

Blue Sky Behavioral

May 2025
Volume 10, Issue 6

News and Updates

May was a great month filled with new outings and activities over here at Blue Sky! Our residents have been asking about a swimming outing so we packed up the van for swimsuit shopping and made two trips to the pool this month. Residents had a great time cooling off and splashing around.

We had several furry visitors this month including our regular visitor, Henry the doodle, and a new batch of baby kittens to cuddle! Residents enjoy their daily walks in neighborhood and visiting with the dogs out for a stroll with their owners.

Residents had a great time with some spring gardening activities. Residents decorated their own planters with paint and potted some plants to care for throughout the summer.

As it warms up we are transitioning our outings to some of our favorite indoor spots. First up on our list was a trip to the casino. Residents had a great afternoon testing their luck on the slot machines. No big winners this time but we will be back!

Residents had a fun visit to the Gilbert Historical Society where we learned all about the history of Gilbert and got to see some unique artifacts.

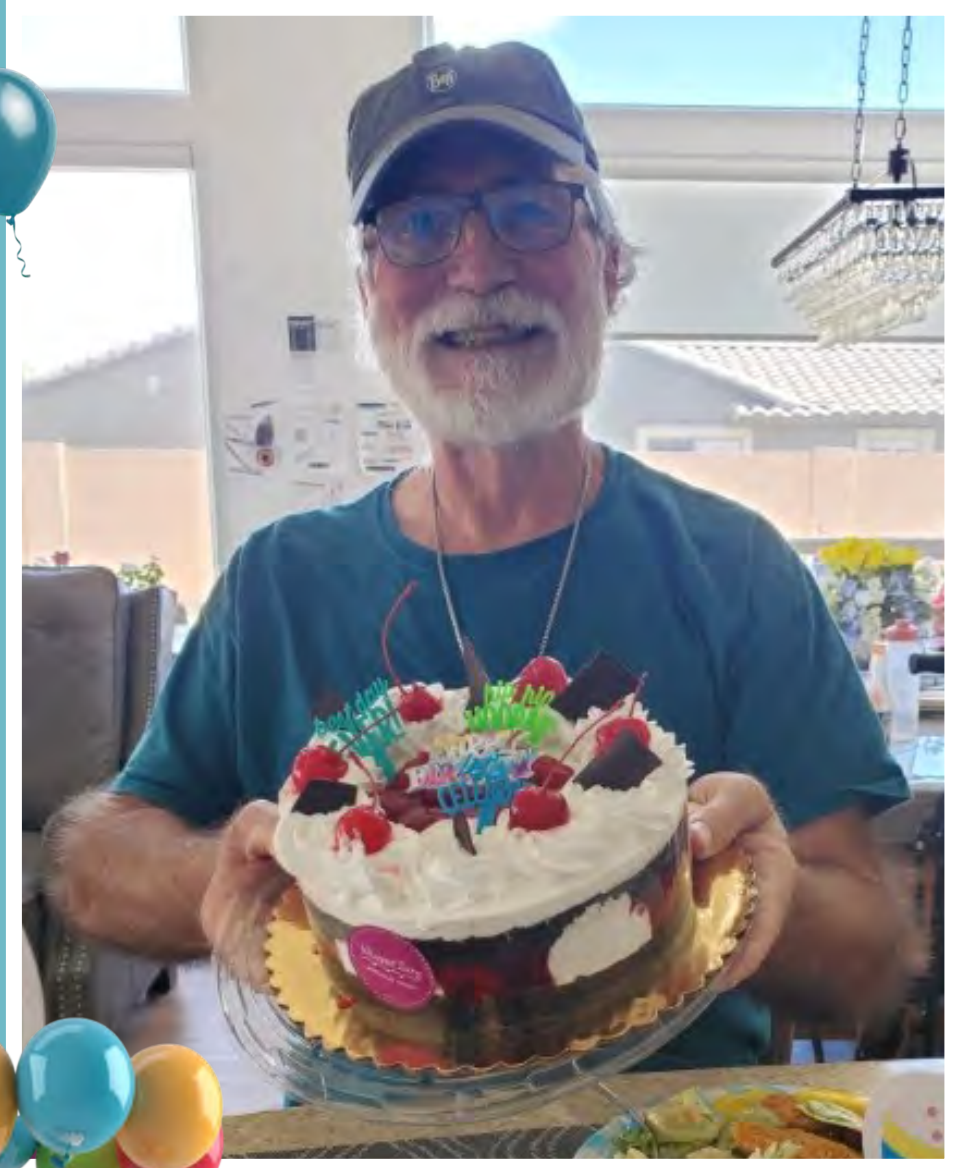
We have a lot in store for next month including a trip to the library to meet with the Phoenix Zoo and their animals, a yoga outing and a WNBA game!

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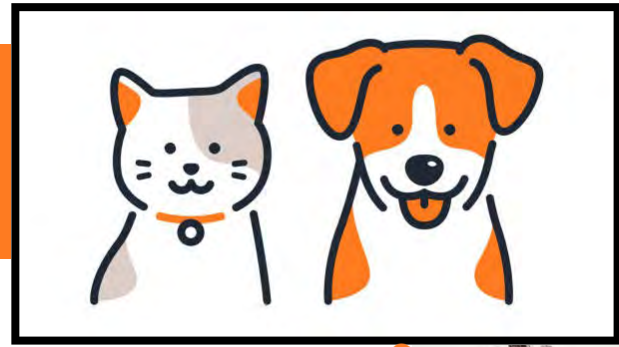
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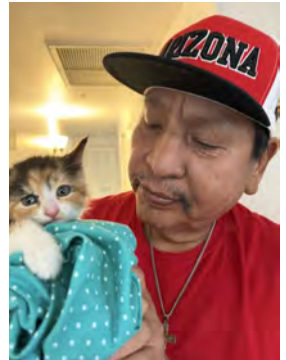
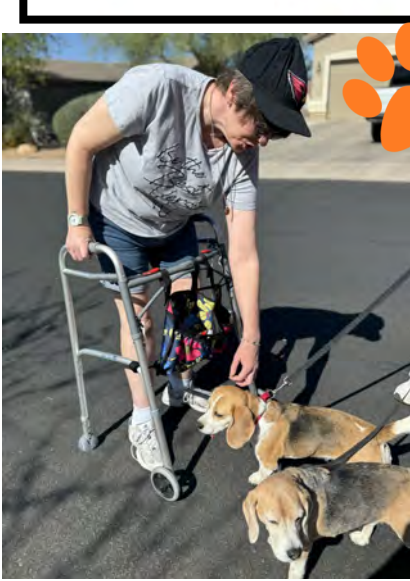
Happy BIRTHDAY



...to you!



Pet Visits

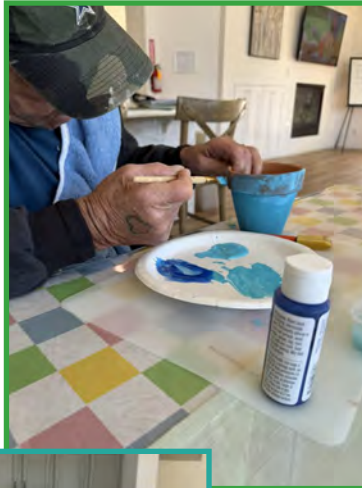


POOL DAYS



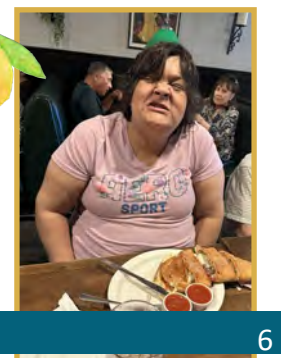
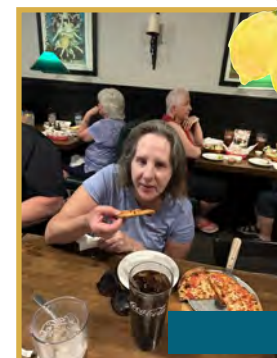
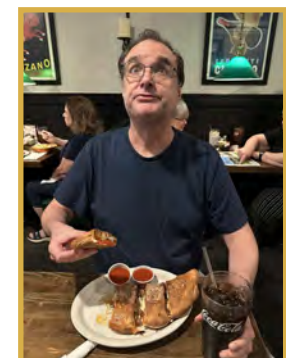
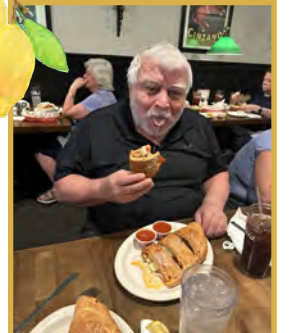
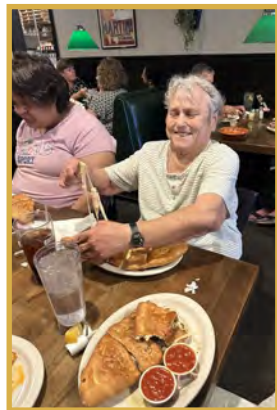
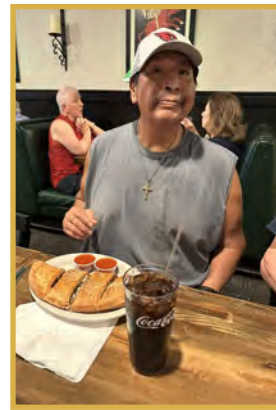
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TEMPE CINEMAS

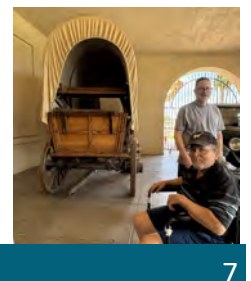
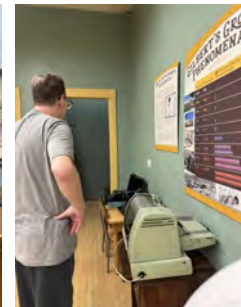
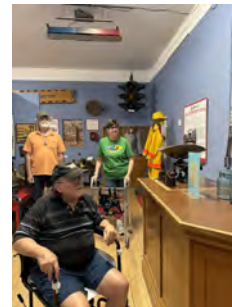
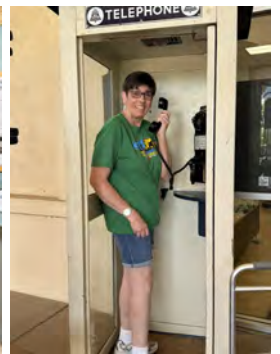
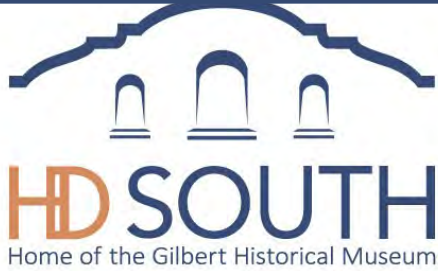




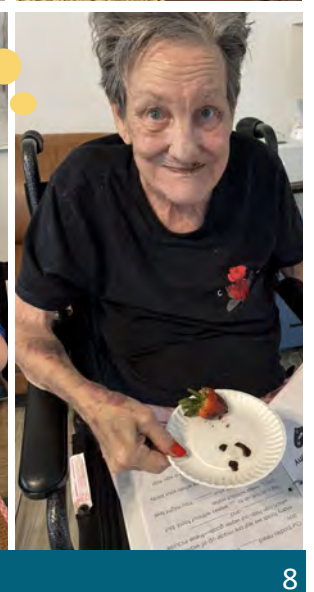
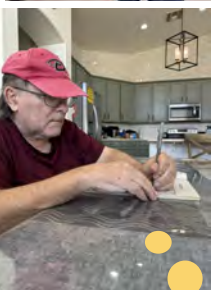
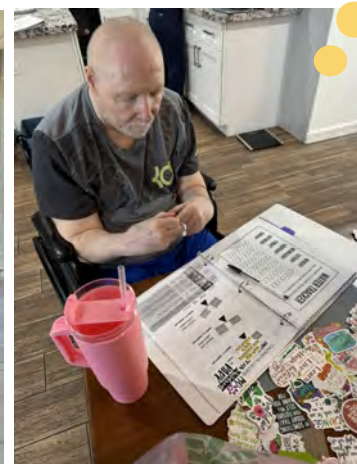
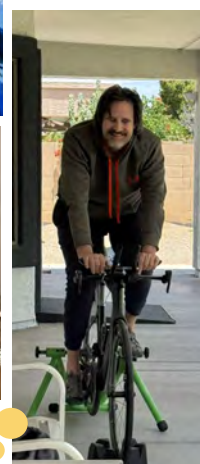
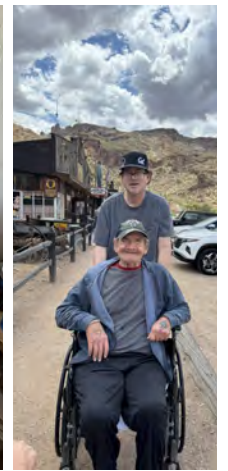
Meals are better when we're all together

Lunch Outings





Bonus Pictures



Groups

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

1. SMART Goals

Residents review their personal goals several times throughout the year. This month residents refreshed themselves on setting SMART goals and reviewed their personal goals and current progress.

2. Exercise

This month therapeutic groups focused on healthy living skills. In this group residents learned about the 'energy balance equation' and learned some new exercises.

3. BMI Charting

Another therapeutic group focused on understanding Body Mass Index (BMI). Residents calculated their BMI using their height and weight.

4. Importance of Hydration

In this group residents learned about the importance of hydration. Residents then picked out a new water bottle and decorated them with motivational stickers.

5. Healthy Snacking

A popular therapeutic group this month helped residents learn about healthy food swaps they could make to meet their health goals. We sampled yummy healthy alternatives to our favorite (not so healthy) snacks.

