



July 2025



FIREWORKS-FREE FUN: CELEBRATING THE 4TH WITHOUT THE BOOM

For many, the Fourth of July is filled with fireworks, festivities, and fanfare. But for some—especially residents with pets, young children, or those who live with PTSD—loud, sudden noises can be more stressful than celebratory.

If you're looking to enjoy the spirit of Independence Day without the booming distractions, there are plenty of meaningful, festive, and peaceful alternatives to make the day special.

1. Host a Red, White, and Blue Potluck

Invite neighbors or family members to share a meal made with patriotic flair. Think fruit salad with strawberries, blueberries, and whipped cream; red punch with frozen blueberry ice cubes; or mini flag-themed desserts. It's a wonderful way to gather, celebrate freedom, and connect with others—all without the noise.

2. Get Crafty with the Kids (or Just for Fun!)

Set up a simple crafting station with materials from the dollar store. Try making:

- Paper lanterns with red and blue designs

- DIY pinwheels that spin in the summer breeze
- Handprint flags or sparkler-free "firework" art using glitter and paint

These activities are a great way to engage kids, decorate your space, and enjoy the holiday creatively.

3. Movie Night with a Side of History

Celebrate America's birthday with a cozy, air-conditioned movie night. Patriotic picks like *National Treasure*, *Hidden Figures*, *The Sandlot*, or *A Capitol Fourth* (a PBS special featuring music and fireworks on screen only!) make for a meaningful evening without any real-life explosions.



4. Create a Memory Jar

Take a moment of gratitude and reflection by writing down what freedom means to you, or what you're most thankful for this year. Place

these slips in a mason jar and invite family or friends to do the same. Read them aloud over dessert or save them as a new yearly tradition.

5. Enjoy Nature's Quiet Beauty

Plan a peaceful evening walk at dusk or a picnic at a local park before sunset. Watch the sky change colors, listen to the sounds of summer, and savor the slower pace of a fireworks-free night.

6. Offer Comfort to Others

If you know someone who struggles during fireworks season, consider reaching out. Invite them to one of your quiet celebrations, or simply check in to show you care. A little kindness can go a long way.

No matter how you choose to celebrate, the heart of Independence Day lies in togetherness, gratitude, and freedom. A quiet Fourth can still be a meaningful one—and perhaps even more memorable in its simplicity.

From all of us at Mark Dana Management, we wish you a safe, peaceful, and joy-filled July 4th!

STRAWBERRY CHEESECAKE BITES

INGREDIENTS:

- 8 oz Softened Cream Cheese
- 2 cups Powdered Sugar
- 1 teaspoon Vanilla
- Blueberries & graham crackers for topping (optional)
- 20-30 Large Strawberries

DIRECTIONS:

1. Prep strawberries by washing and drying completely.
2. Cut out the stem and leave hole in the top of the strawberry. Now cut the very bottom of the strawberry off flat so that they can stand on their own.
3. In a mixer, add cream cheese, vanilla and powdered sugar and blend until combined.
4. Pipe this mixture into the strawberry tops. Top with graham crackers and a blueberry to add the red, white and blue.
5. Serve and eat immediately.



SUDOKU PUZZLE CORNER

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ROBERT REGAN VILLAGE

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JULY 2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Due	2 Pest Control for A Building	3	4 Office Closed Independence Day	5
6	7	8 Cookout at 4:30 in the Club Room	9 Pest Control for B Building	10 Late Notices at 10:00 am	11	12
13	14	15	16 Pest Control for C Building	17	18	19
20	21	22	23 Pest Control for D Building	24	25	26
27	28	29	30	31		

COMMUNITY CORNER

- ▶ Happy 4th of July! A cookout will be held on Tuesday, July 8th at 4:30 pm.
- ▶ A friendly reminder rent is due on the first of the month. **A Late Fee of \$50 will be applied to rent not paid in full by 10:00 am on June 10th.**
- ▶ **REMINDER: Rent payments with a Credit or Debit Card include a \$5 charge. You must include the \$5.00 fee in the total charge if paying with our QR code.**
- ▶ If you have an after-hours maintenance emergency, please call 1-800-224-4787.
- ▶ Office hours are Monday through Friday from 8:00 am to 4:00 pm.