

# Blue Sky Group Homes

December 2025  
Volume 10, Issue 12

## News and Updates

One of our favorite seasons has finally arrived here at Blue Sky, Christmastime! This month we have tons of exciting events and activities going on including Christmas light bus rides, Christmas plays, trips to the zoo and more. We are excited to share with you in the next Blue Sky newsletter.

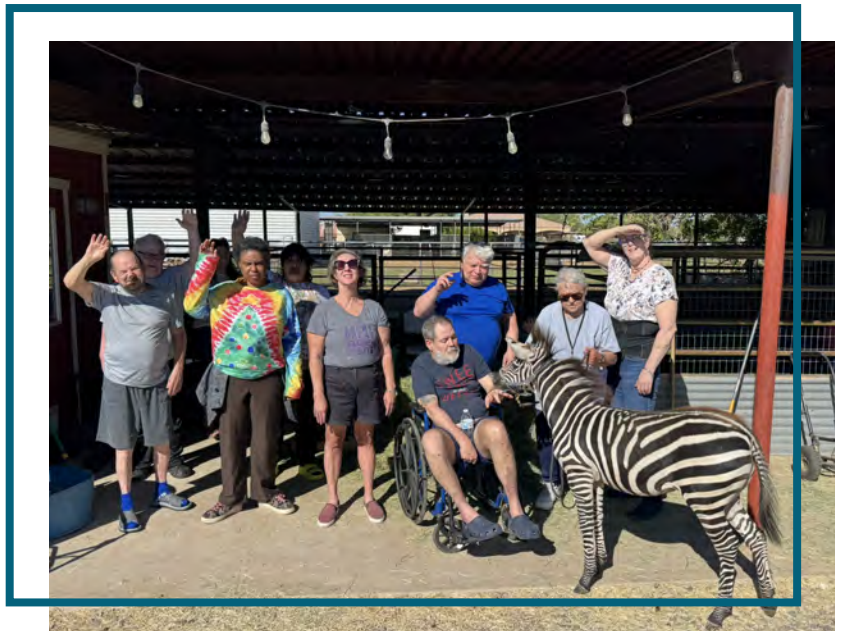
November was also an amazing month as we celebrated Thanksgiving and enjoying time with friends and family. All houses enjoyed a Thanksgiving celebration including all the Thanksgiving meal staples, games and spending time together. All month long we enjoyed fall themed crafts and focused on gratitude in therapy groups.

Our van was always on the move this month with exciting outings to the Desert Botanical Garden, McCormick Railroad Park, the Musical Instrument Museum, the movies and more!

We were so excited this month to meet up with some animals over at the Sixth Day Connection Equine Center. We enjoyed working with the farm animals including grooming some of the horses. Our favorite part of the day was meeting and playing with the baby zebra! We look forward to going back and visiting our new four-legged friends on a routine basis!

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# Happy BIRTHDAY



Let's horse  
around and  
celebrate!



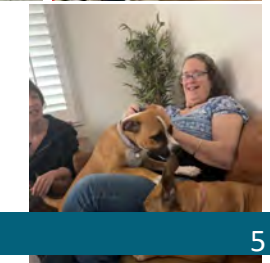






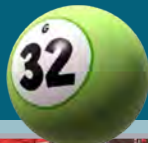
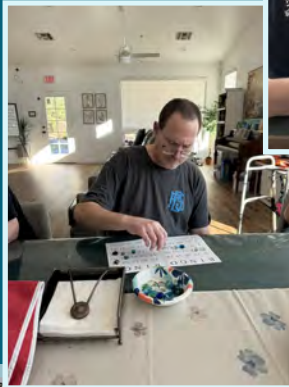


# OUT TO lunch





# RINGO BINGO BINGO



Residents loved going out for late night Bingo at Ikea!



## Holiday CONCERTS

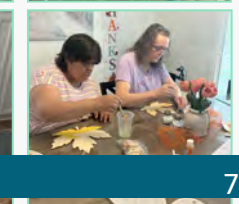
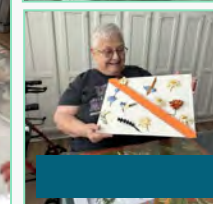
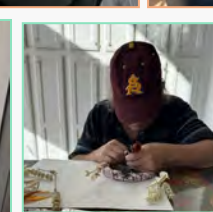


## EXERCISE



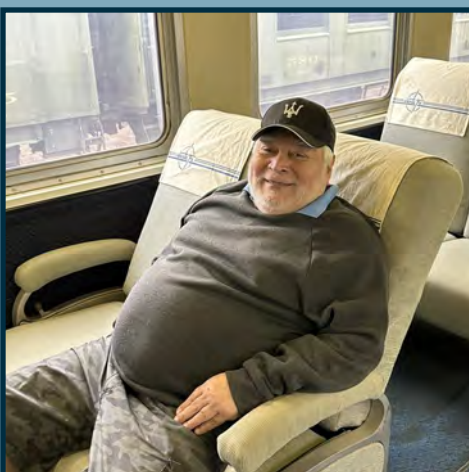
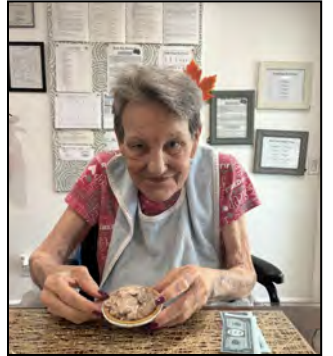


# Let's get crafty?

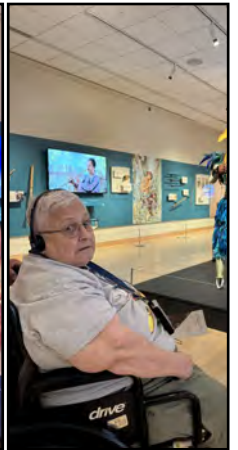




# COOKING CLASSES









# Groups

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

## 1. Gratitude Scavenger Hunt

This month, therapeutic groups focused on gratitude—how to practice it and the benefits we can receive from being grateful. In this activity, residents “hunted” for various things they are grateful for in their lives.

## 2. Gratitude Turkeys

Residents learned about the health benefits of gratitude such as lower inflammation and blood pressure. They then added their various gratitude's to their turkeys.

## 3. Gratitude Trees

We compiled our long list of gratitude's and created a unique gratitude tree which displays all the many things we are thankful for.

## 4. Gratitude Dice Game

In this fun game residents rolled the dice to answer various prompts about things they are grateful for.

## 5. Gratitude Letters

After watching an experiment about the boost in happiness one can receive from expressing gratitude towards others, residents wrote personalized gratitude letters to individuals whom they are grateful for.

