

# Blue Sky Behavioral

December 2024  
Volume 9, Issue 12

## News and Updates

Happy Holidays! Blue Sky residents have been enjoying this holiday season- we hope you all are as well. We had many activities this month as we continue to celebrate this season. Residents continue to enjoy going to the 'Out to Lunch Concert Series' in Mesa. We rocked out to a live 70's band and enjoys the great weather.

All three houses had a special Thanksgiving meal with all the fixings! We had fun visiting the animal farm where we fed and visited with the farm animals including cows and goats. We had another fitness challenge this month. Our big winner exercised every day this month and earned a \$50 Walmart gift card! We honored our Veterans at the Mesa Veterans Day Parade earlier this month.

Several residents enjoyed giving back to others during our quarterly volunteer outing. Residents helped prepare food bags through 'Feed My Starving Children' to help those less fortunate.

We had a great trip to the park to exercise and get fresh air as well as several restaurant outings this month including trips to Burger King, Florindino's, and Panda Express.

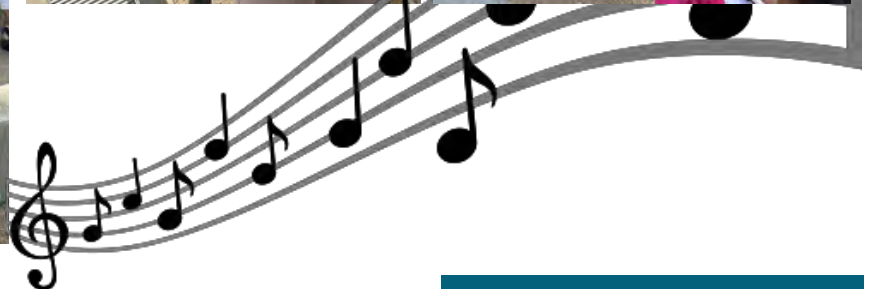
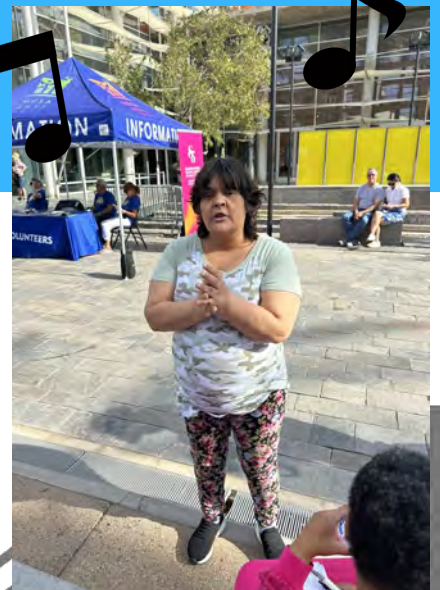
Our December activity schedule has already kicked off. Residents are looking forward to Christmas concerts, Christmas bus rides, parades, car shows and more! We can't wait to share our fun adventures with you!

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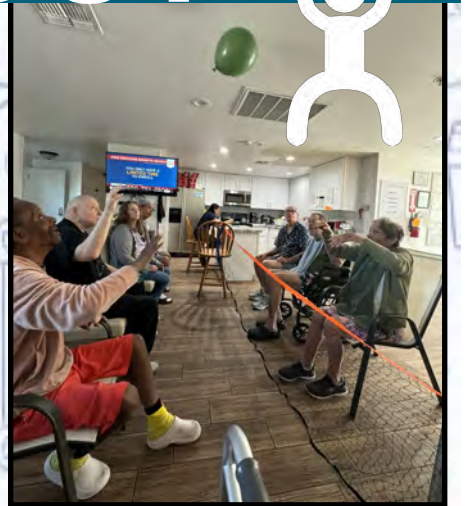
# Happy THANKSGIVING







# LET'S WORKOUT



## FITNESS CHALLENGE

*Winner*

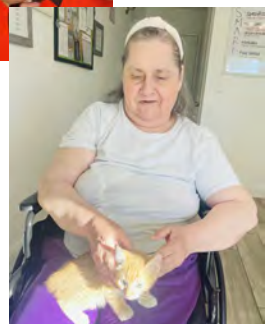
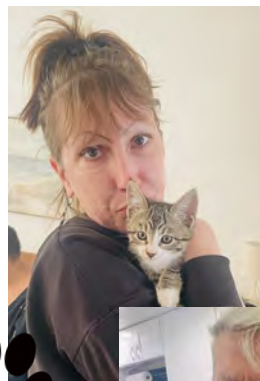




# VETERANS DAY Parade



## Kitty visits







# Trip to the **PARK**







# OUT TO EAT









# Groups

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

## 1. Cooking Class

Residents at our Vista home got their hands dirty this month and helped prepare some yummy snacks during this baking class.



## 2. Thankful Tree

Our therapy groups focused on gratitude this month. In this group residents listed out what they were grateful for and added this to our gratitude tree.

## 3. Gratitude Dice Game

Continuing with our gratitude theme, residents enjoyed this interactive game to practice their gratitude skills.



## 4. Gratitude Letters

Residents watched a short video on the benefits of gratitude towards others and practiced by writing a personal gratitude letter to someone special to them.



## 5. Loteria

We aren't all work and no play! Residents love testing their luck at Loteria while sharpening their Spanish skills.

