

VIRTUAL LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

KEEPING BUSY WITH VIRTUAL "OUTINGS"

We have been nothing but surprised at how amazing the attractions around the country have been! Whether you want to take a museum tour or a virtual "walk" around a zoo, we have so many options to keep you busy this week!

Facebook Live & Virtual Tours on Aquariums & Zoos... Simply log into your Facebook account and search for the following:

- ◆ Cape May County Park & Zoo
- ◆ The Cincinnati Zoo
- ◆ New England Aquarium
- ◆ The Shedd Aquarium



Don't have Facebook? That's ok, go directly to these business pages for virtual tours and videos!

- ◆ Atlanta Zoo
- ◆ Georgia Aquarium
- ◆ Houston Zoo
- ◆ Monterey Bay Aquarium
- ◆ National Aquarium
- ◆ The San Diego Zoo



VISIT THE HAPPIEST PLACE ON EARTH? SIGN ME UP!!

Take a moment to enjoy the magic with Disney World's virtual rides and experiences! Visit the Virtual Disney World YouTube channel using www.youtube.com for all their virtual rides and attractions for FREE!!

You can go down splash mountain or ride "it's a small world". Whatever you do its guaranteed to light up your day as you stroll down memory lane!



VIRTUAL LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

AROUND THE WORLD!

Let's take a tour around the world looking at museums! Some of the most famous museums have virtual exhibits and tours! What a great time to visit *The Louvre* or better yet, let's check out the *Vatican Museum*! Choose your destination and take a virtual tour!

Go to <https://artsandculture.google.com/?hl=en> and search for one of the museums below...

- ◆ High Museum of Art, Atlanta
- ◆ The Metropolitan Museum of Art
- ◆ Moma (The Museum of Modern Art)
- ◆ The Museum of Fine Arts, Boston

You may also type into your Google search the following museums to go directly to their pages for virtual tours.

- ◆ British Museum, London
- ◆ The Vatican Museum
- ◆ The Louvre



VIRTUAL CONCERTS...

Visit <https://www.npr.org> to get a list of all the live concerts, operas etc.

On your Facebook account you can search for the following for live and pre-recorded concerts:

- ◆ Fred Hersch
- ◆ Lisa Loeb
- ◆ The Honey Badgers

Don't forget to visit the Metropolitan Opera for virtual opera!

FREE BROADWAY SHOWS...

Visit www.broadwayhd.com to view the free shows offered.



VIRTUAL LIFESTYLE

WITH TAYLOR MANAGEMENT COMPANY

FITNESS RECAP! KEEP MOVING!

CLARK FITNESS via YouTube

<https://www.youtube.com/channel/UC1zawsIFPmbTGM1Hn-x3UqA>

SENIOR FITNESS WITH TONA via YouTube

<https://www.youtube.com/watch?v=sEk8bZbeZao>

YOGA WITH BRIAN via Zoom

(Must download Zoom.us)

<http://www.omcentraljerseymassageandyoga.com/store>

FREE YOGA FOR SENIORS via YouTube

Search for "Yoga with Adriene"

**CARDIO SCULPT WITH MARDI KURZWEIL
LEIBOWITZ** on Facebook

TAI CHI WITH SIOBHAN HUTCHINSON

on YouTube

Look for YouTube channel Next Step Strategies

Monday, Wednesday & Friday at 10AM

FRESH & FUN ideas until our next newsletter on self-care & games...

- ◆ Check out NJ.com for virtual religious services
 - ◆ Write a letter and mail it
 - ◆ Play cards
- ◆ Zoom to connect with loved ones
 - ◆ Watch old movies
 - ◆ BE ZEN



STAY HEALTHY & SAFE!

WE'RE ALL IN THIS TOGETHER & WE WILL GET THROUGH IT TOGETHER!
MAINTAIN SOCIAL DISTANCING WITHOUT FEELING SOCIALLY "DISTANT".

