

July 2026



July Resident Birthdays!

Patricia Schmidt	7/1
Jean Morrison	7/16
Michael Faulkner	7/26
Carolene Sirard	7/28



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.



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
Moments Matter Morning Gentle Start Midmorning Engagement Midday Meal & Movement Early Afternoon Reset Afternoon Purposeful Living Late Afternoon Joyful Time Evening Wind Down			BBQ 1 Gentle Start & Personal Care Reminiscing Circle Lunch Quite Time & Refresh Life Story Sharing Snack Social Dance & Movement Evening Reflection	2 Gentle Start & Personal Care Kitchen Prep + Healthy Snacks Lunch Rest & recharge Reset the Tables Together Snack Social Laughter & Story Time Nighttime Comfort	3 Gentle Start & Personal Care Gardening Club Lunch Quiet Time + Reflect Music & Movement Live Entertainment & Happy Hour Wind Down + Gratitude	Independence Day 4 Gentle Start & Personal Care Creative Expressions Lunch Relax & Recharge Family Visits & Connection Snack Social Coffee & Conversations Cozy Evening & Comfort
5 Gentle Start & Personal Care Spiritual Gathering Lunch Refresh & Renew Reset the Tables Together Snack Social Music & Movement Wind Down & Reflect	6 Gentle Start & Personal Care Baking & Coffee Time Lunch Quiet Time + Refresh Walking Club Snack Social Sing a Long Social Calm & Comfort	7 Gentle Start & Personal Care Laundry Helpers Club Lunch Quiet Time + Reflect Outdoor Time Snack Social Coffee & Conversation Cozy Evening Comfort	8 Gentle Start & Personal Care Reminiscing Circle Picnic on the Patio Quite Time & Refresh Life Story Sharing Snack Social Dance & Movement Evening Reflection	9 Gentle Start & Personal Care Kitchen Prep + Healthy Snacks Lunch Rest & recharge Reset the Tables Together Snack Social Laughter & Story Time Nighttime Comfort	10 Gentle Start & Personal Care Gardening Club Lunch Quiet Time + Reflect Music & Movement Live Entertainment & Happy Hour Wind Down + Gratitude	11 Gentle Start & Personal Care Creative Expressions Lunch Relax & Recharge Family Visits & Connection Snack Social Coffee & Conversations Cozy Evening & Comfort
12 Gentle Start & Personal Care Spiritual Gathering Lunch Refresh & Renew Reset the Tables Together Snack Social Music & Movement Wind Down & Reflect	13 Gentle Start & Personal Care Baking & Coffee Time Lunch Quiet Time + Refresh Walking Club Snack Social Sing a Long Social Calm & Comfort	14 Gentle Start & Personal Care Laundry Helpers Club Lunch Quiet Time + Reflect Outdoor Time Snack Social Coffee & Conversation Cozy Evening Comfort	15 Carnival Day Gentle Start & Personal Care Reminiscing Circle Lunch Quite Time & Refresh Life Story Sharing Snack Social Dance & Movement Evening Reflection	16 Gentle Start & Personal Care Kitchen Prep + Healthy Snacks Lunch Rest & recharge Reset the Tables Together Snack Social Laughter & Story Time Nighttime Comfort	17 Gentle Start & Personal Care Gardening Club Lunch Quiet Time + Reflect Music & Movement Live Entertainment & Happy Hour Wind Down + Gratitude	18 Gentle Start & Personal Care Creative Expressions Lunch Relax & Recharge Family Visits & Connection Snack Social Coffee & Conversations Cozy Evening & Comfort
19 Gentle Start & Personal Care Spiritual Gathering Lunch Refresh & Renew Reset the Tables Together Snack Social Music & Movement Wind Down & Reflect	20 Gentle Start & Personal Care Baking & Coffee Time Lunch Quiet Time + Refresh Walking Club Snack Social Sing a Long Social Calm & Comfort	21 Gentle Start & Personal Care Laundry Helpers Club Lunch Quiet Time + Reflect Outdoor Time Snack Social Coffee & Conversation Cozy Evening Comfort	22 Gentle Start & Personal Care Reminiscing Circle Picnic on the Patio Quite Time & Refresh Life Story Sharing Snack Social Dance & Movement Evening Reflection	23 Gentle Start & Personal Care Kitchen Prep + Healthy Snacks Lunch Rest & recharge Reset the Tables Together Snack Social Laughter & Story Time Nighttime Comfort	24 Gentle Start & Personal Care Gardening Club Lunch Quiet Time + Reflect Music & Movement Live Entertainment & Happy Hour Wind Down + Gratitude	25 Gentle Start & Personal Care Creative Expressions Lunch Relax & Recharge Family Visits & Connection Snack Social Coffee & Conversations Cozy Evening & Comfort
26 Gentle Start & Personal Care Spiritual Gathering Lunch Refresh & Renew Reset the Tables Together Snack Social Music & Movement Wind Down & Reflect	27 Gentle Start & Personal Care Baking & Coffee Time Lunch Quiet Time + Refresh Walking Club Snack Social Sing a Long Social Calm & Comfort	28 Gentle Start & Personal Care Laundry Helpers Club Lunch Quiet Time + Reflect Outdoor Time Snack Social Coffee & Conversation Cozy Evening Comfort	29 France Day Gentle Start & Personal Care Reminiscing Circle Lunch Quite Time & Refresh Life Story Sharing Snack Social Dance & Movement Evening Reflection	30 Gentle Start & Personal Care Kitchen Prep + Healthy Snacks Lunch Rest & recharge Reset the Tables Together Snack Social Laughter & Story Time Nighttime Comfort	31 Gentle Start & Personal Care Gardening Club Lunch Quiet Time + Reflect Music & Movement Live Entertainment & Happy Hour Wind Down + Gratitude	

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.