



# MIRA VIE

AT WEST MILFORD

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

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## Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 20.

## Bach or Bluegrass

What's the difference between a fiddle and a violin?

The short answer: None, usually, but sometimes strings. The long answer: Violins and fiddles are essentially the same instrument, but the style of music is very different. Violinists often play complex written music at a slower tempo. Fiddlers play fast, often improvise and may use simpler tunes to accommodate their speed. Sometimes fiddlers will trade in traditional synthetic strings for steel strings to sharpen the twangy bluegrass style.

## Sniff Out Lemons to Boost Your Brain

Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance. Lemony smells also made people feel better and more motivated and alert.

## Up, Up and Away

The Montgolfier brothers, Joseph-Michel and Jacques-Etienne, made the first public demonstration of a hot-air balloon in Annonay, France. The unmanned, 38-foot balloon, made from linen and lined with paper, flew for 10 minutes and covered more than a mile on June 4, 1783.

## June 2025



## Memorable Melody: 'Catch a Wave'

"Don't be afraid to try the greatest sport around," urge The Beach Boys in their 1963 ode to surfing, "Catch a Wave," written by bandmates Mike Love and Brian Wilson. The tune debuted on the 1963 album "Surfer Girl." The song didn't chart for The Beach Boys, but a re-written version—"Sidewalk Surfing"—hit No. 25 for Jan and Dean.

## A Day for Dads

Father's Day is celebrated on the third Sunday in June. It is a time to honor fathers, celebrate fatherhood and appreciate the influence of fathers in society. Let all the fathers in your life know how special they are on this day just for them.

## National Yo-Yo Day

This contraption goes around the world without ever leaving your hand—the yo-yo! June 6 is National Yo-Yo Day, in honor of the birthday of entrepreneur and yo-yo enthusiast Donald Duncan.



## Popular Toys

School's still out for summer, but you don't have to be a kid to enjoy these entertaining toys. Check out when these classics first hit the market and the toy box.

Decade	Toys
1940s	Magic 8 Ball, Slinky, Silly Putty
1950s	Barbie, Play-Doh, Woolly Willy, Yahtzee, Mr. Potato Head, Chatty Cathy
1960s	Barrel of Monkeys, Easy-Bake Oven, Etch A Sketch, G.I. Joe, Hot Wheels, Lite-Brite, Rock 'Em Sock 'Em Robots, Big Wheel Tricycle
1970s	Connect Four, Uno, Stretch Armstrong, Strawberry Shortcake
1980s	Cabbage Patch Kids, American Girl Dolls, Jenga, Nintendo, Skip-It, Rubik's Cube
1990s	Beanie Babies, Betty Spaghetti, Furby, Littlest Pet Shop, Neopets, Pokemon, Super Soaker
2000s	Pillow Pets, Power Yahtzee, Silly Bandz, Webkinz

## "This Month In History" JUNE

**1789:** James Madison proposes the Bill of Rights, leading to the Constitution's first 10 amendments.

**1865:** Union General Granger reaches Galveston, Texas, one of the last holdouts of slavery, and enforces the Emancipation Proclamation for enslaved people there.

**1919:** The Treaty of Versailles is signed in France, signaling the official end of World War I.

**1947:** Pilot Kenneth Arnold reports flashes of light and nine incredibly speedy "saucer-like" UFOs whizzing over Mount Rainier, Wash., leading to the common term "flying saucers."

**1956:** President Eisenhower signs a bill funding interstate highway building, making it the largest American public works program.

**1960:** Alfred Hitchcock's infamous "Psycho" hits movie theaters and makes moviegoers fear showers for generations to come.

**1975:** Broadway hit "Chicago" premieres, going on to earn 10 nominations at the 1976 Tony Awards. The 2002 film won six Academy Awards, including Best Picture.

**1978:** Garfield, Jim Davis' classic comic feline, makes his national debut.

**1980:** CNN, the first 24-hour news service, starts airing June 1.

**1997:** J.K. Rowling publishes the first book in her bestselling series "Harry Potter."

**2002:** "American Idol" premieres on Fox, featuring first winner Kelly Clarkson.