



MIRAVIE

AT BRICK

ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

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Benefits of Nostalgia

Research shows that a trip down memory lane may actually improve health in the present moment.

A 2018 study found that older adults who discussed nostalgia-inducing scents experienced fewer symptoms of depression and anxiety compared to the control group.

Scientists have also found that when people with dementia engaged in positive nostalgic activities like watching old films, they experienced physiological benefits like decreased heart rate and inflammation.

Individual approaches to healthy aging should be discussed with health care providers.

Summer Song

"In summer, the song sings itself."
—William Carlos Williams

July 2026

Service and Sacrifice

"To ease another's heartache is to forget one's own."
—Abraham Lincoln



Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.

56. Signers of the Declaration of Independence.

2.5 million. Approximate population of the U.S. in July 1776.

342 million. Approximate population of the U.S. today.

Your Voice, Your Right

The 26th Amendment to the U.S. Constitution was ratified July 1, 1971, granting the right to vote to all American citizens 18 and older. Previously, the minimum voting age was 21. Honor this historic event by learning about issues and taking part in local, state and federal elections.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Events Are Subject to Change			1 10:00 Bank Trip 10:30 True Life Program 1:00 Afternoon Movie 1:30 Board Games 1:30 Shopping Trip to ShopRite Kohl's 2:30 Happy Hour 5:30 Piano with Jim	2 10:00 Morning Stretch 10:30 Coffee Chat 1:30 Afternoon Movie 1:30 Bingo 2:30 Happy Hour 5:30 Card Games	3 10:00 Exercise 10:30 Patio Chat 1:30 Board Games 1:30 Shopping Trip to Dollar Tree 2:30 Happy Hour 5:30 RummiCube	4 Independence Day 10:00 Morning Stretch 10:30 Coffee and Red White and Blue Trivia 1:00 Afternoon Movie 1:30 Patriotic Bingo 2:30 4th Of July Social 5:30 Movie Special
5 10:15 YouTube Mass with Father David 10:30 Music and Manicures 1:30 Bingo 2:30 Happy Hour 2:30 Piano with Jim 5:30 Movie Night	6 Dog Days of Summer 10:00 Chair Exercise 10:30 Watermelon Ice box Dessert 11:00 Pup culture Trivia 1:30 Card Club 1:30 Shopping trip to Walmart 2:30 Happy Hour 5:30 Movie Special	7 9:45 Rosary with Edna 10:15 Catholic Mass with Father David 10:45 Coffee Chat 1:00 Afternoon Matinee 1:30 Card Club 1:30 Creative Crafts 2:30 Happy Hour 5:30 RummiCube	8 10:00 Chair Exercise Class 10:30 Coffee Chat 10:30 Men's Club with Frank 11:30 Lunch Trip to Shrimp Box 1:30 Left Right Center Games 2:30 Happy Hour 5:30 Bingo	9 National Sugar Cookie Day 10:00 Exercise Class 10:30 Cooking Corner 1:00 Afternoon Movie 1:30 Bingo 2:30 Happy Hour 5:30 Uno Card Games	10 10:00 Exercise 10:30 Flower Arranging 1:30 Patio Games 1:30 Walking Club at River Front Park 2:30 Happy Hour 5:30 Movie Night	11 10:30 Summer Program with Crosspoint Church 1:30 Bingo 2:30 Happy Hour 5:30 Movie Night
12 10:15 YouTube Mass with Father David 10:30 Music and Manicures 1:30 Bingo 2:30 Happy Hour 5:30 Movie Night	13 10:00 Chair Exercise 10:30 Monday Morning Mimosas 1:00 Afternoon Movie 1:30 Shopping Trip to Walmart 1:30 Uno Card Club 2:30 Happy Hour 5:30 Dominoes	14 9:45 Rosary with Edna 10:15 Catholic Mass with Father David 1:30 Afternoon Movie 1:30 Seashell Art 2:30 Happy Hour 5:30 Piano with Jim	15 Christmas in July 10:00 Exercise Class to Beach Boys 10:30 Holiday Traditions 1940-1960s 11:00 Baking Sugar Cookies 1:00 White Christmas Movie Special 1:00 Shopping Trip to Dollar Tree 1:30 Holiday Bingo 2:30 Mistletoe Martini 5:30 Christmas Movie	16 National Cherry Day 10:00 Exercise 10:30 Cooking Corner Cherry Cheesecake 1:00 Afternoon Movie 1:30 Bingo 2:30 Happy Hour 5:30 Left right Center Game	17 10:00 Exercise Program 10:30 Apple Pie tasting 1:30 Scenic ride 1:30 Uno Card Club 2:30 Happy Hour 5:30 Movie Night	18 10:00 Exercise 10:30 Morning Coffee with Marie 1:30 Afternoon Movie 1:30 Bingo 2:30 Happy Hour 5:30 Movie Night
19 10:00 Morning Coffee Chat 10:15 YouTube Mass with Father David 10:30 Music and Manicures 1:30 Bingo 2:30 Happy Hour 5:30 Movie Night	20 National Ice Cream Day 10:00 Chair Exercise 10:30 Morning Mimosas on the Patio 1:00 Afternoon Movie 1:30 Board Games 1:30 Bus Trip for Ice Cream 2:30 Happy Hour 5:30 Bingo	21 9:45 Rosary with Edna 10:15 Catholic Mass with Father David 11:00 Coffee and Daily Rewind 1:30 Card Club 1:30 Crafts 2:30 Happy Hour 5:30 Rummicube	22 10:30 Resident Council Meeting/Food Forum 11:30 Lunch Trip for Pizza on Boardwalk 1:30 Summer Games 2:30 Happy Hour 5:30 Summer Crafts	23 National Lemon Day 10:30 Cooking Corner "Lemon Cheesecake Bars" 11:00 The Health Benefits of Lemons 1:30 Bingo 2:30 Happy Hour 5:30 Evening Chit Chat on the Porch	24 10:00 Morning Stretch 10:30 Coffee and Daily Chronicle 1:00 Afternoon Movie 1:30 Corn Hole on the Patio 1:30 Scenic Ride to Beach 2:30 Happy Hour 2:30 Piano with Jim 5:30 Movie Night	25 10:00 Morning Exercise 10:30 Coffee and Conversation 1:30 Bingo 2:30 Happy Hour 5:30 Movie Special
26 9:30 Bus Loads for St. Dominics Church 10:15 YouTube Mass with Father David 10:30 Music and Manicures 1:30 Bingo 2:30 Happy Hour 2:30 Piano with Jim 5:30 Movie Night	27 National New Jersey Day 10:00 Chair Exercise 10:30 Coffee and New Jersey History 1:00 Afternoon Movie 1:30 Scenic Ride of The Jersey Shore 1:30 Uno Card Club 2:30 Happy Hour 5:30 Movie Night	28 10:00 Coffee and Conversation 10:30 Christian Service with Pastor Chris 1:00 Afternoon Movie 1:30 Creative Crafts 1:30 Rummy Club 2:30 Happy Hour 5:30 Movie Special	29 10:00 Fox Fitness 10:30 Coffee and News and Views 1:30 Birthday Bash with Barbara 2:30 Happy Hour 5:30 Movie Special	30 10:00 Fitness Fun 10:30 Coffee and Table Topics 1:00 Afternoon Movie 1:30 Bingo 2:30 Happy Hour 5:30 Piano with Jim	31 10:00 Stretching Class 10:30 Coffee and Conversation 1:00 Afternoon Movie 1:30 Shopping Trip to Dollar Tree 2:30 Happy Hour 5:30 Movie Night	

We All Scream for Ice Cream!

Many people beat the summer heat by dipping into their favorite ice cream. Take a "lick" at these popular parlors and see when and where they began serving up their cool treats.

Year	Ice Cream Shop	Location
1934	Carvel	Hartsdale, N.Y.
1935	Friendly's	Springfield, Mass.
1940	Dairy Queen	Joliet, Ill.
1945	Baskin-Robbins	Glendale, Calif.
1948	Swensen's	San Francisco, Calif.
1968	Braum's	Oklahoma City, Okla.
1976	Häagen-Dazs	Brooklyn Heights, N.Y.
1978	Ben & Jerry's	Burlington, Vt.
1988	Cold Stone Creamery	Tempe, Ariz.
1989	Bruster's	Bridgewater, Pa.

"Then & Now"

"This Month In History"

JULY

1904: The ice cream cone debuts at the World's Fair in St. Louis.

1913: Alfred Carlton Gilbert is granted a patent for the Erector Set. His invention became one of the most popular toys of all time.

1922: A new sport is invented on a lake in Minnesota when 18-year-old Ralph Samuelson skis on water using two planks of wood.

1930: Congress creates the Veterans Administration.

1946: The new flag of the Philippines is raised over Manila after the U.S. grants the Asian nation full independence.

1957: John Glenn, then a major in the U.S. Marines, sets a new transcontinental speed record, flying a jet from California to New York in 3 hours, 23 minutes. The record was broken in March 1990 with a flight from Los Angeles to Washington, D.C., that took 1 hour and 4 minutes.

1963: To help speed up mail delivery, the Postal Service begins implementing the ZIP code system.

1976: Bicentennial celebrations are held all over the U.S. to celebrate the 200th anniversary

of the signing of the Declaration of Independence.

1981: President Ronald Reagan announces he will nominate Sandra Day O'Connor to be the new associate justice of the U.S. Supreme Court. She was the first woman to serve on the court.

1999: The U.S. women's soccer team wins the World Cup, defeating China in front of a record crowd at the Rose Bowl in California.

2005: NASA's space probe Deep Impact slams into a comet as part of a mission to learn more about the solar system.