



MIRA VIE

AT CLIFTON

ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

782 Valley Road • Clifton, NJ 07013 • 973.685.6433



Phyllis	July 1st
Phil	July 3rd
Frank C.	July 6th
Simone	July 11th
Donna	July 12th
Joan M.	July 12th
Josephine	July 18th
Alex	July 18th
Rita	July 24th
Brent	July 28th



Our trip to Patterson Falls was beautiful, and the smiles were even more beautiful.

July 2026



Our Annual Senior to Senior Prom was a SUCCESS. We celebrated a 2026 Mira Vie Gala in Greece with great food and a great evening of intergenerational fun moments with some amazing high school students. This is a priceless picture of our 2026 Mira Vie at Clifton Prom Queen (Sara) and Prom King (Bobby) and our Prom Princess (Cassandra) and Prom Prince (David).

Ice Cream Trip



National Ice Cream Month.... I scream, you scream, we all scream for Ice Cream. Our seniors love to take Ice Cream trips in the community.



July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			International Jokes Day 1 10:00 Wednesday Workout Chair Yoga with Kevin (Kinetic Home therapy services) 10:30 What's New Wednesday (Daily Chronicles) 11:00 Winning Wednesday Bingo in the Bistro 1:30 Senior Comedy Show (Laughter is good for the soul) 3:00 Wacky Wednesday Social 3:30 Chat and Chew with Friends 4:00 Winning Wednesday Games 6:30 Wednesday Evening Western	2 10:15 Daily Chronicles Thursday Today's News 10:30 Chair Yoga with Fox Therapy in the 46 Lounge 11:00 Thursday Word Games 1:30 Trip to ShopRite 3:00 Thankful Thursday Social 4:00 Thursday Trivia with Friends 6:30 Thursday Evening Movie	3 Nat'l Compliment the Mirror Day Happy Birthday Phil 10:00 Friday News (Daily Chronicles) 10:30 Fun Dance Class with Joanne from Starlight Dance Studios 11:00 History trivia with Phil and friends 1:30 Compliment Mirror Day with Maritza 2:30 Flower Arrangement making with friends 3:00 Friday Freestyle Social 3:30 Reading with Susan and Friends 4:00 Frank Sinatra Friday 5:00 Game Night and Good Conversations with Ghana 6:30 Friday Evening Movie	4 Independence Day and National Barbeque Spareribs Day 10:00 Saturday News Daily Chronicles 10:30 Saturday Stretch and Stroll 11:30 Forth of July Barbeque Live Entertainment with Dj Dan 1:30 Independence Day Arts and Crafts 2:30 Red, White, and Blue Balloon Tennis 3:00 Saturday Social 4:00 Saturday Word Games 6:30 Saturday Night Movie
National Hawaii Day 5 9:30 Sunday Roman Catholic Mass at St. Phillips Church 10:00 Sunday Morning Sounds to the 50's and 60's 10:30 Sunday Chair yoga 11:00 Sunday Coffee and Conversations on the Patio 1:30 Big Bingo at the Hawaiian Beach 2:30 Making Sundaes on a Sunday for National Ice Cream Day with the Girl Scouts 3:00 Sunday Social	Happy Birthday Franck C. 6 10:00 Mira Vie Morning Walking Club 10:00 Monday Morning News (Daily Chronicles) 10:30 Trip to Dollar Tree 11:00 Monday Musical Trivia 2:00 Roman Catholic Monday Mass with St. Phillips Church 3:00 Mix and Mingle Monday Social 3:30 Monday Musical Trivia 6:30 Monday Movie Night	Distinctive Destinations Fun, Food Family Cruise to France 7 10:15 Daily Chronicles 10:30 Tuesday Morning Stretch and Stroll 11:00 Tuesday Trivia fun 1:30 Price is Right with Life Home Care 3:00 Tasty Tuesday Social 3:30 Chat and Chew with Friends 4:00 Virtual trip to France 5:00 Fun, Food, and Family Distinctive Destination Cruise to France 6:30 Tuesday Evening Movie	National Freezer Pop Day 8 10:00 Wednesday Workout Chair Yoga 10:30 What's New Wednesday (Daily Chronicles) 11:00 Winning Wednesday Bingo in the Bistro 1:30 AC Poker Casino Day 3:00 Freezer Pop with friends Social 3:30 Chat and Chew with Friends 4:00 Winning Wednesday Games 6:30 Wednesday Evening Western	National Sugar Cookie Day 9 10:15 Daily Chronicles Thursday Today's News 10:30 Chair Yoga with Fox Therapy in the 46 Lounge 11:00 Senior Poetry Slam 1:30 Tasty Thursday Baking with friends (Sugar Cookies) and Food Trivia 3:00 Thankful Thursday Social 4:00 Thursday Trivia with Friends 6:30 Thursday Evening Movie	National Pina Colada Day 10 10:00 Friday News (Daily Chronicles) 10:30 Fun Dance Class with Joanne from Starlight Dance Studios 1:30 Pina Colada Party on the Patio Hawaiian Lua 3:00 Friday Freestyle Social 3:30 Reading with Susan and Friends 4:00 Frank Sinatra Friday 5:00 Game Night and Good Conversations with Ghana 6:30 Friday Evening Movie	Happy Birthday Simone and Blueberry Muffin Day 11 10:00 Saturday News Daily Chronicles 10:30 Saturday Stretch and Stroll 11:00 Saturday Jeopardy and Hangman 2:00 Live Entertainment Andy 3:00 Blue Berry Muffin with Friends 4:00 Saturday Word Games 6:30 Saturday Night Movie
Happy Birthday Donna and Joan M. 12 9:30 Sunday Roman Catholic Mass at St. Phillips Church 10:00 Sunday Morning Sounds to the 50's and 60's 10:30 Sunday Chair yoga 11:00 Sunday Coffee and Conversations on the Patio 1:30 Sunday Sip and Paint on the Patio 3:00 Sunday Social	13 10:00 Mira Vie Morning Walking Club 10:00 Monday Morning News (Daily Chronicles) 10:30 Monday Morning Meditation 11:00 World Language and Watermelon with friends 1:30 Monday Movie "A Face in the Crowd" 1:30 Trip to Applegates Farm Ice cream 1:30 World Language with friends 3:00 Mix and Mingle Monday Social 3:30 Monday Musical Trivia 6:30 Monday Movie Night	14 10:15 Daily Chronicles 10:30 Tuesday Morning Stretch and Stroll 11:00 Food Forum with Chef Lorraine 2:00 The "Mojo" Show 3:00 Tasty Tuesday Social 3:30 Chat and Chew with Friends 4:00 Tuesday Name That Tune 6:30 Tuesday Evening Movie	National I Love Horses Day 15 10:00 Morning Mass with (Deacon Bob) St. Phillips Church 10:30 Morning Trip to Garrett Mountain to see the Horses 11:00 Winning Wednesday Bingo in the Bistro 1:30 Senior Sports with Coach Butter 3:00 Wacky Wednesday Social 3:30 Chat and Chew with Friends 4:00 Winning Wednesday Games 6:30 Wednesday Evening Western	16 10:15 Daily Chronicles Thursday Today's News 10:30 Chair Yoga with Fox Therapy in the 46 Lounge 11:00 Thursday Word Games 1:30 Senior Safety Class with the Clifton Community Police 3:00 Thankful Thursday Social 4:00 Thursday Trivia with Friends 6:30 Thursday Evening Movie	National Lottery Ticket Day and National Peach Ice Cream Day 17 10:00 Friday News (Daily Chronicles) 10:30 Fun Dance Class with Joanne from Starlight Dance Studios 2:00 Balloon Tennis Championship Montville vs Clifton 3:00 Friday Freestyle Social 3:30 Reading with Susan and Friends 4:00 Frank Sinatra Friday 5:00 Game Night and Good Conversations with Ghana 6:30 Friday Evening Movie	Happy Birthday Josephine and Alex 18 10:00 Saturday News Daily Chronicles 10:30 Saturday Stretch and Stroll 11:00 Saturday Jeopardy and Hangman 2:00 Puppy Fashion Show 3:00 Saturday Social 4:00 Saturday Word Games 6:30 Saturday Night Movie
National Ice Cream Day 19 9:30 Sunday Roman Catholic Mass at St. Phillips Church 10:00 Sunday Morning Sounds to the 50's and 60's 10:30 Sunday Chair yoga 11:00 Sunday Coffee and Conversations on the Patio 1:30 Big Bingo with Friends and Friends 2:30 Making Sundaes on a Sunday for National Ice Cream Day with the Girl Scouts 3:30 Sunday Word Games	20 10:00 Mira Vie Morning Walking Club 10:00 Monday Morning News (Daily Chronicles) 10:30 Monday Morning Meditation with the Clifton Health Department 12:00 Mira Vie at Clifton Mighty Men's Club 2:00 Musical Monday with Micheal Armeno 3:00 Mix and Mingle Monday Social 3:30 Monday Musical Trivia 6:30 Monday Movie Night	21 10:15 Daily Chronicles 10:30 Senior Self Defense Class Sensei Larry Barr 2:00 Taste and Tell with Lorraine 3:00 Tasty Tuesday Social 3:30 Chat and Chew with Friends 4:00 Tuesday Name That Tune 6:30 Tuesday Evening Movie	22 10:00 Wednesday Workout Chair Yoga with Delores D'va 10:30 What's New Wednesday (Daily Chronicles) 11:00 Wednesday Word Games 1:30 Winning Wednesday Bingo 3:00 Wacky Wednesday Social 3:30 Name 5 6:30 Wednesday Evening Movie	National Gorgeous Grandma Day 23 10:15 Daily Chronicles Thursday Today's News 10:30 Chair Yoga with Fox Therapy in the 46 Lounge 11:00 Thursday Word Games 2:00 Girls (Gorgeous Grandma's Just want to have fun Concert 3:00 Thankful Thursday Social 4:00 Thursday Trivia with Friends 6:30 Thursday Evening Movie	Happy Birthday Rita 24 10:00 Friday News (Daily Chronicles) 10:30 Fun Dance Class with Joanne from Starlight Dance Studios 1:30 Rita's Run 3:00 Friday Freestyle Social 3:30 Reading with Susan and Friends 4:00 Frank Sinatra Friday 5:00 Game Night and Good Conversations with Ghana 6:30 Friday Evening Movie	National Cowboy Day 25 10:00 Saturday News Daily Chronicles 10:30 Saturday Stretch and Stroll 11:00 Saturday Jeopardy and Hangman 1:30 Glam Day with the Glamour Bloomfield High School 2:30 Country music and Crossword puzzle fun 3:00 Saturday Social 4:00 Saturday Word Games 6:30 Saturday Night Movie
26 9:30 Sunday Roman Catholic Mass at St. Phillips Church 10:00 Sunday Morning Sounds to the 50's and 60's 10:30 Sunday Chair yoga 11:00 Sunday Coffee and Conversations on the Patio 1:30 Big Bingo with Friends and Friends 2:30 Making Sundaes on a Sunday for National Ice Cream Day with the Girl Scouts 3:00 Sunday Social	National New Jersey Day 27 10:00 Mira Vie Morning Walking Club 10:00 Monday Morning News (Daily Chronicles) 10:30 Monday Morning Meditation 11:00 Take a Virtual Tour of New Jersey 1:30 Monday Midday Movie "The Graduate" 1:30 Trip to the Clifton Memorial Library 3:00 Mix and Mingle Monday Social 3:30 Monday Musical Trivia 6:30 Monday Movie Night	Happy Birthday Brent 28 10:15 Daily Chronicles 10:30 Trip to Starlight Dance Studios for Senior Ballroom Dancing 10:30 Tuesday Morning Stretch and Stroll 1:30 Beach Party on the Patio 3:00 Tasty Tuesday Social 3:30 Chat and Chew with Friends 4:00 Tuesday Name That Tune 6:30 Tuesday Evening Movie	National Chicken Wing Day 29 10:00 Wednesday Workout Chair Yoga with Kevin (Kinetic Home therapy services) 10:30 What's New Wednesday (Daily Chronicles) 11:00 Winning Wednesday Bingo in the Bistro 1:30 Game Day hosted by Ascend Hospice 3:00 Chicken wing Social 3:00 Wacky Wednesday Social 3:30 Chat and Chew with Friends 4:00 Winning Wednesday Games 6:30 Wednesday Evening Western	30 10:15 Daily Chronicles Thursday Today's News 10:30 Chair Yoga with Fox Therapy in the 46 Lounge 11:00 Thursday Word Games 2:00 Resident Council 3:00 Thankful Thursday Social 4:00 Thursday Trivia with Friends 6:30 Thursday Evening Movie	31 10:00 Friday News (Daily Chronicles) 10:30 Fun Dance Class with Joanne from Starlight Dance Studios 2:00 Live Birthday Entertainment 3:00 Friday Freestyle Social 3:30 Reading with Susan and Friends 4:00 Frank Sinatra Friday 5:00 Game Night and Good Conversations with Ghana 6:30 Friday Evening Movie	All Events Are Subject to Change



Special Thanks to our Community Partners Faye and Angela from Life for creating smiles for our Mira Vie at Clifton Staff and Seniors.

