Blue Sky Behavioral

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News and Updates

We had another full month to keep us busy at Blue Sky. Residents celebrated Valentine's Day with crafts and special treats all month long. Our bi-weekly lunch outings included trips to Wendy's and Filiberto's.

We enjoyed our annual spring training baseball game where residents watched the Angels take on the Cubs at Sloan Park in Tempe. The weather was beautiful. Residents enjoyed the game, ballpark food and a few of us even enjoyed a nap in the sun!

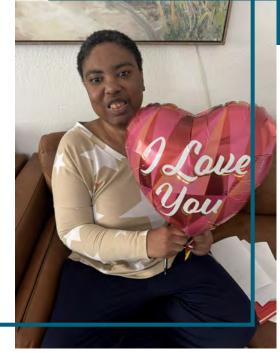
Another fun trip this month was a visit to the Phoenix Zoo. We saw all our favorite animals while riding the Safari Cruiser which drove us all around the zoo.

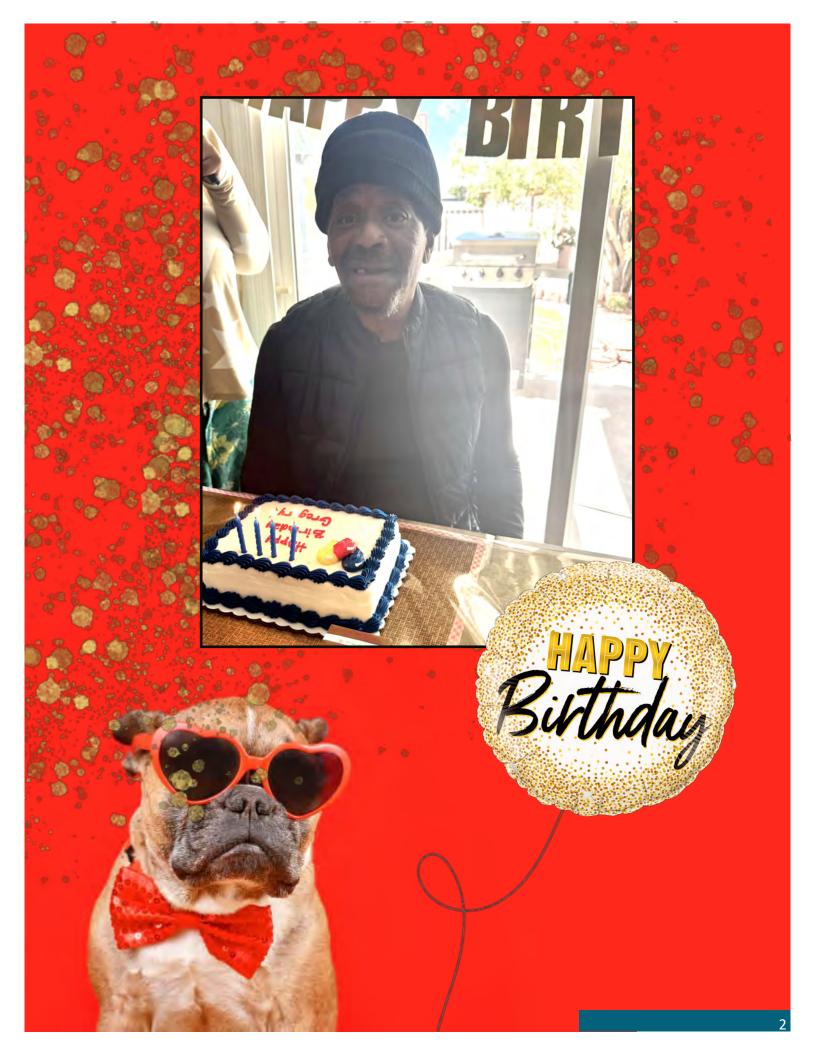
Residents also had the opportunity to visit a few plays this month at a local school as well as a Native American Pow Wow at the local community college.

Other fun events this month included a Pup Festival where we enjoyed all the dogs and events which included dog races! We also had a great time watching the Super Bowl with our annual pizza party. We are looking forward to more fun events next month which include an Asian Festival, a golf trip and a movie outing.

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Lunch Time



























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FNTINF'S DAY















PLAYS
PERFORMANCES





















































Groups

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

1. Love Yourself

Therapeutic groups focused on positive self-esteem this month. Here, residents focused on ways they can show self-love.

2. Self-Esteem

Residents learned about the benefits of positive self-esteem including improved physical health.

3. Bingo

Always a favorite, Bingo is not only fun, but helps sharpen brain function as well.

4. Positive Self-Affirmations

Residents learned about the benefits of self-affirmations and practiced how to use them during this therapeutic group.

5. Jar of Love

During the final therapeutic group this month residents listed things they loved about themselves to add to their jar of self-love.

