

Blue Sky Behavioral

February 2025
Volume 10, Issue 2

News and Updates

January really flew by over here at Blue Sky. We had a lot of fun outings and activities this month which kept us busy. Residents enjoyed several restaurant outings including trips to Florindino's, Jack-in-the-Box and Barro's pizza.

We are still trying to get outside as much as we can while this weather lasts. Residents enjoyed a picnic in the park where they had lunch, fished and played basketball for the afternoon. Another fun trip was a visit to the Goldfield Ghost Town where residents got to go for a ride on the Narrow Gauge Railroad. We loved looking at the beautiful plants on an outing to the Desert Botanical Garden.

We enjoyed some entertainment this month with another trip to the Tempe Pollack Theaters where residents watched 'The Wild Robot' and snacked on popcorn and soda. We also had a great time at McClintock High School watching their performance of Beetlejuice!

Residents are already looking forward to next month where we have a Spring Training Baseball Game scheduled and a trip to the Phoenix Zoo. Stay tuned for all the fun we have in store!

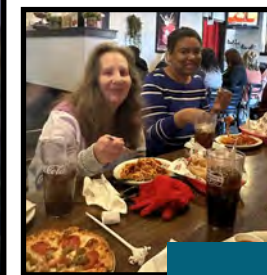
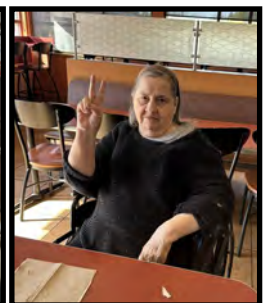
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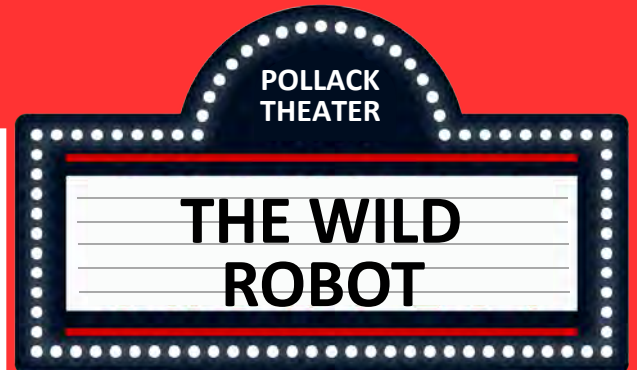
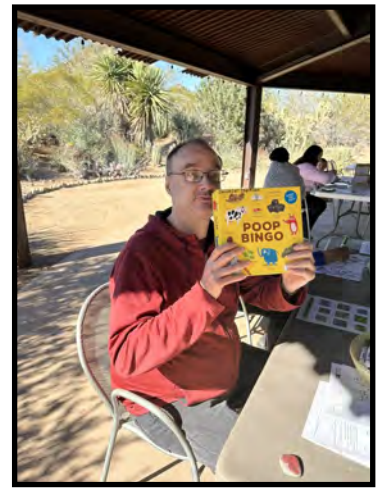
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HAPPY birthday!

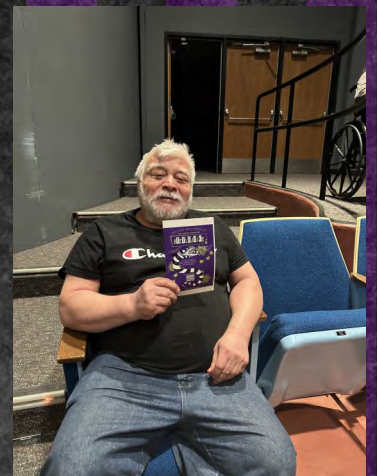








BEETLEJUICE JR.





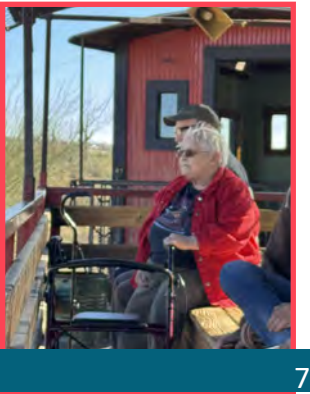
BLUE SKY'S

picnic in the park



NARROW GAUGE RAILROAD

at Goldfield Ghost Town



Several of our Blue Sky residents collect cans all year long to take to the recycling plant and exchange for cash. I guess hard work does pay off!



RECYCLING

Great Clips® IT'S GONNA BE GREAT®



Groups

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

1. Vision Boards

Therapeutic groups focused on goal setting this month. At the end of the month residents made vision boards to inspire them.

2. Setting SMART Goals

Residents learned about the benefits of goal setting and ways to set efficient goals using the SMART acronym.

3. Jenga

Games help build teamwork and sharpen critical thinking skills.

4. Values and Priorities

Before making their 2025 resolutions, residents identified their values to create goals that resonated with them personally.

5. Valentine's Crafts

Residents are all ready for Valentine's Day at Blue Sky. Residents enjoyed a craft activity making Valentine's Day bags.

