



MIRA VIE

AT BRICK

ASSISTED LIVING | MEMORY CARE

458 Jack Martin Boulevard • Brick, NJ 08724 • 732.206.9800

Hello, Sunshine!

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

Signs of Summer

We've enjoyed sunny days and warm weather for weeks, but summer officially starts this month on June 20. It's the longest day of the year, when most of North America will see between 14 and 18 hours of sunlight, and nature shows many signs of the changing seasons. At noon, the sun will appear very high in the sky, and your shadow will be shorter than on any other day. The summer air is filled with sweet fragrance as apricots, cherries and strawberries ripen, and coneflowers, daylilies and rosebushes open their blooms. When night begins to fall, you may notice the sun setting more slowly than usual, promising a season of long, late sunsets.

Homegrown Goodness

Tending a community garden is not only a fun and earth-friendly hobby, but it may also get you into the healthy habit of eating more fruits and vegetables, say researchers. By growing your own food, you can choose your favorite produce, and caring for plants from start to finish creates feelings of pride and an eagerness to enjoy your homegrown bounty.

A Sunny Outlook

"Compliment people wherever you go. Praise every single thing you see. Be a ray of sunshine to everyone you meet." —Rhonda Byrne

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.



HAPPY Father's Day



"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.