

Blue Sky Behavioral

July 2023
Volume 8, Issue 8

July News

Welcome August! Seems like summer is always a time for celebration at Blue Sky—we had five birthdays last month and five more this month! Residents enjoy picking out their favorite type of cake and throwing a party for the house.

We started off this month with a fun-filled 4th of July Celebration. Residents enjoyed a cookout with hotdogs and hamburgers and then headed outside where they got to eat red, white and blue popsicles while watching the fireworks show!

Residents had so much fun shopping at the 99 Cent Store that we had to make another trip back again this month where we took 2 vans full of residents to enjoy the morning out shopping.

We explored another fun museum—The Tempe History Museum, which is one of our new favorites. There were a lot of interactive exhibits including a theater stage, a mini ASU football field and a fruit truck.

What better way to beat the heat than an Ice Cream Social? Residents attended an Ice Cream Social at the Scottsdale Senior Center—they enjoyed making their own custom ice cream treats and listening to the live music.

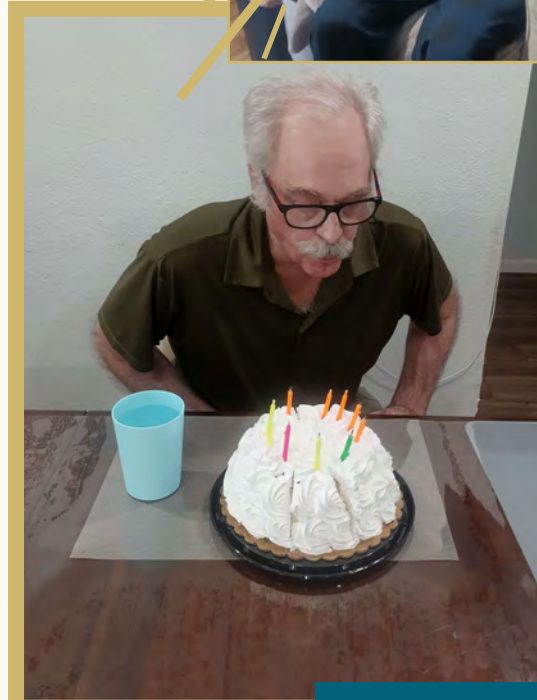
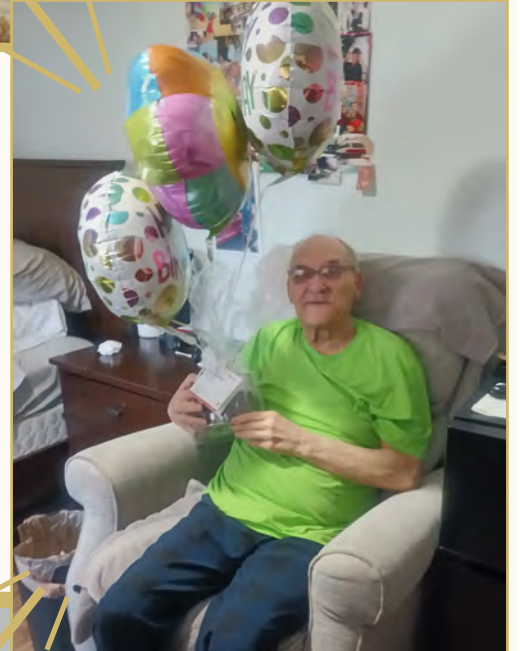
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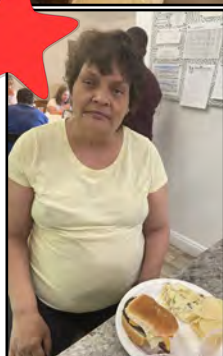
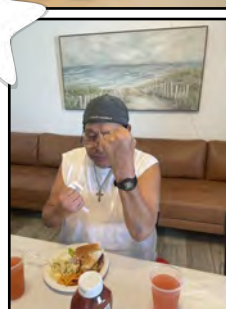
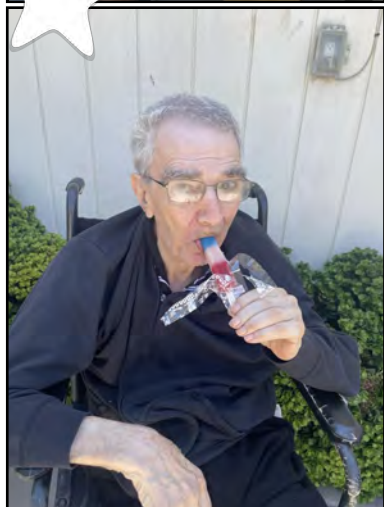


Happy Birthday

WISH YOU ALL THE BEST!



4th of JULY



Ice Cream

At Scottsdale Senior Center

Social



TEMPE HISTORY MUSEUM



WHATS NEW?



Residents have enjoyed attending Sunday Church services at Antioch Community Church.



We keep our houses stocked with drawing supplies—here a resident demonstrates his talent of drawing and designing boats!

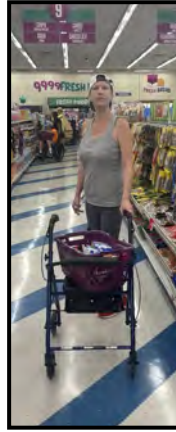
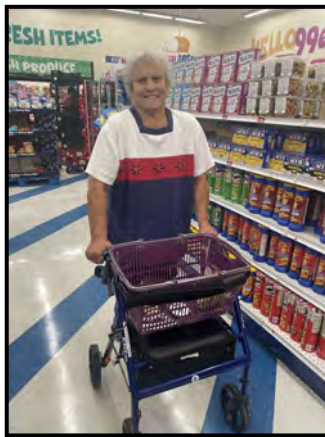


We try to visit the library at least once a month—we alternate between Dobson Ranch and the Downtown Mesa library.



Residents had a great time learning about, and creating, one of a kind caterpillars!

99¢ only STORES®



Groups

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

1. Therapeutic Groups

Each week residents focus on a different topic for therapeutic groups. This month we discussed anger management, hand washing, the dangers of added sugars and journaling.

2. Jewelry Making

Combining fine motor skills and creative thinking, this activity is not only enjoyable but great for your brain.

3. Bowling

Strike! Indoor bowling is a great way to stay active during these hot months.

4. Painting

Whether we are painting canvases, paper or statues we sure know how to make a masterpiece, while also making a mess at the dining table!

5. Today in History

Each morning residents attend 'Today in History' where we discuss famous events that happened today in history and also read about a celebrity birthday. It's a great way to orient us to the date before starting our day.

