

The Mira Vie Chronicle

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An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

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.

Self-Care Corner: Cool Down

We often hear of the winter blues, but hot weather is also linked to mood. High temperatures can cause adrenaline and cortisol to rise, making you feel stressed and short-tempered. If your temper starts to flare, pause for a self-check. Are you really angry, or do you just need to cool down—literally? Find a cool, quiet spot; take some deep breaths; and drink some water. Once your body feels more comfortable, you may find your emotional state is better, too.

July 2026

Moments Matter Neighborhood



Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.

Introducing Elvis

July is a milestone month for Elvis Presley fans. On July 19, 1954, the future King of Rock 'n' Roll released his first commercial single: "That's All Right," with "Blue Moon of Kentucky" on the B-side. Shortly after, on July 30, Presley gave his first paid concert performance in Memphis, opening for country artist Slim Whitman. The price of admission was only \$1.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5	 6	 7	1 Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Movement Matters Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Late Afternoon (Joyful Time): Timeless Tunes Midday Munch (Snack Break) Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie	2 Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Brain Games Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Late Afternoon (Joyful Time): Creative Expressions Midday Munch (Snack Break) Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie	3 Morning (Gentle Start): Comfort, Care, & Coffee/Catholic Services with the Priest in AL (Optional) Mid-Morning (Engagement): Pages from the Past Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Late Afternoon (Joyful Time): Games on the Move Midday Munch: Ice Cream Social Friday Afternoon Movie Dinner Evening (Wind Down): Cozy Wind Down	Independence Day 4 Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Timeless Tunes: Patriotic Edition 11:45am- Family Moments Matter Saturday Event: 4th of July BBQ Featuring Entertainment: Just the Two of Us Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): 4th of July Craft Late Afternoon (Joyful Time): Armchair Travel Program Midday Munch (Snack Break) Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie
Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Spiritual Church Virtual Gathering Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Vintage Viewings: Classic TV Show Program Midday Munch (Snack Break) Late Afternoon (Joyful Time): Movement Matters Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 12	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Sharp Minds Group Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Late Afternoon (Joyful Time): Polish & Pamper & Creative Expressions Midday Munch (Snack Break) Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 13	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Music & Movement Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Late Afternoon (Joyful Time): Icons Through the Ages Midday Munch: Strawberry Ice Cream Sundae Social Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 14	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Movement Matters Distinctive Destinations Lunch: France Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Late Afternoon (Joyful Time): Timeless Tunes Midday Munch: Freezer Pop Social Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 15	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Brain Games Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Late Afternoon (Joyful Time): Creative Expressions Midday Munch (Snack Break) Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 16	Morning (Gentle Start): Comfort, Care, & Coffee/Catholic Services in AL (Optional) Mid-Morning (Engagement): Gardening Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking 2pm- Special Program: Social Hour w/ Entertainment: Ukelele Christine in AL! Late Afternoon (Joyful Time): Games on the Move Friday Afternoon Concert Series Dinner Evening (Wind Down): Cozy Wind Down & Nightly Movie 17	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Timeless Tunes Lunch Early Afternoon (Reset): Rest & Refresh 2pm- Family Moments Saturday Event: Drumming Exercise Group Late Afternoon (Joyful Time): Armchair Travel Program Midday Munch (Snack Break) Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 18
Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Spiritual Church Virtual Gathering Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Vintage Viewings: Classic TV Show Program Midday Munch (Snack Break) Late Afternoon (Joyful Time): Movement Matters Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 19	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Jello Blind Taste Test Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group 2pm- Special Afternoon Program- Social Hour with Entertainment: Remember When Doo-Wop in AL Late Afternoon (Joyful Time): Creative Expressions Midday Munch (Snack Break) Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 20	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Sweet Moments-Baking Group with Andrea Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Late Afternoon (Joyful Time): Purposeful Projects Midday Munch: Pina Colada Social Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 21	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Movement Matters Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Late Afternoon (Joyful Time): Timeless Tunes Midday Munch (Snack Break) Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 22	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Brain Games Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Late Afternoon (Joyful Time): Creative Expressions Midday Munch (Snack Break) Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 23	Morning (Gentle Start): Comfort, Care, & Coffee/Catholic Services in AL (Optional) Mid-Morning (Engagement): Gardening Club Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group 2pm- Special Afternoon Program: Monthly Birthday Party with Entertainment- Lorri Woodward Late Afternoon (Joyful Time): Creative Expression Midday Munch (Snack Break) Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 24	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Timeless Tunes Lunch Early Afternoon (Reset): Rest & Refresh 2pm-Family Moments Saturday Event: Mocktails & Hors D'oeuvres in the Courtyard Late Afternoon (Joyful Time): Armchair Travel Program Midday Munch (Snack Break) Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 25
Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Spiritual Church Virtual Gathering Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Vintage Viewings: Classic TV Show Midday Munch (Snack Break) Late Afternoon (Joyful Time): Movement Matters Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 26	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Sharp Minds Group Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Late Afternoon (Joyful Time): Polish & Pamper & Creative Expression Midday Munch (Snack Break) Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 27	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Purposeful Projects Therapy Dogs Visit Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Special Program: Margaritaville Celebration in AL Midday Munch (Snack Break) Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 28	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Movement Matters Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Special Program: Social Hour with Entertainment- Mark Miklos in AL Midday Munch (Snack Break) Late Afternoon (Joyful Time): Timeless Tunes Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 29	Morning (Gentle Start): Comfort, Care, & Coffee Mid-Morning (Engagement): Brain Games Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Courtyard Club Resident Council & Dining Council in AL Late Afternoon (Joyful Time): Creative Expressions Midday Munch: Cheesecake Social Dinner Evening (Wind Down): Nighttime Reflection Nightly Movie 30	Morning (Gentle Start): Comfort, Care, & Coffee/Catholic Services in AL (Optional) Mid-Morning (Engagement): Pages from the Past Lunch Early Afternoon (Reset): Rest & Refresh Afternoon (Purposeful Living): Stroll & Roll Walking Group Late Afternoon (Joyful Time): Games on the Move Midday Munch: Slushy Social Friday Afternoon Game Show Dinner Evening (Wind Down): Cozy Wind Down Nightly Movie 31	

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.