

Blue Sky Behavioral

November 2024
Volume 9, Issue 11

News and Updates

We enjoyed a ‘spooktacular’ month at Blue Sky! Residents attended the annual Trunk-or-Treat event where they were able to dress up, socialize and stock up on candy! Residents continue to work hard at earning their ‘Blue Sky Bucks’ to spend on our bi-weekly lunch outings. This month residents enjoyed Red Dragon Chinese, Denny’s and Pete’s Fish and Chips!

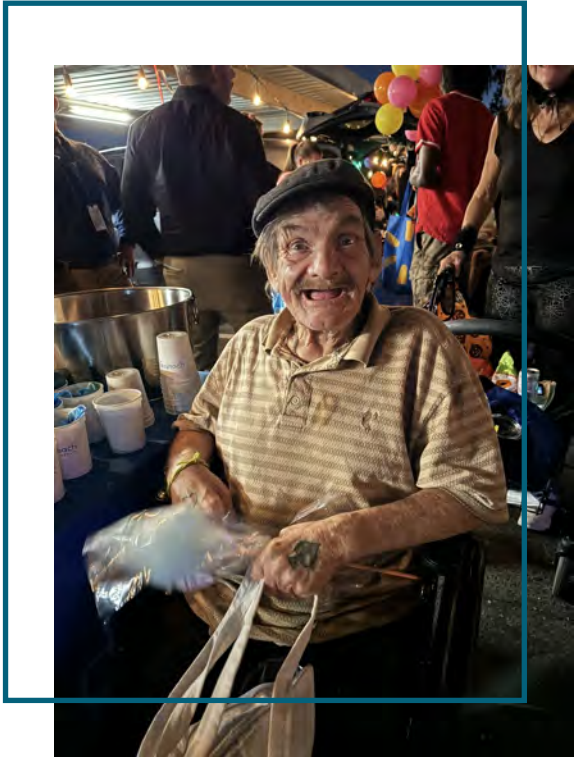
We had two movie outings this month. Earlier in the month we attended a Halloween movie at the theater. Towards the end of the month residents went to a movie in the park where they watched ‘Inside Out 2’. We are grateful that Mesa’s ‘Out to Lunch Concert Series’ has started back up. We enjoyed a beautiful afternoon outside rocking out to our favorite 70’s classics.

Additionally, we made a long overdue trip to the Arizona fair where residents enjoyed fry bread and caramel apples! We also had the opportunity to attend the Indigena event at Tempe Center for the Arts where we celebrated Latin American culture.

We already have a full schedule for this upcoming month. Residents are looking forward to lunch outings to McDonalds and Florindino’s. We are planning a picnic in the park as well a volunteer opportunity to ‘Feed My Starving Children’. We can’t wait to share with you all we have planned in next month’s issue.

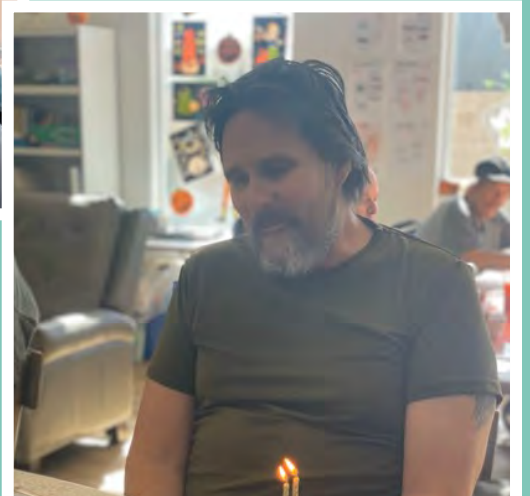
Inside the issue

News/Updates.....	1
Happy Birthday.....	2
Lunch Outings.....	3
Movies.....	4
Concert/Indigena.....	5
Arizona State Fair.....	6
Trunk or Treat.....	7
Bonus Pictures.....	8
Groups.....	9



HOT DIGGITY DOG

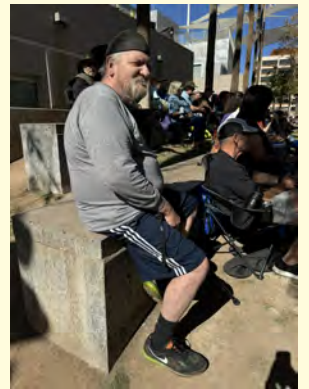
It's your birthday!



OUT TO LUNCH





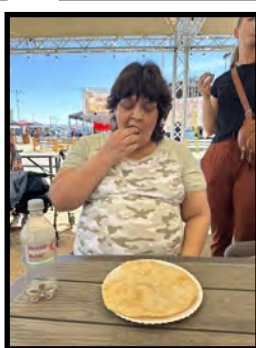
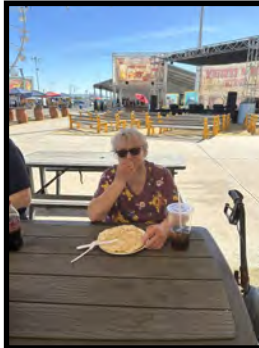


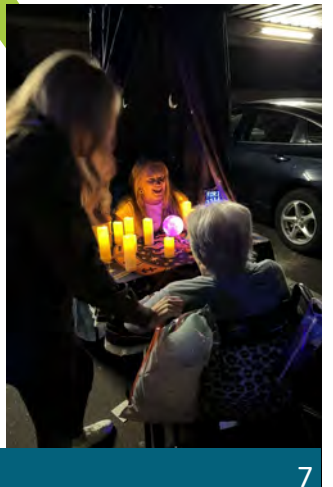
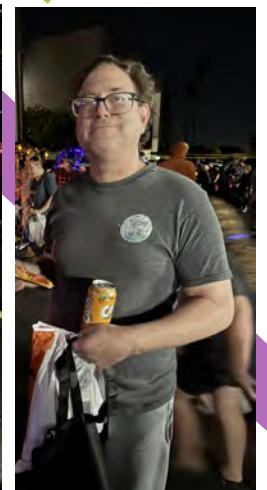
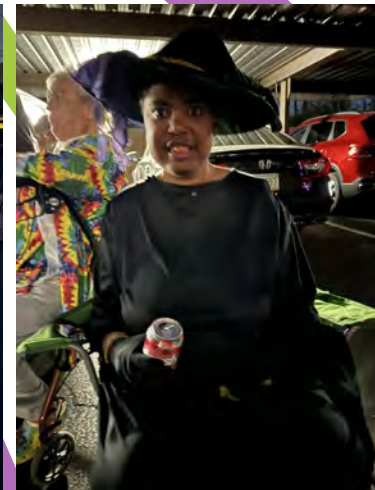
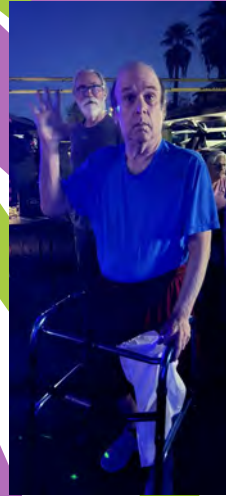
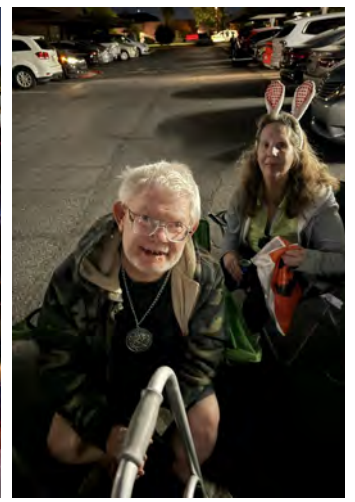
OUT TO LUNCH CONCERT SERIES



2024 ARIZONA STATE FAIR

SEP 27 - OCT 27 11AM-8PM







Groups

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

1. Music Sessions

Did you know we have several musicians here at Blue Sky? We have been taking trips to the music center to rock out in this fun group.

2. Wave of Anxiety

Residents learned about the 'wave of anxiety' as well as helpful tips to diminish the peak in one of our weekly therapeutic groups.

3. Voting

Several residents cast their ballots for this upcoming election to ensure their voices are heard.

4. Take 5 Breathing

In this therapeutic group residents created their 'Take 5' breathing projects to practice mindfulness breathing.

5. Bingo

A weekly favorite at Blue Sky, residents love playing Bingo to earn Blue Sky Bucks.

