

# Blue Sky Behavioral

August 2025  
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## News and Updates

The end of summer is finally within sight! Residents are enjoying the occasional cooler days to get outside and resume some of our cooler weather activities like walking on the track.

Residents saved up their 'Blue Sky Bucks', earned through joining groups and participating in household chores, to go on one of the food outings this month which included trips to Chili's and Joe's Italian Ice Cream.

One of our more exciting outings this month was a trip to watch our Arizona Cardinals in a pre-season football game. We enjoyed rooting them on from the sideline while they prepped for their upcoming season.

We enjoyed trips to several museums this month including the Chandler Vision Gallery and the Mesa Natural History Museum.

Residents continued to enjoy many in-home activities as well this month. Residents look forward to their weekly Spanish class where they are learning basic Spanish skills from a native Spanish speaker! We continue to enjoy our puppy visitors, arts and crafts classes, board games and more!

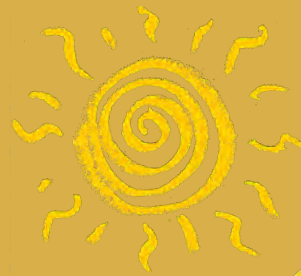
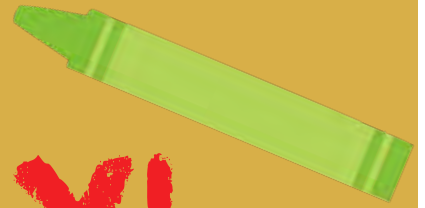
Our September calendar is packed with fun events including trips to the Pollack Cinema, Tumbleweed Ranch Museum, Huhugam Heritage Center, the Arizona Capitol Museum and more. Stay tuned for our adventures in the next newsletter!

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# Happy BIRTHDAY!







# ARIZONA CARDINALS





# chilis



## Goe's

ITALIAN ICE







# ARTS & CRAFTS





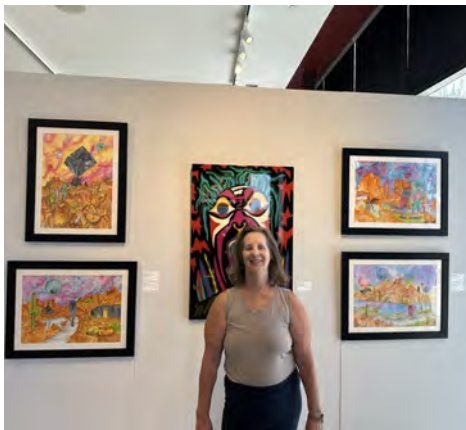
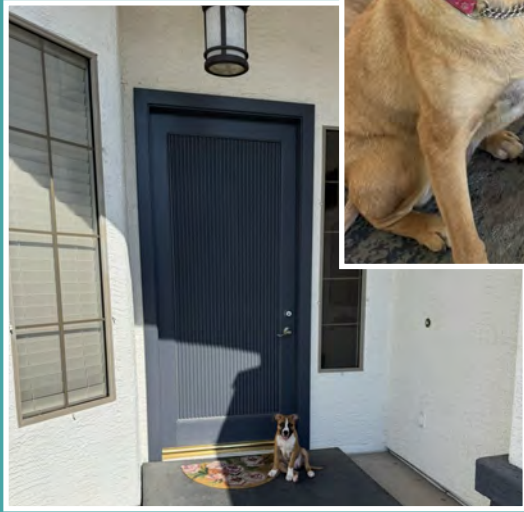
# ARIZONA Natural History MUSEUM



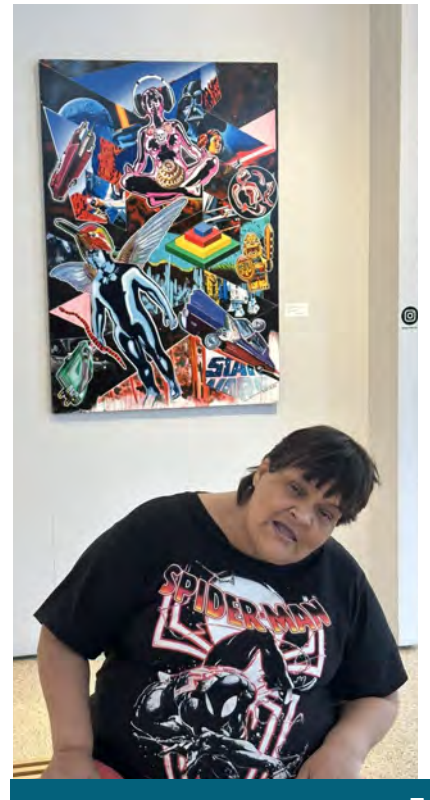




Furry Friends

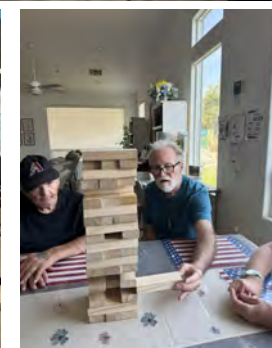
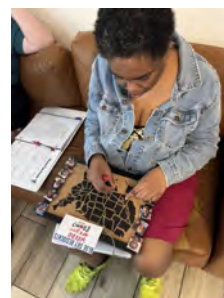


VISION GALLERY





# A LITTLE BIT OF *everything*





# Groups

Groups are held several times throughout the week at Blue Sky. Here is a snapshot of some of our groups this month.

## 1. Where I'm From

This month therapeutic groups focused on reminiscing therapy (RT). In this session residents reflected upon their home state or country and pinpointed it on our house map.

## 2. Hershey Reminiscing

In another RT group, residents played a reminiscing game with Hershey kisses. Residents took turns asking questions about life experiences. If you have done it, you take a Hershey kiss from the pile and share your experience with the group.

## 3. All About Me

Residents reflected on various events in their past such as their careers, jobs and favorite places traveled.

## 4. Today in History

Each morning residents are oriented to the date through our today in history activity. We learn about events that happened on this day in history and a famous birthday from that date.

## 5. Exercise Class

Residents enjoy daily exercises classes and/or walks to keep them healthy and mentally strong.

