

Blue Sky Group Homes

April 2026
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News and Updates

2026 is off to a great start here at Blue Sky and March kept strong. Residents enjoyed a variety of outings that brought excitement and connection throughout the month. We attended the Italy vs Cubs game here in Arizona, visited the Airbase Arizona Flying Museum to explore aviation history, and spent time enjoying a Native Spirit pop up performance along with local shops and culture.

The homes stayed active with daily activities including arts and crafts, games, pets, and farm visits. With garden season returning, residents built planters and spent time outdoors preparing for it.

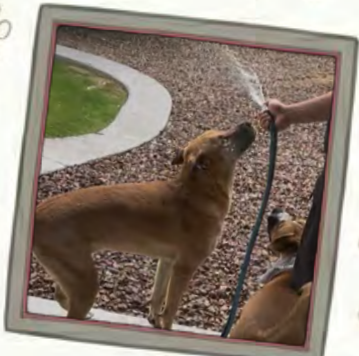
Therapeutic groups this month focused on stress management and personal growth. Topics included Circles of Control, What is in My Control, and TB Education, helping residents build coping skills and focus on what they can control in their daily lives.

We also celebrated St Patricks Day with themed activities, festive food, and fun shared throughout the homes. Be sure to dig into our full monthly newsletter to see even more highlights and everything else our residents have been enjoying throughout March.

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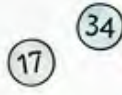
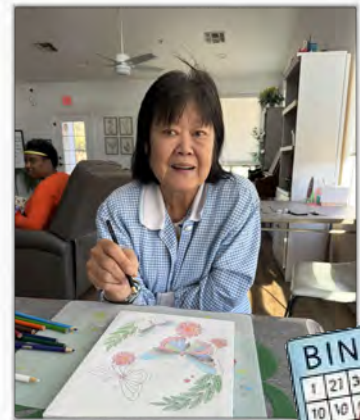
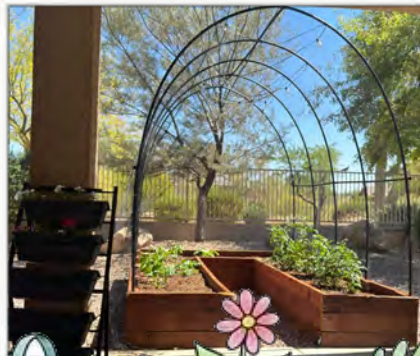
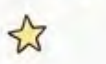
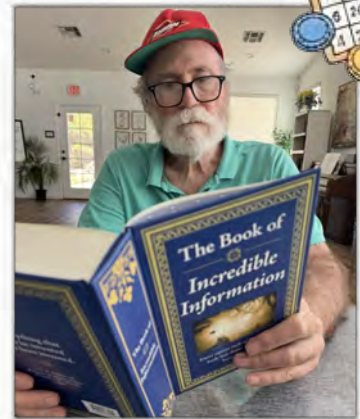
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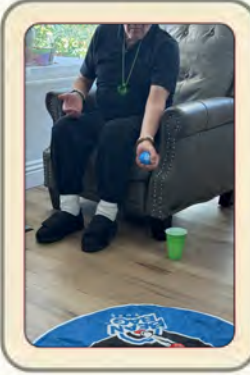
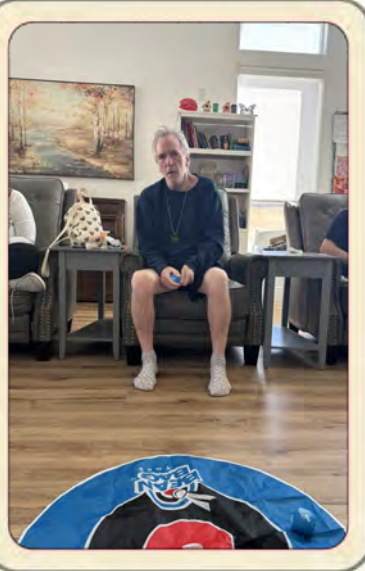














Groups

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

1. Stress Management

In this group residents learned about how stress affects our bodies and ways to manage. Then they create their own person stress balls!

2. Circles of Control

This month we learned about circles of control and the benefits of focusing on what is inside our control versus outside of it.

3. TB Education

We had our annual group on TB education this month. Residents learned about the risks of TB and ways to protect themselves from illness.

4. What's in My Control

In this second 'circle of control' group residents focused on personal aspects of their lives they have control or influence over.

5. Expressive Painting

Residents explored their creativity through guided painting, using color and brushstrokes to express emotions and unwind. Each resident created their own unique piece to display proudly in their space!

