

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY



SPRING IS IN THE AIR



It's cherry blossom season and a wonderful time to take in the views under a cherry blossom tree!

A time for **RENEWAL & HOPE!**

Bloomfest in Branch Brook Park

Newark, NJ

Central Park

New York, New York

Queens Botanical Garden

Flushing, NY

Washington D.C Parks



Bowers Museum Virtual Cherry Blossom Festival

April 25, 2021 at 2PM

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

Gardening for kids

<https://www.youtube.com/watch?v=6sEKubBz9fA>

Build a Tiny Plant World

<https://www.youtube.com/watch?v=0vu4wdHNo4Q>



LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

SPRING WORD SEARCH

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

- | | | | | |
|------------------|----------------|-----------|--------------|----------|
| April | chick | fog | Memorial Day | spring |
| April Fool's Day | Children's Day | garden | nest | sprout |
| Arbor Day | Cinco de Mayo | gosling | Passover | stem |
| awaken | cloud | grass | picnic | storm |
| baby | cocoon | green | piglet | sunshine |
| baseball | colt | grow | plant | thaw |
| bee | daffodil | hatch | puddle | thunder |
| bird | dandelion | insect | rainbow | tulip |
| bloom | dig | iris | raincoat | umbrella |
| blossom | duckling | kite | rainy | violet |
| bug | earth | lamb | roots | warm |
| bulb | Earth Day | leaf | season | water |
| bunny | Easter | lightning | seed | weather |
| butterfly | egg | lilac | shovel | weed |
| calf | emerge | March | shower | wind |
| caterpillar | flower | May | soil | worm |

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

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=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

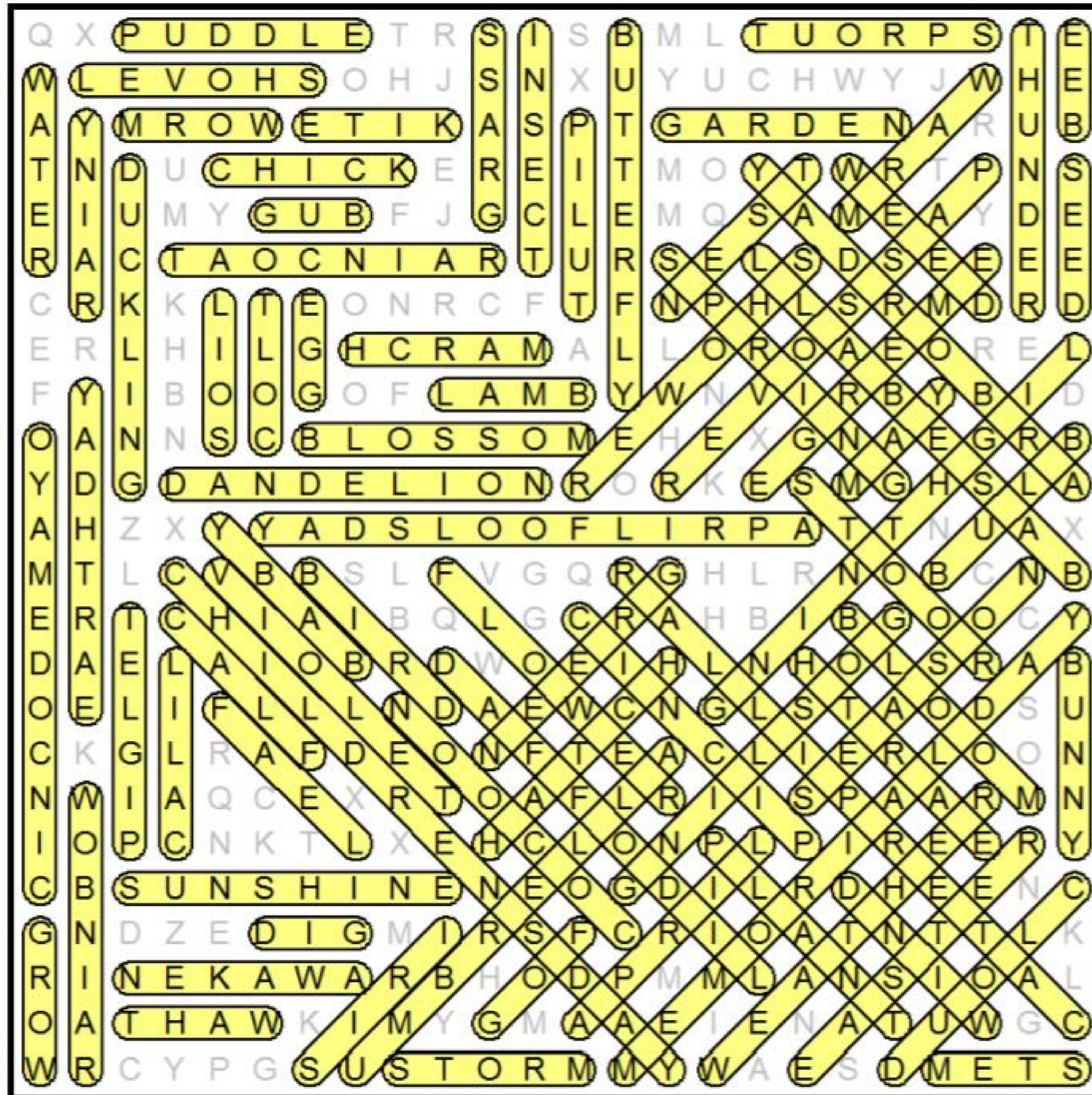
<https://us04web.zoom.us/j/819066257?pwd=K3ZPelLUzJseUF0YXkxMWdSQkJwdz09>



LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

SPRING WORD SEARCH *ANSWER KEY*



- | | | | | |
|------------------|----------------|-----------|--------------|----------|
| April | chick | fog | Memorial Day | spring |
| April Fool's Day | Children's Day | garden | nest | sprout |
| Arbor Day | Cinco de Mayo | gosling | Passover | stem |
| awaken | cloud | grass | picnic | storm |
| baby | cocoon | green | piglet | sunshine |
| baseball | colt | grow | plant | thaw |
| bee | daffodil | hatch | puddle | thunder |
| bird | dandelion | insect | rainbow | tulip |
| bloom | dig | iris | raincoat | umbrella |
| blossom | duckling | kite | rainy | violet |
| bug | earth | lamb | roots | warm |
| bulb | Earth Day | leaf | season | water |
| bunny | Easter | lightning | seed | weather |
| butterfly | egg | lilac | shovel | weed |
| calf | emerge | March | shower | wind |
| caterpillar | flower | May | soil | worm |