

Blue Sky Behavioral

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News and Updates

Each year we think the heat will slow us down here at Blue Sky, but every year we're proved wrong. We added on several indoor activities this month, but have continued with many outings into the community.

This month residents enjoyed several restaurant outings including trips to Outback Steakhouse, Panera and Organ Stop Pizza. We also had a fun picnic in the park where residents enjoyed the outdoors and some pizza!

We continued with our bi-weekly trips to the pool where we enjoyed cooling off and splashing around. Other fun trips included a movie outing, a trip to the Heard Museum and another trip to the Crayola factory.

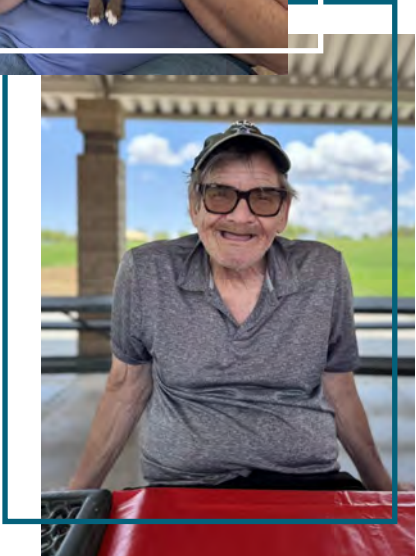
Residents have looked forward to their new furry friends, a litter of puppies who have been coming by weekly for puppy kisses and cuddles.

Despite the heat residents are continuing to stay active and reach their fitness goals. Residents have enjoyed getting out early to get their laps in on the walking track, or ride their stationary bikes, and have been working hard in Blue Sky fitness classes including a popular yoga class.

We are looking forward to celebrating the Fourth of July next month with in-home activities and attending a local parade. Another fun outing we are looking forward to is a trip to the Sea Life Aquarium. Stay tuned!

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Picnic
in the park



HAWAIIAN
LUAU



LET'S EAT!





BINGO





Let's SHOP



**Heard
Museum**



MESA PUBLIC LIBRARY

Blue Sky residents have the opportunity to visit the library at least once a month. Not only do residents enjoy checking out magazines and

books, but the local library offers many fun and educational experiences that residents look forward to attending!



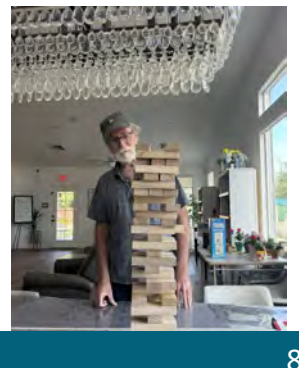
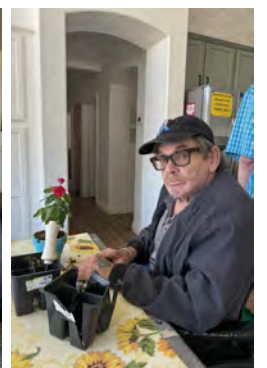
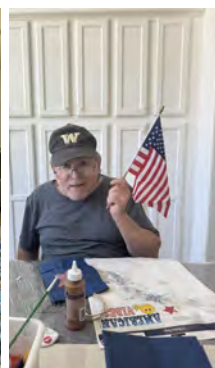
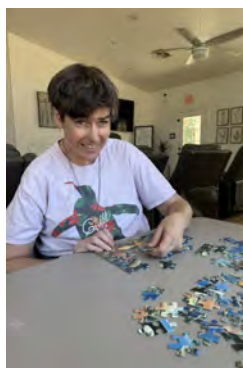


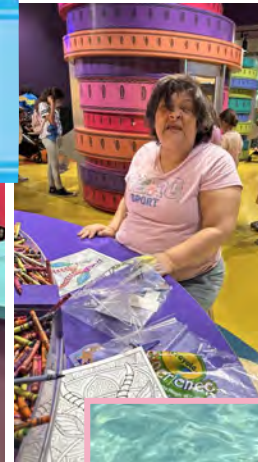
POLLACK
CINEMAS





IN HOUSE Activities





Pool Time



Groups

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

1. Anxiety & Grounding Skills

In this group residents discussed various anxiety symptoms and learned about, and practiced, several grounding techniques.

2. Culture Umbrella

This month therapeutic groups focused on culture and diversity. In this group residents learned about the different aspects that fall under the 'culture umbrella'.

3. Personal Culture

Residents took a look at their own personal culture/beliefs in this activity by identifying aspects of their culture such as food and clothing.

4. Importance of Diversity

This group looked at the importance of diversity in society, and our Blue Sky home. Residents discussed how having varying cultures can have a positive impact on the home.

5. Similarities of Cultures

Group members analyzed how aspects of their culture are similar, and different, to other peers in the home in this group session by conversing and asking questions of other group members.

