



MIRAVIE

AT TINTON FALLS

ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

1 Hartford Drive • Tinton Falls, NJ 07701 • 732.933.4700

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

HAPPY BIRTHDAY MOMENTS MATTER

JEAN 7/21

GERALDINE 7/25



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30 EXERCISE WITH FOX 11:00 TRIVIA 1:00 FRESHEN UP FRENZY 1:30 RUMMIKUB/BOGGLE 3:00 LR SOCIAL 3:30 HAND MASSAGES AND NAILS 4:00 BINGO 6:30 NETFLIX MOVIES	10:30 A1 MORNING STRETCH 11:00 FACTS AND FICTION 1:00 FRESHEN UP FRENZY 1:30 A1 Pictionary 2:00 LR ENTERTAINMENT WITH SHERRY 4TH OF JULY CELEBRATION 250TH ANNIVERSARY 3:00 LR 250TH ANNIVERSARY SOCIAL 4:30 RELAX AND WIND DOWN WITH SCRABBLE 7:00 WHEEL OF FORTUNE ON YOUTUBE	10:30 EXERCISE TO MOVIE SOUNDTRACK 11:00 CROCHETING CLUB 1:00 CALMING TUNES 1:00 FRESHEN UP FRENZY 1:30 MUSICAL TRIVIA 2:30 L BOARD GAME HAPPY HOUR 230pm -4pm 4:30 PUZZLE TIME 6:00 CHICK FLICK MOVIE NIGHT	Independence Day 10:30 MORNING CHAIR EXERCISES 11:00 PATRIOTIC HANGMAN 1:00 FRESHEN UP FRENZY 2:00 MOMENTS MATTER ACTIVITY/FAMILY BINGO 3:30 Social 4:00 FAMOUS DUETS 6:30 CLASSIC MOVIES
9:00 MUSIC THERAPY 10:30 CHAIR EXERCISES 11:00 HAND MASSAGES 11:30 A1 CALMING TUNES 1:00 FRESHEN UP FRENZY 1:30 OUTDOOR ACTIVITIES 1:30 SCRABBLE/RUMMIKUB 3:15 WALKING CLUB/HYDRATION STATION 6:00 SUNDAY MOVIE MATINEE	9:00 MUSIC THERAPY 10:30 A1 CHAIR ZUMBA 11:00 HANGMAN 1:00 FRESHEN UP FRENZY 1:00 SENSORY ACTIVITIES 1:00 A1 VOLLEYBALL 1:30 OUTSIDE ACTIVITIES WEATHER PERMITTING 2:30 WALKING CLUB/HYDRATION STATION 4:00 CRANIUM CRUNCHES 6:00 MOVIE NIGHT	9:00 MUSIC THERAPY 10:30 ZUMBA EXERCISE 11:00 L ROSARY 11:30 L CATHOLIC COMMUNION 1:00 FRESHEN UP FRENZY 1:30 L TIMELESS CREATIONS WITH EILEEN 3:00 Social 4:00 RELAX WITH A BOOK 6:00 CHICK FLICK MOVIE NIGHT 7:00 JEOPARDY ON YOUTUBE	10:30 EXERCISE WITH FOX 11:00 A1 BALLOON TOSS 1:00 FRESHEN UP FRENZY 2:00 LR ENTERTAINMENT WITH EMIL 3:00 LR SOCIAL 3:30 HAND MASSAGES AND NAILS 6:30 NETFLIX MOVIES	10:30 A1 MORNING STRETCH 11:00 GUESS THAT PHASE 1:00 FRESHEN UP FRENZY 1:30 FAMOUS DUETS 4:30 ARE YOU SMARTER THAN A 5TH GRADER 4:30 PUZZLES AND COLORING 6:00 JEOPARDY	10:30 EXERCISE TO MOVIE SOUNDTRACK 11:30 WHAT INSPIRES YOU BALL TOSS 1:00 CALMING TUNES 1:00 FRESHEN UP FRENZY 1:30 Pictionary 2:30 L BOARD GAME HAPPY HOUR 230pm -4pm 4:30 PUZZLE TIME 6:00 CHICK FLICK MOVIE NIGHT	10:30 MORNING CHAIR EXERCISES 11:00 WORD IN WORD 1:00 FRESHEN UP FRENZY 1:30 Wii GAME 2:00 MOMENTS MATTER ACTIVITY/FAMILY BINGO 3:30 Social 4:00 BOGGLE 6:30 CLASSIC MOVIES
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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.