

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

HISTORIC DAY TRIPS!

The Historic Village at Allaire

Farmingdale, NJ

Lakota Wolf Preserve

Columbia, NJ

NAS Wildwood: Aviation Music

Cape May, NJ

America on Wheels Auto Museum

Allentown, PA

Bergen County Historical Society

River Edge, NJ

Battleship NJ Tours

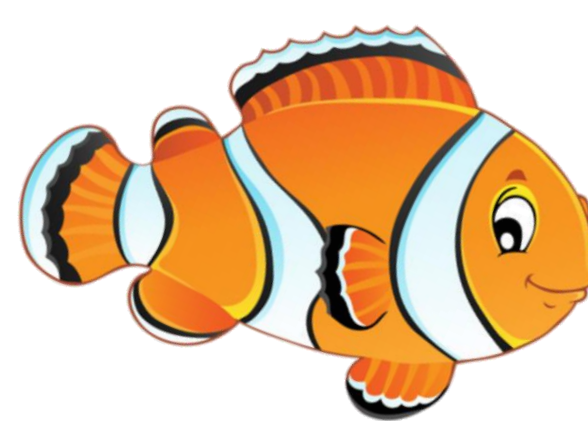
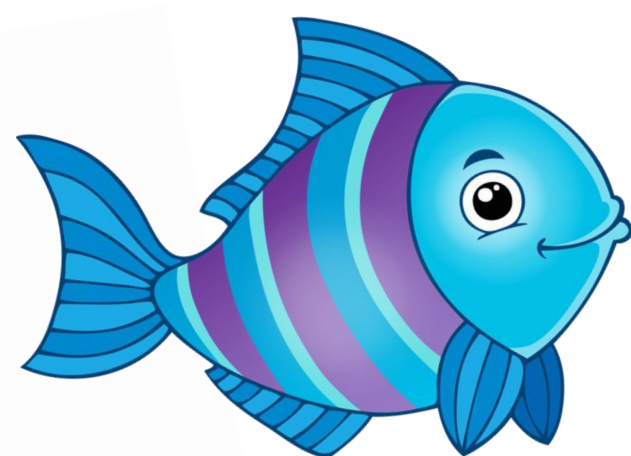
Camden, NJ

The more you know
about the past, the better
prepared you are for the
future.

~Theodore Roosevelt

~Theodore Roosevelt

KIDS
CORNER



Animal Inspired Winter Activities!!!

Adventure Aquarium

Camden, NJ

Jenkinson's Aquarium

Point Pleasant Beach, NJ

Turtle Back Zoo

West Orange, NJ



TAYLOR
MANAGEMENT COMPANY

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ST. PATRICK'S DAY RECIPES!

Soda Bread

Ingredients:

- 4.5 Cups Flour
- 1 Tablespoon Sugar
- $\frac{3}{4}$ Teaspoon Salt
- $\frac{3}{4}$ Teaspoon Baking Soda
- 4 Tablespoons Butter
- 1 Cup Black Raisins
- 1 Large Egg, Lightly Beaten
- 1 $\frac{3}{4}$ Cups Buttermilk

Optional:

Oatmeal, Caraway Seeds

Directions:

1. Whisk flour, sugar, salt, and baking soda in a large mixing bowl
2. Add softened butter into the flour mixture and add raisins.
3. Create a small hole or well and add beaten egg and buttermilk, then stir until dough is formed.
4. Knead the dough and make a ball shape dough. Add to a cast iron skillet or baking sheet with an X on the top. Bake for 40 minutes on 425 degrees.



Non-Alcoholic Irish Coffee

<https://savortheflavour.com/how-to-make-non-alcoholic-irish-coffee/print/3927/>

Ingredients:

- $\frac{2}{3}$ Cup Black Coffee (Strong Coffee)
- 2 Teaspoons Light Brown Sugar
- $\frac{1}{4}$ Teaspoon Rum Extract
- $\frac{1}{2}$ Cup Heavy Whipping Cream
- 2 Teaspoons Coca Powder, For Garnish

Directions:

1. Fill a mug with $\frac{2}{3}$ cup of hot coffee and add sugar and rum extract, stir until dissolved. Once the mixture stops whirling you may continue.
2. Beat cream in a medium bowl, until thick and airy. Pour it into a jug with a spout.
3. Pour the cream over the back of a spoon in the center of each mug.
4. Dust the cream with cocoa powder



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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=ZToicYcHIQU>

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>

