

Blue Sky Behavioral

October 2024
Volume 9, Issue 10

News and Updates

Here comes October! We are ready for all things spooky over here at Blue Sky. Residents already enjoyed getting the homes decorated for Halloween and are busy planning costumes for our Trunk-or-Treat event towards the end of the month.

This month residents enjoyed several lunch outings including trips to Someburros, Panda Express and Golden Corral. We exercise hard to burn off all that good food. This month we were able to get out more for morning walks and we also added in yoga and breathing classes - a big hit! Chair exercise and balloon volleyball were also enjoyed frequently this month.

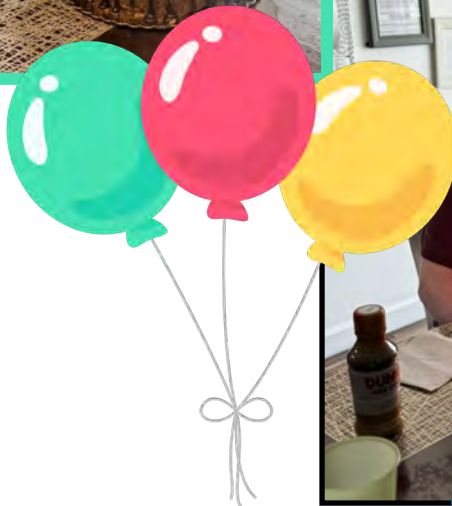
We enjoyed another trip to the beauty salon where residents were pampered for the afternoon. We were excited to start a pen pal program with a local preschool. We had the opportunity to meet and play with our young pen pals this month, which was a blast! Residents are excited to start conversing with their pals through letters.

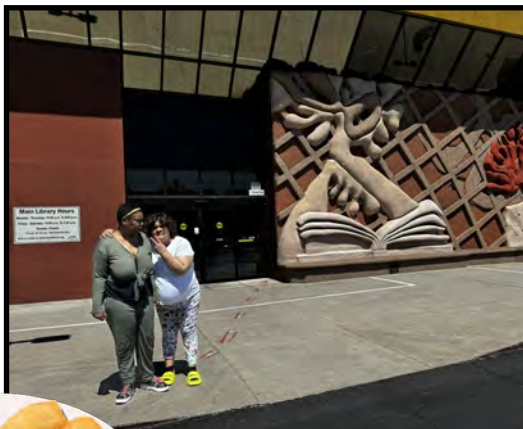
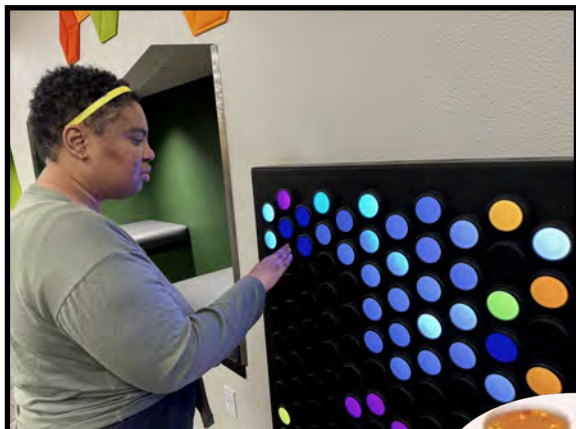
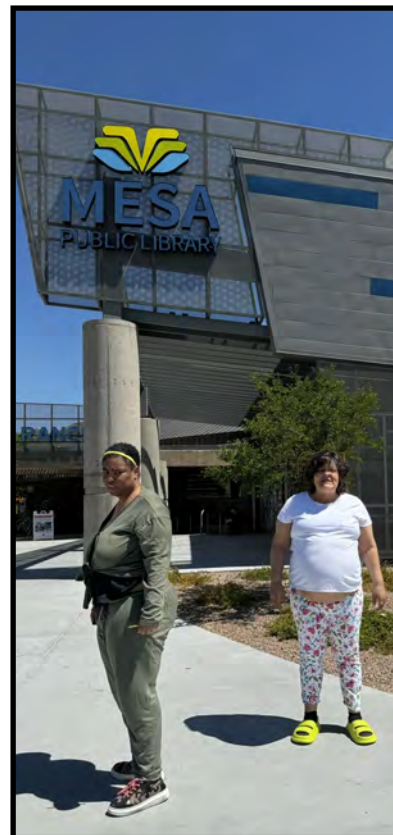
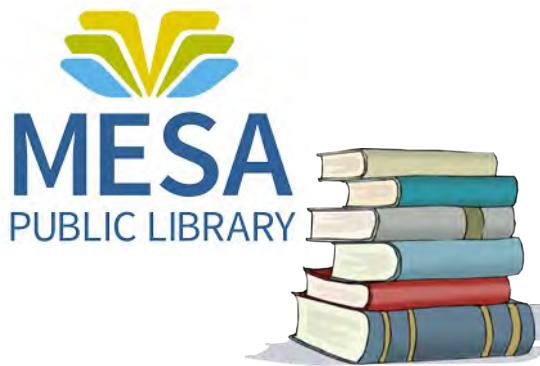
Inside the issue

News/Updates.....	1
Happy Birthday.....	2
Library/Cooking Class	3
Someburros/Panda Express..	4
Salon Outing.....	5
Golden Corral.....	6
Exercise.....	7
Pen Pals.....	8
Groups.....	9



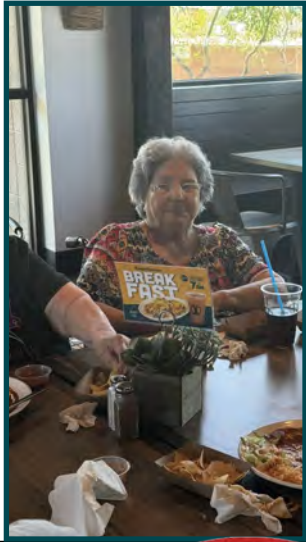
HAPPY Birthday To You





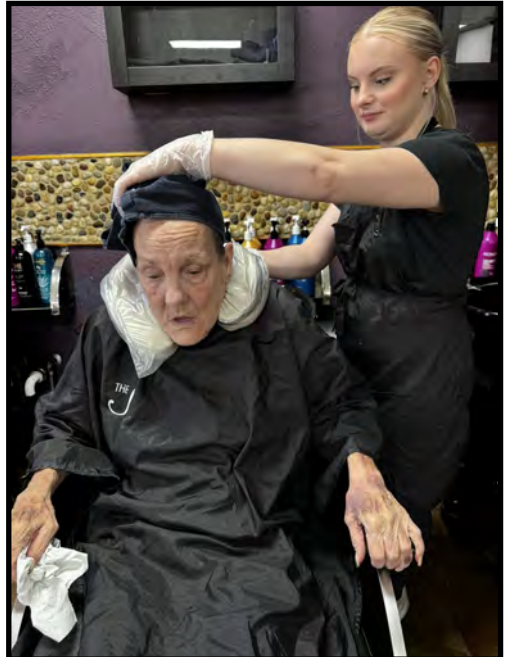
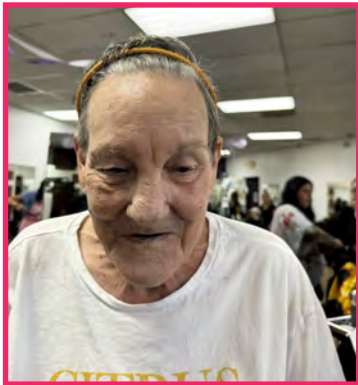
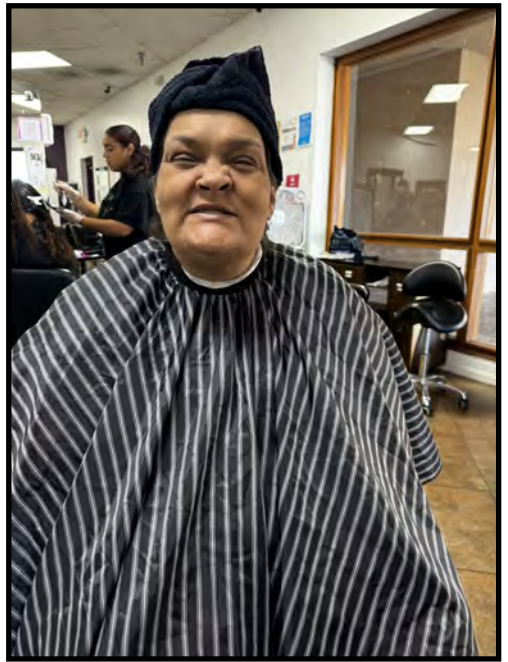
LET'S GET COOKING

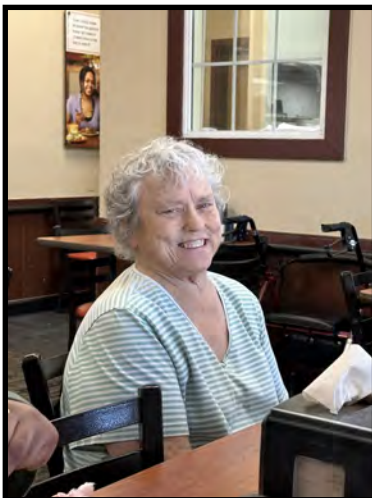
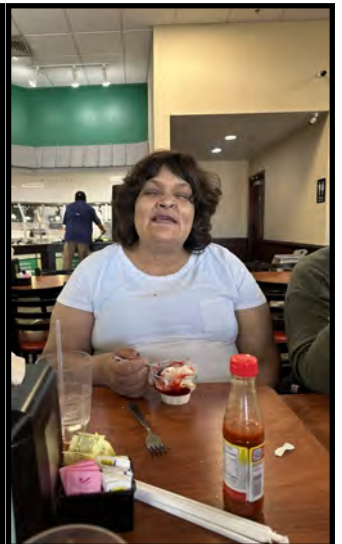




SALON

Outing







It's time to **GET FIT**





PEN PALS

Meet and Greet



Blue Sky residents headed back to school to meet their newest pen pals. We are excited to be partnering with a local preschool to help young writers strength their writing skills through a pen pal program. To kick off the start of the program residents had the opportunity to visit their pen pals in the classroom for an afternoon of play. Residents can't wait to get to know their new friends through letter writing!

Groups

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

1. Bingo

Who doesn't love a good game of Bingo? A weekly favorite at Blue Sky.

2. Art Projects

Residents enjoy tapping into their creative side through various art projects offered throughout the month.

3. Therapeutic Group

One of this month's therapy groups focused on reviewing coping skills through a hands on game.

4. Shopping

Each month residents utilize money management skills to make their shopping lists and purchase personal items in-store.

5. Today in History

We love learning about fun facts that happened this day in history. This activity helps orient residents to the day, month and year.

