

Your Mailing Address
Street Number and Name
City, State ZIP Code

July Birthdays

In astrology, those born July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others and are tenacious in their pursuit of domestic harmony. Those born July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot.

Richard Petty – July 2, 1937
Ringo Starr – July 7, 1940
Tom Hanks – July 9, 1956
Arthur Ashe – July 10, 1943
Woody Guthrie – July 14, 1912
Ginger Rogers – July 16, 1911
Janet Reno – July 21, 1938
Lynda Carter – July 24, 1951
Gracie Allen – July 26, 1895



The Rhythm of Early America

(cont. from pg. 1)

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. This anniversary offers a chance to consider what endures. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

July 2026



Summer Sparks

Royalton Place Assisted Living and Memory Care

Parks and Recreation Month

Canada Day
July 1

World UFO Day
July 2

Independence Day (U.S.)
July 4

Blueberry Day
July 8

Nelson Mandela International Day
July 18

Tell an Old Joke Day
July 24

Paperback Book Day
July 30

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection not just on historic events, but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and community.

Food, for example, was seasonal and local by default. Families relied on what they could grow,

hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households

produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form. *(cont. on pg. 4)*



Night of Nights

Morse code seems old fashioned. After all, commercial Morse radio stations have been defunct for almost three decades. The last U.S. commercial maritime Morse transmission went out on July 12, 1999, and read, “What hath God wrought”—the same

message Samuel Morse first sent in 1844. The abandoned station was filled with old rotary phones, manual typewriters, teletype machines, and of course, telegraphy keys. What a pleasant surprise when the airwaves sprang to life again with buzzing and

beeping on July 12, 2000. This was the first “Night of Nights,” when for one night, an old maritime radio station on the coast of northern California sent out those long-forgotten Morse transmissions. The tradition has continued on the night of July 12 ever since.



Notable Quotable

“Never lose an opportunity of seeing anything beautiful, for beauty is God’s handwriting.”

~ Ralph Waldo Emerson, philosopher



The Spirit of Nachi

High in the Kumano region of Japan’s Kii Mountains lies Nachi, a sacred site in the Shinto religion, and the Great Waterfall of Nachi, a dazzling rush of water that cascades 133 meters. *Kumano* means “holy ground where the gods dwell,” and the mountain range is filled with many religious sites and pilgrimage routes. On July 14, thousands of pilgrims and tourists climb to the beautiful waterfall for the Nachi Fire Festival, a celebration of water and fire.

According to Shinto religious beliefs, a powerful spirit, or *kami*, lives within the Nachi waterfall. Pilgrims first pay homage to the

spirit with a blessing of fire. Men in white robes carry massive torches weighing over 100 pounds up and down the 133 steps (one for each meter of the waterfall’s height) that lead to the sacred Nachi shrine. Fire has long been considered a purifying force, and once the steps are purified, more pilgrims robed in blue descend the stairs carrying 12 *Mikoshi*. The Mikoshi are 20-foot-tall vermillion shrines decorated with fans and mirrors to mimic the beauty of the waterfall. These shrines are considered resting places for the spirits. Not only do the pilgrims honor the gods but the gods show their favor by blessing the weary pilgrims.

Redefining Beauty

Today, the idea of aging beautifully looks a little different than it once did. That’s the spirit behind Gorgeous Grandma Day on July 23. It’s less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you’ll find grandmothers with

large followings who share style, skincare, and lifestyle tips—not to turn back the clock, but to feel good in the skin they’re in. There’s no single formula anymore. Even in industries once dominated by youth, older women are claiming space and redefining beauty. They’re not “still beautiful despite their age”—they’re just beautiful.

Guardians of the Wild

One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild. Observers of International Tiger Day on July 29 hope to reverse that trend and save one of Earth’s most majestic beasts. Though they invoke fear in many, tigers rarely target people. Rather, they play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations that share their land with tigers.

Knead to Relax

Tired? Stressed? Sore? Perhaps you need a massage. Massage is no longer limited to fancy spas. Massages are now offered in the workplace, at the mall, and even in airports. If you’ve never tried a massage, perhaps you should between July 12 and 18, Everybody Deserves a Massage Week.

Not all massages are the same. The most well-known type is

Swedish massage. It is the gentle kneading of muscles, tendons, ligaments, and skin that brings deep relaxation.

Deep-tissue massage uses slower, more forceful strokes to reach deeper muscles and relieve pain or injury. Shiatsu is a Japanese style that uses light finger pressure on pressure points to stimulate energy and regain balance. Sometimes

massage therapists incorporate pleasing aromas, hot stones, or warm pads to increase comfort and relaxation.

Massage can reduce pain, stress, and muscle tension, as well as decrease anxiety, relieve headaches, combat insomnia, and boost the immune system. Many believe that it is an effective form of alternative medicine.



Notable Quotable

“To succeed, jump as quickly at opportunities as you do at conclusions.”

~ Ben Franklin, American Founding Father

Tell an Old Joke Day

Tell an Old Joke Day on July 24 is the perfect excuse to dust off the classics and share a groan or two.

- I used to play piano by ear—now I use my hands.
- Why don’t scientists trust atoms? Because they make up everything.
- Parallel lines have so much in common; too bad they’ll never meet.
- I’m reading a book on anti-gravity—it’s impossible to put down.

The Great Jump

On July 20, 2006, German professor Hans Niesward claimed that he had convinced 600 million people to celebrate World Jump Day. Everyone would jump at the same time and knock Earth into a new orbit. The result?

Extended daylight hours, a more uniform climate, an end to global warming—and a great big laugh! It turns out the holiday was a hoax. The professor was actually German artist Torsten Lauschmann. Of course, this hasn’t

stopped people from jumping on July 20. Not to fear, though; scientists have done the math, and 600 million jumpers could not possibly affect the axis or orbit of Earth, which has a mass of a whopping 13 septillion pounds.

