



MIRA VIE

AT FANWOOD

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

295 South Avenue • Fanwood, NJ 07023 • 908.654.5200

Moments Matter Newsletter

HAPPY
Fourth of July

hello
SUMMER



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.

Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Music, Bus Trip Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Revitalize Afternoon (Purpose) Snack Creations Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	2 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Rest & Recharge Afternoon (Purpose) Creative Expressions Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Comfort	3 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Rest Afternoon (Purpose) Movies Late Afternoon (Joyful) Birthday Social Evening (Wind Down) Dinner, Gratitude	4 Morning (Slow Start) Care, Breakfast Mid-Morning (Engagement) Brain Games Midday (Meal & Movement) Lunch & Outdoor Time Early Afternoon (Reset) Recharge Afternoon (Purpose) Action Games Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Cozy & Comfort
5 Morning (Peaceful Start) Care, Breakfast Mid-Morning (Engagement) Spiritual Midday (Meal + Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time Afternoon (Purposeful Living) Family Visits, Live Music Late Afternoon (Joyful Time) Social Hour Evening (Wind Down) Dinner, Peaceful Evening	6 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Walking Club Early Afternoon (Reset) Refresh & Renew Afternoon (Purpose) Tabletop Games Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	7 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Reset Afternoon (Purpose) Outdoor Time Late Afternoon (Joyful) Rockin' Bash Evening (Wind Down) Dinner, Calm & Comfort	8 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Music, Bus Trip Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Revitalize Afternoon (Purpose) Snack Creations Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	9 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Rest & Recharge Afternoon (Purpose) Creative Expressions Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Comfort	10 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Music Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Rest Afternoon (Purpose) Movies Late Afternoon (Joyful) Birthday Social Evening (Wind Down) Dinner, Gratitude	11 Morning (Slow Start) Care, Breakfast Mid-Morning (Engagement) Brain Games Midday (Meal & Movement) Lunch & Outdoor Time Early Afternoon Recharge Afternoon (Purpose) Action Games Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Cozy & Comfort
12 Morning (Peaceful Start) Care, Breakfast Mid-Morning (Engagement) Spiritual Midday (Meal + Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time Afternoon (Purposeful Living) Family Visits, Live Music Late Afternoon (Joyful Time) Social Hour Evening (Wind Down) Dinner, Peaceful Evening	13 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Walking Club Early Afternoon (Reset) Refresh & Renew Afternoon (Purpose) Card Games Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	14 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Reset Afternoon (Purpose) Outdoor Time Late Afternoon (Joyful) Summer Fest Evening (Wind Down) Dinner, Calm & Comfort	15 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Music, Bus Trip Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Revitalize Afternoon (Purpose) Connection Bingo Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	16 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Rest & Recharge Afternoon (Purpose) Creative Expressions Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Comfort	17 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Rest Afternoon (Purpose) Movies Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Gratitude	18 Morning (Slow Start) Care, Breakfast Mid-Morning (Engagement) Brain Games Midday (Meal & Movement) Lunch & Outdoor Time Early Afternoon Recharge Afternoon (Purpose) Action Games Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Cozy & Comfort
19 Morning (Peaceful Start) Care, Breakfast Mid-Morning (Engagement) Spiritual Midday (Meal + Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time Afternoon (Purposeful Living) Family Visits, Live Music Late Afternoon (Joyful Time) Social Hour Evening (Wind Down) Dinner, Peaceful Evening	20 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Walking Club Early Afternoon (Reset) Refresh & Renew Afternoon (Purpose) Puzzles Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	21 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Reset Afternoon (Purpose) Outdoor Time Late Afternoon (Joyful) Hawaiian Luau Evening (Wind Down) Dinner, Calm & Comfort	22 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Music, Bus Trip Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Revitalize Afternoon (Purpose) Snack Creations Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	23 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Rest & Recharge Afternoon (Purpose) Life Story Sharing Late Afternoon (Joyful) Sip & Glam Social Evening (Wind Down) Dinner, Comfort	24 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Rest Afternoon (Purpose) Movies Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Gratitude	25 Morning (Slow Start) Care, Breakfast Mid-Morning (Engagement) Brain Games Midday (Meal & Movement) Lunch & Outdoor Time Early Afternoon Recharge Afternoon (Purpose) Action Games Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Cozy & Comfort
26 Morning (Peaceful Start) Care, Breakfast Mid-Morning (Engagement) Spiritual Midday (Meal + Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time Afternoon (Purposeful Living) Family Visits, Live Music Late Afternoon (Joyful Time) Social Hour Evening (Wind Down) Dinner, Peaceful Evening	27 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Walking Club Early Afternoon (Reset) Refresh & Renew Afternoon (Purpose) Documentary Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	28 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Reset Afternoon (Purpose) Resident Council Late Afternoon (Joyful) Chocolate Soiree Evening (Wind Down) Dinner, Calm & Comfort	29 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Music, Bus Trip Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Revitalize Afternoon (Purpose) Connection Bingo Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Evening Reflections	30 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Rest & Recharge Afternoon (Purpose) Gardening Club Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Comfort	31 Morning (Gentle Start) Care, Breakfast Mid-Morning (Engagement) Movement Midday (Meal & Movement) Lunch & Fresh Air Early Afternoon (Reset) Quiet Time & Rest Afternoon (Purpose) Movies Late Afternoon (Joyful) Social Hour Evening (Wind Down) Dinner, Gratitude	*Activities Are Subject to Change *Bus Trips Are Weather Permitting

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.