

Blue Sky Behavioral

April 2025
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News and Updates

Happy May from your Blue Sky family! We had a lot of fun this month with many outings and activities. We love this time of year because of the beautiful weather and the many community festivals and events. Residents enjoyed outings to the Maricopa Community College Rose Garden, the Gilbert Global Fest, the Potato Days Festival and a fun trip to the Tortilla Flats for lunch at the saloon.

Speaking of eating out, no month is complete without our lunch outings. Residents work towards earning 'Blue Sky Bucks' all month long through activity participation and household chores to spend on various incentives such as Starbucks, special 1-1 outings and Friday lunches. This month residents enjoyed lunch outings to Dairy Queen, Backyard Taco and IHOP.

Blue Sky residents had a great time celebrating the Easter holiday. Residents enjoyed an Easter Egg hunt where they were happy to find candy and lottery scratchers inside! They also enjoyed Easter crafts and visits with friends and family.

Other notable events this month included the IDEA Museum, Bingo at the senior center and an evening Luau with our friends over at Avista Senior Living.

Stay turned for next month where we are already planning several fun outings and events!

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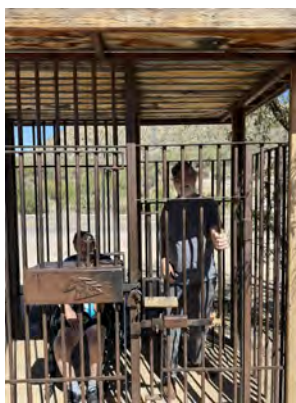
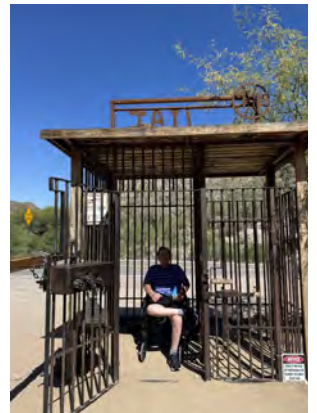


Happy BIRTHDAY





TORTILLA FLATS



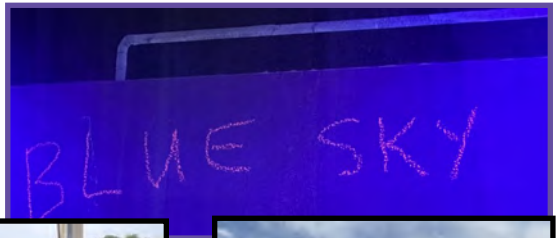
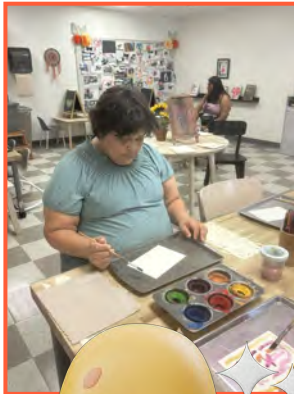
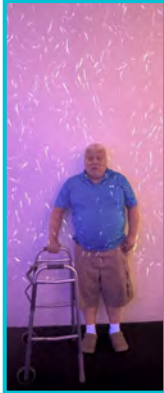
gilbert
**Gilbert
Global
Village
Festival**



Maricopa Community College

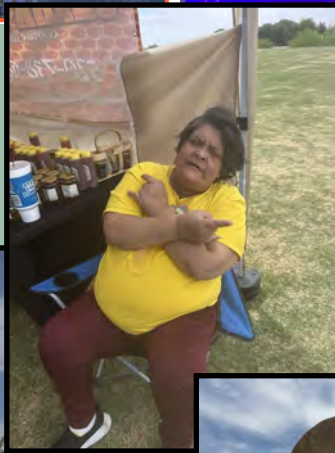
ROSE GARDEN



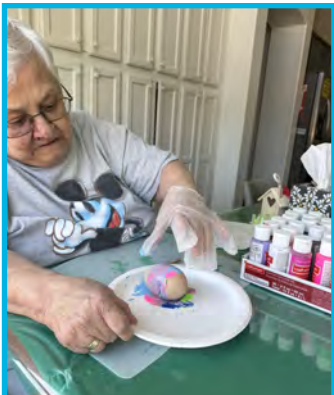
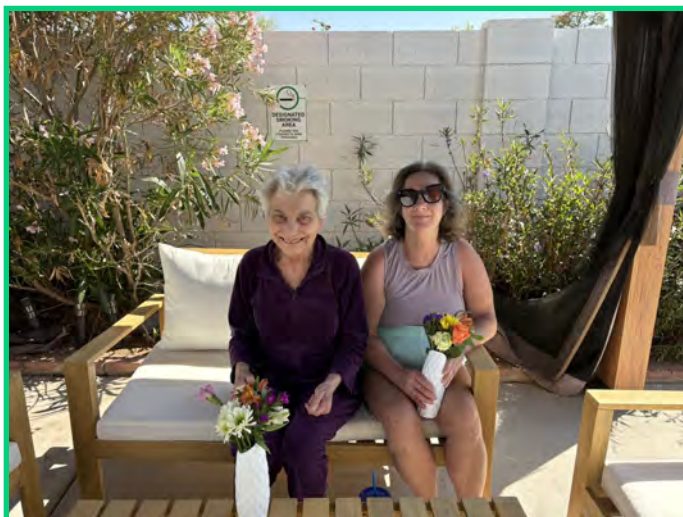


Potato Days

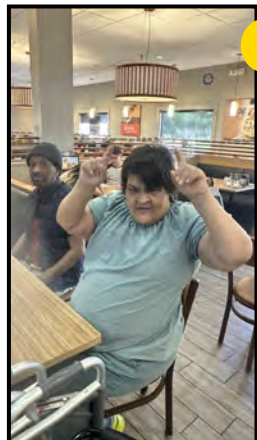
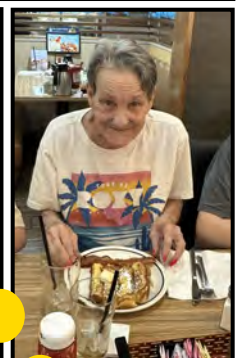
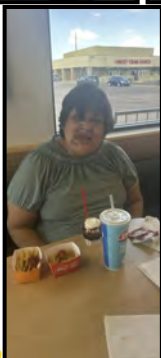
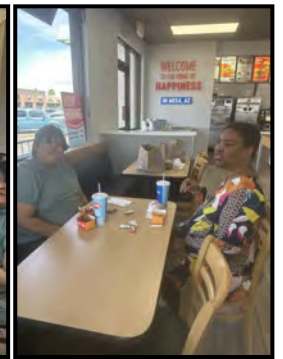
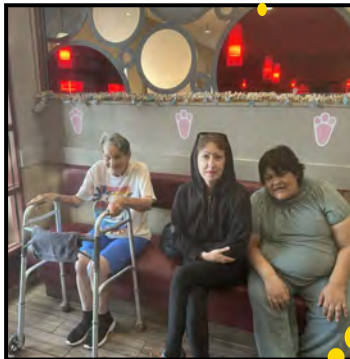
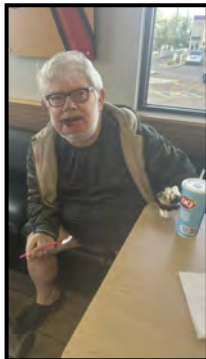
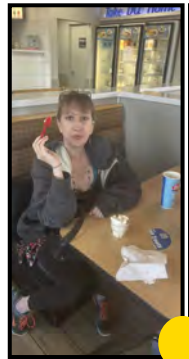
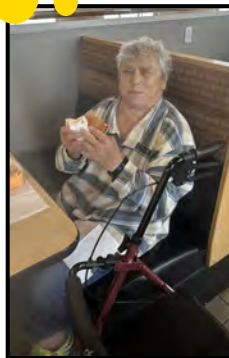
Gilbert Festival



Creative crafting

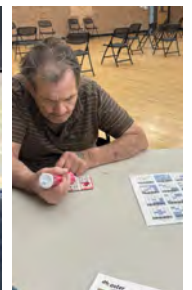
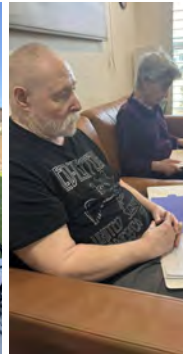
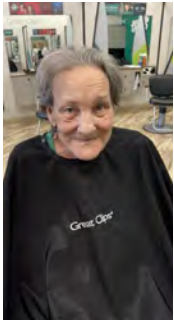


Lunch Break



SAY CHEESE!

BONUS PICTURES



Groups

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

1. Depression

This month therapeutic groups focused on psychoeducation of mental health disorders. In this group residents learned about depression/suicide and treatment.

2. Dance Class

Dancing is a great way to sneak in exercise through fun activities. Residents enjoy turning on their favorite tunes to get moving.

3. March Madness

In the beginning of March several residents filled out their NCAA brackets. Here, our winner poses with the \$25 cash prize for best bracket.

4. Today in History

Every day residents learn about what happened on this day in history and famous birthdays from this date.

5. Lifestyle Domains

In another therapeutic group residents learned about the 5 lifestyle domains and ways in which they can improve their mental health.

