



MIRAVIE

AT MONTVILLE

ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

165 Changebridge Road • Montville, NJ 07045 • 973.402.1100

Two-Finger Method for Sunscreen Application

On average, people use only half of the sunscreen they need. Try the two-finger method to apply the right amount. Simply squeeze a line of sunscreen up the length of two fingers and apply that amount to each of these 11 listed body parts, repeating until all sun-exposed areas are covered: (1) head, face and neck; (2) left arm; (3) right arm; (4) upper back; (5) lower back; (6) upper torso; (7) lower torso; (8); right thigh; (9) left thigh; (10) right lower leg and foot; (11) left lower leg and foot.

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.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 9:00 CL Catholic Mass on Television 10:00 LO Coffee and Conversation Hour 2:00 CL Afternoon Movie Matinee 3:00 LO Sunday Funday Social 4:00 LO Lobby & Library Chat	 6 10:30 CL Morning Stretch and Flex 11:00 LO Patriotic Words Within 2:00 CR Deal 'Em Out: Cards with Laura and Bob 3:00 LO Marvelous Monday Social 3:30 LO Whiteboard Wordle 4:00 LO Lobby & Library Chat	 7 10:30 CL Exercise with FOX Rehab 11:30 LO Bus: Montville Diner ✓ 2:00 CR \$BINGO\$ 2:00 CL Afternoon Movie Matinee 3:00 LO Terrific Tuesday Social 4:00 LO Lobby & Library Chat 6:30 LB Games with REACH	1 10:15 LO Bus: Kohl's ✓ 10:15 CL Morning Stretch and Flex 10:30 CL Rosary Club 2:00 CL Distinctive Destinations: French Travelogue and Trivia 3:00 LO Happy Hour Social 4:00 LO Lobby & Library Chat 6:30 LB Bible Study with Heather	2 10:15 LO Bus: Walmart ✓ 10:15 CL Morning Stretch and Flex 11:00 LO Test Your Knowledge: Morning Brain Teasers 2:00 CR \$BINGO\$ 2:00 CL Afternoon Movie Matinee 3:00 LO Thirsty Thursday Social 4:00 LO Lobby & Library Chat	3 10:15 CL Morning Stretch and Flex 11:30 PA Fourth of July BBQ 2:00 CR Fourth of July Mini Fruit Tarts 2:00 CL Movie Matinee: Captain America: The First Avenger 3:00 LO Happy Hour Social 4:00 LO Lobby & Library Chat	4 Independence Day 10:30 CL Balloon Tennis 2:00 CR \$BINGO\$ 2:00 LB Movie Matinee in the Library 3:00 LO Snackin' Saturday Social 3:00 CL Wii Bowling 4:00 LO Lobby & Library Chat
12 9:00 CL Catholic Mass on Television 10:00 LO Coffee and Conversation Hour 2:00 CL Afternoon Movie Matinee 3:00 LO Sunday Funday Social 4:00 LO Lobby & Library Chat	13 10:30 DN St. Pius Church Services 11:00 CL Morning Stretch and Flex 2:00 LO Roll the Dice: L C R 3:00 LO Marvelous Monday Social 3:30 LO Whiteboard Wordle 4:00 LO Lobby & Library Chat	14 10:30 CL Balloon Tennis 2:00 CR \$BINGO\$ 2:00 CL Afternoon Movie Matinee 4:00 LO Lobby & Library Chat 5:00 LO National Mac and Cheese Day Dinner Club 6:30 LB Games with REACH	15 10:15 LO Bus: Dollar Tree ✓ 10:15 CL Morning Stretch and Flex 10:30 CL Rosary Club 2:00 CR Distinctive Destinations Cooking Demo 3:00 LO Bus: Scoops ✓ 3:00 LO Happy Hour Social 4:00 LO Lobby & Library Chat 6:30 LB Bible Study with Heather	16 10:15 LO Bus: Walmart ✓ 10:30 CL Chair Yoga with Kim 11:00 LO Test Your Knowledge: Morning Brain Teasers 2:00 CR \$BINGO\$ 2:00 CL Afternoon Movie Matinee 3:00 LO Thirsty Thursday Social 4:00 LO Lobby & Library Chat	17 10:15 CL Morning Stretch and Flex 10:30 CR Creative Cuisine: No-Churn Peach Ice Cream 2:00 LO Bus: Balloon Tennis Clifton ✓ 3:00 LO Happy Hour Social 4:00 LO Lobby & Library Chat 6:30 CL Friday Night Movie Night	18 10:30 CL Balloon Tennis 2:00 CR \$BINGO\$ 2:00 LB Movie Matinee in the Library 3:00 LO Snackin' Saturday Social 3:00 CL Wii Bowling 4:00 LO Lobby & Library Chat
19 9:00 CL Catholic Mass on Television 10:00 LO Coffee and Conversation Hour 2:00 CL Afternoon Movie Matinee 3:00 LO Sunday Funday Social 4:00 LO Lobby & Library Chat	20 10:30 DN St. Pius Church Services 11:00 CL Morning Stretch and Flex 12:00 CR Terrific Takeout: Howard's Bagels 2:00 CR Deal 'Em Out: Cards with Laura and Bob 3:00 LO Marvelous Monday Social 3:30 LO Whiteboard Wordle 4:00 LO Lobby & Library Chat	21 10:30 CL Exercise with FOX Rehab 2:00 CR \$BINGO\$ 2:00 CL Afternoon Movie Matinee 3:00 LO Terrific Tuesday Social 4:00 LO Lobby & Library Chat 6:30 LB Games with REACH	22 10:15 LO Bus: Marshalls ✓ 10:15 CL Morning Stretch and Flex 10:30 CL Rosary Club 2:00 CL Shark Week Classics: Jaws Showing 3:00 LO Shark Week Social 4:00 LO Lobby & Library Chat 6:30 LB Bible Study with Heather	23 10:15 LO Bus: Walmart ✓ 10:15 CL Morning Stretch and Flex 11:00 LO Test Your Knowledge: Morning Brain Teasers 2:00 CR \$BINGO\$ 2:00 CL Afternoon Movie Matinee 3:00 LO Gorgeous Grandma Day Social 3:30 LB Knitting and Crochet Club 4:00 LO Lobby & Library Chat	24 10:15 CL Morning Stretch and Flex 10:30 CL Summer Safety: UV Awareness 11:30 LO Bus: Lunch Club Tuscany ✓ 2:00 LO Monthly Birthday Party 🎵 3:00 LO Happy Hour Social 4:00 LO Lobby & Library Chat 6:30 CL Friday Night Movie Night	25 10:30 CL Balloon Tennis 1:30 PL Car Wash Benefiting Alzheimer's 2:00 LB Movie Matinee in the Library 3:00 LO Snackin' Saturday Social 3:00 CL Wii Bowling 4:00 LO Lobby & Library Chat
26 9:00 CL Catholic Mass on Television 10:00 LO Coffee and Conversation Hour 2:00 CL Afternoon Movie Matinee 3:00 LO Sunday Funday Social 4:00 LO Lobby & Library Chat	27 10:30 DN St. Pius Church Services 11:00 CL Morning Stretch and Flex 2:00 LO Resident Council 3:00 LO Marvelous Monday Social 3:30 LO Whiteboard Wordle 4:00 LO Lobby & Library Chat	28 10:30 CL Balloon Tennis 2:00 CL Afternoon Movie Matinee 2:00 CR Monthly Poker Club with Dealer 3:00 LO Terrific Tuesday Social 4:00 LO Lobby & Library Chat 6:30 LO Family Night at the Boardwalk	29 10:15 CL Morning Stretch and Flex 10:30 CL Rosary Club 11:30 DN Distinctive Destinations: French-Themed Lunch 2:00 CL Movie Matinee: An American in Paris 3:00 LO Happy Hour Social 3:30 LB Men's Club with Mike 4:00 LO Lobby & Library Chat 6:30 LB Bible Study with Heather	30 10:15 LO Bus: Walmart ✓ 10:15 CL Morning Stretch and Flex 11:00 LO Test Your Knowledge: Morning Brain Teasers 2:00 CR \$BINGO\$ 2:00 CL Afternoon Movie Matinee 3:00 LO Thirsty Thursday Social 4:00 LO Lobby & Library Chat	31 10:15 CL Morning Stretch and Flex 10:30 PA Spray Bottle Racing 2:00 CR Art of the Masters Class 3:00 LO Happy Hour Social 4:00 LO Lobby & Library Chat 6:30 CL Friday Night 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.