



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



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
 5 10:30 Clipping Coupons for Shopping 11:00 Making Puzzles 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Let's Get Crafty 3:00 Social Gathering🍴 4:00 Afternoon Coloring 5:00 Dinner🍴 6:00 Evening Relaxation-Movie Hour	 6 10:30 Morning Exercise-Balloon Volley 11:00 Sensory Moments -Stimulating Our Senses 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Relaxing Afternoon Spa 3:00 Social Gathering🍴 4:00 Moments Of Joy- Playing Dominoes 5:00 Communion W/Deacon John 5:00 Dinner🍴 6:00 Evening Relaxation-Movie Hour	 7 10:30 Morning Movement- Balloon Volley 11:00 Mid-Morning Group Word Search 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Purposeful Living-Press The buzzer Trivia 3:00 Social Gathering🍴 4:00 Late Afternoon- Table Games 5:00 Dinner🍴 6:00 Evening Wind Down-Movie Hour	1 10:30 Brain Teasers - Bananagrams 11:00 Fox Rehab Morning Movement 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Joyful Moments- Making Jell-O 3:00 Social Gathering🍴 4:00 Artful Easel- Watercolor Painting 5:00 Dinner🍴 6:00 Evening Relaxation-Movie Hour	2 10:30 Relaxing Coloring W/ Soothing Music 11:00 Mid- Morning Warm Hand Massage 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Afternoon Table Games-Penny Ante 3:00 Social Gathering🍴 4:00 Buzzer Challenge for Chocolates 5:00 Dinner🍴 6:00 Evening Wind Down-Movie Hour	3 10:30 Scenic Bus Ride 10:30 Therapeutic Adult Coloring 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Late Afternoon Joyful Sing Along 3:00 Social Gathering🍴 4:00 Fun Laughter Club 5:00 Dinner🍴 6:00 Evening Relaxation- Friday Matinee	4 10:30 Morning Movement- Balloon Volley 11:00 Brain Spark-Group Word Search 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Afternoon Joyful Time- Relaxing Music 3:00 Social Gathering🍴 4:00 Card Games- Crazy Eights 5:00 Dinner🍴 6:00 Evening Relaxation -Movie Hour
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12 HAPPY BIRTHDAY VENICE! 10:30 Clipping Coupons for Shopping 11:00 Making Puzzles 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Let's Get Crafty 3:00 Social Gathering🍴 4:00 Afternoon Coloring 5:00 Dinner🍴 6:00 Evening Relaxation-Movie Hour	13 10:30 Morning Exercise-Balloon Volley 11:00 Sensory Moments -Stimulating Our Senses 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Relaxing Afternoon Spa 3:00 Social Gathering🍴 4:00 Moments Of Joy- Playing Dominoes 5:00 Communion W/Deacon John 5:00 Dinner🍴 6:00 Evening Relaxation-Movie Hour	14 10:30 Morning Movement- Balloon Volley 11:00 Mid-Morning Group Word Search 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Purposeful Living- Trivia Challenge 3:00 Social Gathering🍴 4:00 Afternoon Table Games 5:00 Dinner🍴 6:00 Evening Wind Down-Movie Hour	15 10:30 Brain Teasers - Bananagrams 11:00 Fox Rehab Morning Movement 12:00 Lunch🍴 1:00 Mid-Day Movie 3:00 Social Gathering🍴 4:00 Artful Easel- Watercolor Painting 5:00 Dinner🍴 6:00 Evening Relaxation-Movie Hour	16 10:30 Relaxing Coloring W/ Soothing Music 11:00 Senior Skitters-Drama Club W/AL Residents 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Afternoon Table Games-Penny Ante 3:00 Social Gathering🍴 4:00 Buzzer Challenge for Chocolates 5:00 Dinner🍴 6:00 Evening Wind Down-Movie Hour	17 Pet Therapy W/ The Collies-Dogs 10:30 Scenic Bus Ride 10:30 Therapeutic Adult Coloring 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Late Afternoon Joyful Sing Along 3:00 Social Gathering🍴 4:00 Fun Laughter Club 5:00 Dinner🍴 6:00 Evening Relaxation- Friday Matinee	18 10:30 Morning Movement- Balloon Volley 11:00 Brain Spark-Group Word Search 12:00 Lunch🍴 1:00 Mid-Day Movie 2:00 Afternoon Joyful Time- Relaxing Music 3:00 Social Gathering🍴 4:00 Card Games- Crazy Eights 5:00 Dinner🍴 6:00 Evening Relaxation -Movie Hour
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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.