

LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

NJ BIKING TRAILS

Boulevard Trolley Line Path
Morris County

Buena Borough Bike Path
Atlantic County

The Cape May Shoreline Ride
Cape May County

Henry Hudson Trail
Monmouth County

Hudson River Waterfront Park
Hudson County

Ocean City Boardwalk
Cape May County

Pine Barrens River Ramble
Atlantic and Burlington Counties

Sussex Branch Trail
Sussex County



KIDS CORNER

FAMILY FRIENDLY BIKE TRAILS

Saddle River County Park
Bergen County

Delaware & Raritan Canal State Park
Mercer County

Cooper River Park
Camden County

KIDS SUDOKU

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



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SOLVE THESE SUDOKU PUZZLES!!!

1.

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

2.

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

3.

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

4.

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

<https://www.memory-improvement-tips.com/>



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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>

Orange Theory At Home Workouts

<https://www.orangetheory.com/en-us/athome/all-otathome-videos/>



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KIDS SUDOKU SOLUTION

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

SUDOKU SOLUTIONS

1.

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

2.

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

3.

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

4.

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



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