



MIRAVIE

AT WARREN

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

274 King George Road • Warren, NJ 07059 • 908.903.0911

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



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.

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNITED STATES OF AMERICA 250th ANNIVERSARY ★1776 - 2026★			1	2	3	Independence Day 4
			10:00 AR Ommm & Ahhh: Mindful Breathing 10:30 AR Exercise w. Fox Therapy 11:00 AR Jeopardy & Java 12:00 T 4th of July Celebration! 2:00 FL Pace Makers Club: Daily Walking 2:15 SR Photography Club: Landscapes 3:00 BR Happy Hour: Western Wednesdays 4:00 AR Hearts in Prayer: The Rosary 4:00 LB Mahjong Meetup 7:00 AR Movie Night!: The Wedding Date (PG-13)	10:00 T Warbler Watch- Bird Club 10:30 T Tai Chi on the Terrace 11:00 LR Word Wiz: Word Unscramble 12:00 AR The Crafty Corner: Firework Salt Canvas 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Prize BINGO! 3:00 BR Sing & Sip: Karaoke Happy Hour 4:00 PR Deal Me In!: Cards 4:00 AR Hearts in Prayer: The Rosary 7:00 AR Movie Night!: Close (TV-MA)	10:00 AR Stretch it Out: Exercise 10:30 AR Foundation Fitness: Arms 11:00 AR Doodle Detectives: Pictionary 12:00 AR Artful Antics Art Studio 2:00 FL Pace Makers Club: Daily Walking 2:15 AR Movie Matinee!: Eat Pray Love (PG-13) 2:15 FL Trip: Dollar Tree 3:00 BR Happy Hour: Frozen Drink Fridays 4:00 AR Communion Service 4:00 LR Thinkers' Table: Trivia 7:00 AR Movie Night!: Kate (R)	10:00 AR Crossword Club! 10:30 AR Foundation Fitness: Legs 11:00 AR The Good Book Club: Bible Study 12:00 IL Cue & Connect: Billiards 12:00 AR Current Events 2:00 FL Pace Makers Club: Daily Walking 2:15 T Sport: Cornhole 3:00 BR Rock 'n' Roll Happy Hour 4:00 LB Rummikub Club 7:00 AR Movie Night!: Striking Distance (R)
5 9:30 FL Trip to Our Lady of The Mount: Catholic Mass 10:00 AR Foundations Fitness: Core 10:30 AR Live Stream of Catholic Mass 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Swingin' Sips: Happy Hour 4:00 LB Buzz Word 7:00 AR Movie Night!: Cinderella Man (PG-13)	6 10:00 AR Serenity Session Meditation 10:30 AR Flow & Glow Yoga Class 11:00 IL Cue & Connect: Billiards 11:00 LR Word Wiz: Alphabet Categories Challenge 12:00 AR Jewelry Making 2:00 FL Pace Makers Club: Daily Walking 2:15 FL Shopping Trip: Acme 3:00 BR Happy Hour: Milkshakes 4:00 AR Communion w. Deacon John 4:00 LB Rummikub Club 7:00 AR Movie Night!: What Happened to Monday (TV-MA)	7 10:00 AR Steady & Strong Class 10:30 AR Fitness Foundation: Full Body 11:00 AR Word Wiz: Wordle 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Rhythm & Rye: Happy Hour 4:00 AR Hearts in Prayer: The Rosary 4:00 PR Tile Talk: Scrabble 7:00 AR Movie Night! The Life Ahead (PG-13)	8 10:00 AR Ommm & Ahhh: Mindful Breathing 10:30 AR Exercise w. Fox Therapy 11:00 LR Word Wiz: Words Within 11:30 FL Lunch Trip: Red Lobster 12:00 AR TV Series: Reba 2:00 FL Pace Makers Club: Daily Walking 2:15 AR Ink & Pages Society 3:00 BR Happy Hour: Western Wednesdays 4:00 AR Hearts in Prayer: The Rosary 4:00 LB Mahjong Meetup 7:00 AR Movie Night!: Blonde (NC-17)	9 10:00 T Warbler Watch- Bird Club 10:30 T Tai Chi on the Terrace 11:00 AR Word Game: Wordscape 12:00 T Men's Club Lunch & Meeting 12:00 AR The Crafty Corner: Jellyfish Cup Craft 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Prize BINGO! 3:00 BR Sing & Sip: Karaoke Happy Hour 4:00 PR Deal Me In!: Cards 4:00 AR Hearts in Prayer: The Rosary 7:00 AR Movie Night!: Sweet Girl (R)	10 10:00 AR Stretch it Out: Exercise 10:30 AR Foundation Fitness: Arms 11:00 AR Act It Out!: Charades! 12:00 AR Artful Antics Art Studio 2:00 FL Pace Makers Club: Daily Walking 2:15 AR Movie Matinee!: Marry Me (PG-13) 2:15 FL Trip: Home Goods 3:00 BR Happy Hour: Frozen Drink Fridays 4:00 AR Communion Service 4:00 LR Thinkers' Table: Trivia 7:00 AR Movie Night!: Wanted Man (TV-MA)	11 10:00 AR Crossword Club! 10:30 AR Foundation Fitness: Legs 11:00 AR The Good Book Club: Bible Study 12:00 IL Cue & Connect: Billiards 12:00 AR Current Events 2:00 FL Pace Makers Club: Daily Walking 2:15 T Sport: Volleyball 3:00 BR Rock 'n' Roll Happy Hour 4:00 LB Rummikub Club 7:00 AR Movie Night!: Inside Man (R)
12 9:30 FL Trip to Our Lady of The Mount: Catholic Mass 10:00 AR Foundations Fitness: Core 10:30 AR Live Stream of Catholic Mass 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Swingin' Sips: Happy Hour 4:00 LB Buzz Word 7:00 AR Movie Night!: A Ticket to Paradise (PG-13)	13 10:00 AR Serenity Session Meditation 10:30 AR Flow & Glow Yoga Class 11:00 IL Cue & Connect: Billiards 11:00 BR Traveling Library w/ Noah 12:00 AR Jewelry Making 2:00 FL Pace Makers Club: Daily Walking 2:15 FL Shopping Trip: ShopRite 3:00 BR Happy Hour: Milkshakes 4:00 AR Communion w. Deacon John 4:00 LB Rummikub Club 7:00 AR Movie Night!: Fast Charlie (TV-MA)	14 10:00 AR Steady & Strong Class 10:30 AR Fitness Foundation: Full Body 11:00 LR Word Wiz: Hangman 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Rhythm & Rye: Happy Hour 4:00 AR Hearts in Prayer: The Rosary 4:00 PR Tile Talk: Scrabble 7:00 AR Movie Night!: The Long Game (PG))	15 10:00 AR Ommm & Ahhh: Mindful Breathing 10:30 AR Exercise w. Fox Therapy 11:00 AR Jeopardy & Java 11:30 FL Lunch Trip: Stirling Diner 12:00 AR TV Series: Reba 2:00 FL Pace Makers Club: Daily Walking 2:15 TR Rose & Teacup Society 3:00 BR Happy Hour: Western Wednesdays 4:00 AR Hearts in Prayer: The Rosary 4:00 LB Mahjong Meetup 7:00 AR Movie Night!: The Marked Woman (TV-MA)	16 10:00 T Warbler Watch- Bird Club 10:30 T Tai Chi on the Terrace 11:00 T Senior Skitters: Drama Club 12:00 AR The Crafty Corner: Sunflower Coaster 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Prize BINGO! 3:00 BR Sing & Sip: Karaoke Happy Hour 4:00 PR Deal Me In!: Cards 4:00 AR Hearts in Prayer: The Rosary 7:00 AR Movie Night!: The Red Sea Diving Resort (TV-MA)	17 10:00 AR Stretch it Out: Exercise 10:30 AR Foundation Fitness: Arms 11:00 AR Doodle Detectives: Pictionary 12:00 AR Artful Antics Art Studio 2:00 FL Pace Makers Club: Daily Walking 2:15 AR Movie Matinee!: NYAD (PG-13) 2:15 FL Trip: The Morris Museum 3:00 BR Happy Hour: Frozen Drink Fridays 4:00 AR Communion Service 4:00 LR Thinkers' Table: Trivia 7:00 AR Movie Night!: Anthropoid (R)	18 10:00 AR Crossword Club! 10:30 AR Foundation Fitness: Legs 11:00 AR The Good Book Club: Bible Study 12:00 IL Cue & Connect: Billiards 12:00 AR Current Events 2:00 FL Pace Makers Club: Daily Walking 2:15 T Sport: Horseshoes 3:00 BR Rock 'n' Roll Happy Hour 4:00 LB Rummikub Club 7:00 AR Movie Night!: Fallen (R)
19 9:30 FL Trip to Our Lady of The Mount: Catholic Mass 10:00 AR Foundations Fitness: Core 10:30 AR Live Stream of Catholic Mass 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Swingin' Sips: Happy Hour 4:00 LB Buzz Word 7:00 AR Movie Night!: Wedding Date (PG-13)	20 10:00 AR Serenity Session Meditation 10:30 AR Flow & Glow Yoga Class 11:00 IL Cue & Connect: Billiards 11:00 LR Word Wiz: Alphabet Categories Challenge 12:00 AR Jewelry Making 2:00 FL Pace Makers Club: Daily Walking 2:15 FL Shopping Trip: Trader Joe's 3:00 BR Happy Hour: Milkshakes 4:00 AR Communion w. Deacon John 4:00 LB Rummikub Club 7:00 AR Movie Night!: S.W.A.T Firefight (R)	21 10:00 AR Steady & Strong Class 10:30 AR Fitness Foundation: Full Body 11:00 AR Word Wiz: Wordle 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Rhythm & Rye: Happy Hour 4:00 AR Hearts in Prayer: The Rosary 4:00 PR Tile Talk: Scrabble 7:00 AR Movie Night!: Leave the World Behind (R)	22 10:00 AR Ommm & Ahhh: Mindful Breathing 10:30 AR Exercise w. Fox Therapy 11:00 LR Word Wiz: Words Within 11:30 FL Lunch Trip: Stirling Hotel 12:00 AR TV Series: Reba 2:00 FL Pace Makers Club: Daily Walking 2:15 AR Resident Council Meeting 3:00 BR Happy Hour: Western Wednesdays 4:00 AR Hearts in Prayer: The Rosary 4:00 LB Mahjong Meetup 7:00 AR Movie Night!: Outside the Wire (R)	23 10:00 T Warbler Watch- Bird Club 10:30 T Tai Chi on the Terrace 11:00 AR Word Game: Wordscape 12:00 AR The Crafty Corner: Flower Pen 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Prize BINGO! 3:00 BR Sing & Sip: Karaoke Happy Hour 4:00 PR Deal Me In!: Cards 4:00 AR Hearts in Prayer: The Rosary 7:00 AR Movie Night!: Atlas (PG-13)	24 10:00 AR Stretch it Out: Exercise 10:30 AR Foundation Fitness: Arms 11:00 AR Act It Out!: Charades! 12:00 AR Artful Antics Art Studio 2:00 FL Pace Makers Club: Daily Walking 2:15 AR Movie Matinee!: A Fortunate Man (TV-MA) 2:15 FL Trip: Library 3:00 BR Happy Hour: Frozen Drink Fridays 4:00 AR Communion Service 4:00 LR Thinkers' Table: Trivia 7:00 AR Movie Night!: Snake Eyes (PG-13)	25 10:00 AR Crossword Club! 10:30 AR Foundation Fitness: Legs 11:00 AR The Good Book Club: Bible Study 12:00 IL Cue & Connect: Billiards 12:00 AR Current Events 2:00 FL Pace Makers Club: Daily Walking 2:15 T Sport: Golf 3:00 BR Rock 'n' Roll Happy Hour 4:00 LB Rummikub Club 7:00 AR Movie Night!: The Irishman (R)
26 9:30 FL Trip to Our Lady of The Mount: Catholic Mass 10:00 AR Foundations Fitness: Core 10:30 AR Live Stream of Catholic Mass 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Swingin' Sips: Happy Hour 4:00 LB Buzz Word 7:00 AR Movie Night!: Rudy (PG)	27 10:00 AR Serenity Session Meditation 10:30 AR Flow & Glow Yoga Class 11:00 IL Cue & Connect: Billiards 11:00 LR Word Wiz: Word Ladder 12:00 AR Jewelry Making 2:00 FL Pace Makers Club: Daily Walking 2:15 FL Shopping Trip: ShopRite 3:00 BR Happy Hour: Milkshakes 4:00 AR Communion w. Deacon John 4:00 LB Rummikub Club 7:00 AR Movie Night!: Colors of Evil Black (TV-MA)	28 10:00 AR Steady & Strong Class 10:30 AR Fitness Foundation: Full Body 11:00 LR Word Wiz: Hangman 12:00 T Music on the Terrace 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Dime BINGO! 3:00 BR Rhythm & Rye: Happy Hour 4:00 AR Hearts in Prayer: The Rosary 4:00 PR Tile Talk: Scrabble 7:00 AR Movie Night!: Fried Green Tomatoes (PG-13)	29 10:00 AR Ommm & Ahhh: Mindful Breathing 10:30 AR Exercise w. Fox Therapy 11:00 AR Jeopardy & Java 11:30 FL Lunch Trip: Bridgewater Mall Food Court & Shopping 12:00 AR TV Series: Reba 2:00 FL Pace Makers Club: Daily Walking 3:00 AR Food 4 Thought Meeting 3:00 BR Happy Hour: Western Wednesdays 4:00 AR Hearts in Prayer: The Rosary 4:00 LB Mahjong Meetup 7:00 AR Movie Night!: Ferrari (R)	30 10:00 T Warbler Watch- Bird Club 10:30 T Tai Chi on the Terrace 11:00 LR Word Wiz: Word Unscramble 12:00 AR The Crafty Corner: Watermelon Fan 2:00 FL Pace Makers Club: Daily Walking 2:15 PR Prize BINGO! 3:00 BR Sing & Sip: Karaoke Happy Hour 4:00 PR Deal Me In!: Cards 4:00 AR Hearts in Prayer: The Rosary 7:00 AR Movie Night!: The Last Witch Hunter	31 10:00 AR Stretch it Out: Exercise 10:30 AR Foundation Fitness: Arms 11:00 AR Doodle Detectives: Pictionary 12:00 AR Artful Antics Art Studio 2:00 FL Pace Makers Club: Daily Walking 2:15 AR Movie Matinee!: I'm Still Here (PG-13) 2:15 FL Trip: Walmart 3:00 BR Happy Hour: Frozen Drink Fridays 4:00 AR Communion Service 4:00 LR Thinkers' Table: Trivia 7:00 AR Movie Night!: The Expendables (R)	**Please note that all activities and locations are subject to change.** **Transportation to doctor visits is available by appointment only.**

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.