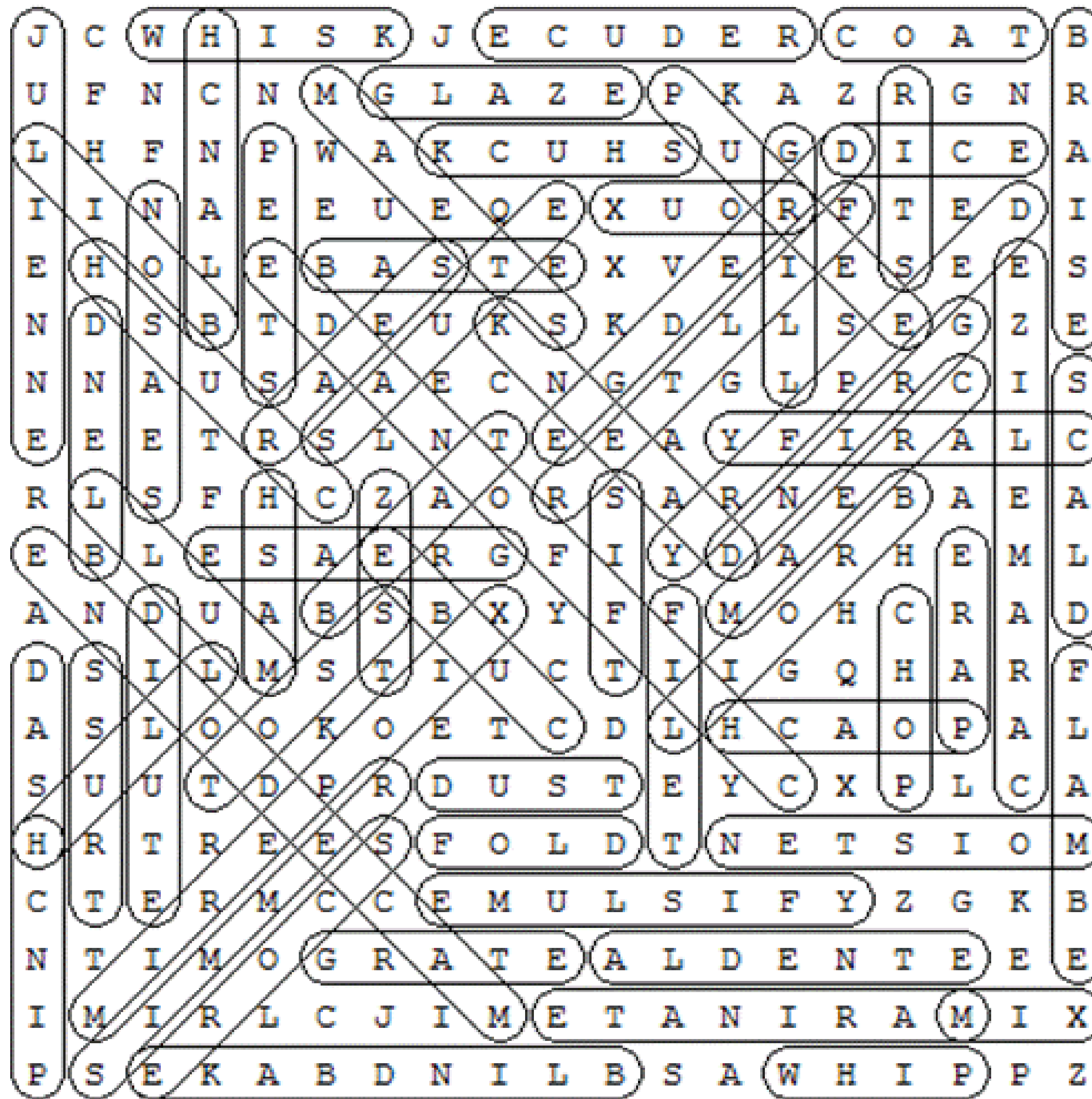


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* ANSWER KEY *

65 Cooking Terms Word Search



- | | | | |
|------------|----------|-----------|--------|
| AL DENTE | DASH | JULIENNE | SCORE |
| BASTE | DEEP FRY | KNEAD | SEAR |
| BEAT | DICE | MACEDOINE | SEASON |
| BLANCH | DILUTE | MARINATE | SHUCK |
| BLEND | DREDGE | MASH | SIFT |
| BLIND BAKE | DUST | MIREPOIX | SIMMER |
| BOIL | EMULSIFY | MIX | STEAM |
| BRAISE | FILET | MOISTEN | STEEP |
| BROIL | FILTER | MULL | STIR |
| CARAMELIZE | FLAMBE | PARE | TOSS |
| CHIFFONADE | FOLD | PINCH | TRUSS |
| CHOP | GLAZE | POACH | WHIP |
| CLARIFY | GRATE | PUREE | WHISK |
| COAT | GREASE | REDUCE | ZEST |
| CREAM | GRILL | ROUX | |
| CRUSH | GRIND | SAUTE | |
| CUBE | HULL | SCALD | |



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