

# Blue Sky Behavioral

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## News and Updates

Happy June! We hope you all are staying cool and enjoying the start of summer - we sure are! Residents enjoyed celebrating all our dads on Fathers Day and several resident and staff Birthdays this month.

As always, we had a blast at several restaurant outings this month including Cracker Barrel, Florindino's and Chinese. Next month we are looking forward to pizza and Golden Corral outings - yum!

We had a great time at the movies this month - all 3 houses made trips to the movies to beat the heat, but most importantly, to snack on popcorn and soda!

Each month residents vote on where to take our shopping trip. This month, Goodwill won. Residents enjoyed hunting for items and getting bargain deals.

Residents had the opportunity to see Wildman Phil at the Mesa library where they learned about unique animals and even got to see some of these unique specimens up close and personal.

We finished out the month with a trip to the casino. Some residents came back with a few extra bucks in their pockets, but everyone had a great time. We look forward to sharing with you our adventures for next month!

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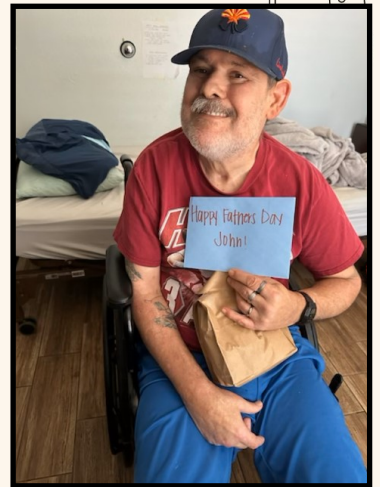
**HAPPY  
BIRTHDAY!**



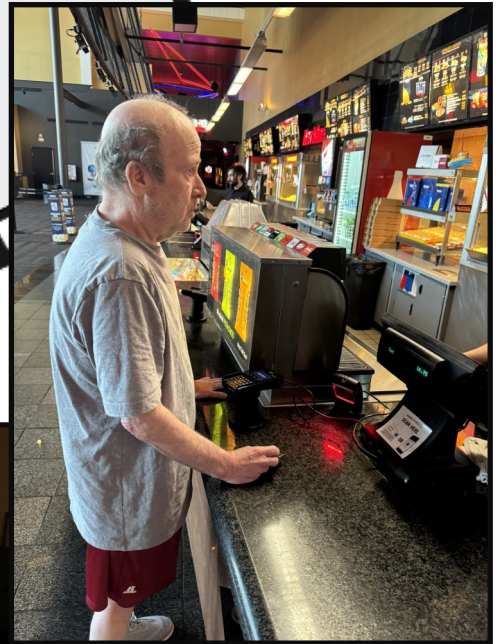


# HAPPY Father's DAY

We celebrate all the incredible fathers and father figures who fill our lives with love.













# Let's do Lunch



At our Chandler homes, residents earn 'Blue Sky Bucks' for attending groups, exercising and completing various household chores. Blue Sky Bucks can be spent in many ways including Friday lunches. Residents can cash in 50 Blue Sky Bucks for lunch on the house. Blue Sky treats residents to a fun-filled lunch in the community with good food and good friends. We rotate our favorite restaurants, often trying new ones. This month we enjoyed Chinese at Red Dragon and Italian at Florindino's. Yum!

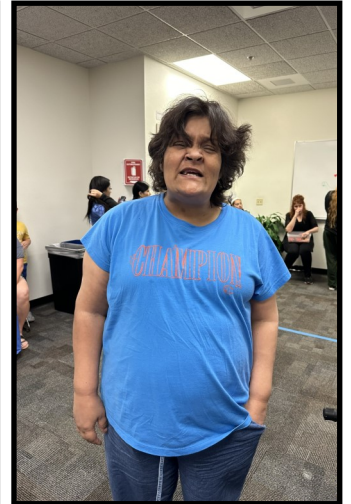
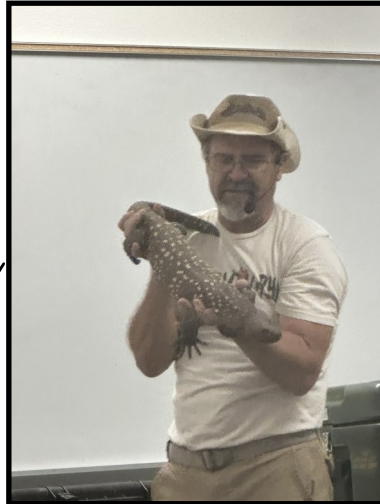






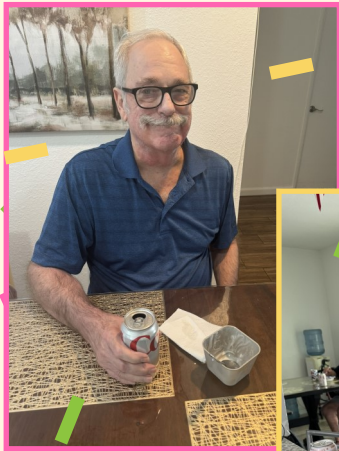
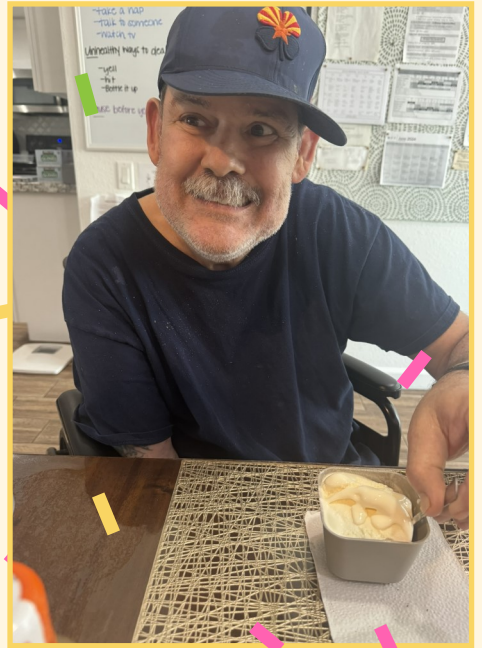
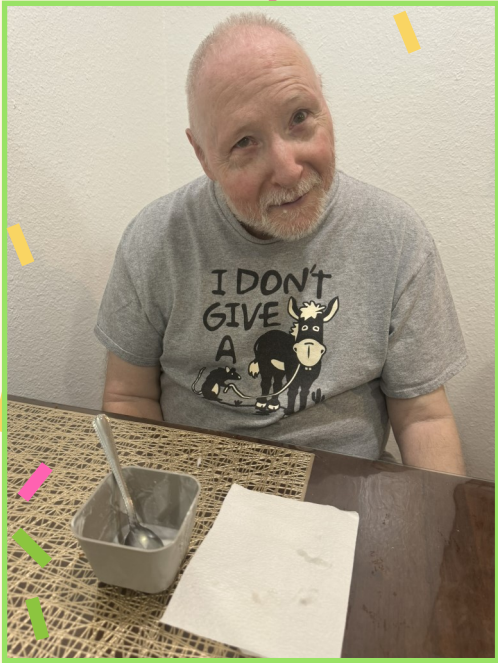
# WILDMAN Phil

Residents had the joy of spending an afternoon with 'Wildman Phil', a comedian and animal lover. Wildman Phil has been featured on the Discovery Channel and the Conan O'Brien show! We learned about many different types of native Arizonian reptiles, and other creepy crawlers. We enjoyed looking at all the unique animals he brought with him. Thanks, Wildman Phil!





# ICE CREAM SOCIAL









# Groups

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

## 1. Rock Painting

Residents enjoyed a relaxing painting afternoon where they created unique rocks to add to our home garden.

## 2. Anger Management

Our therapeutic groups this month focused on anger management. We learned how to communicate in conflict and healthy ways to cope with anger.

## 3. Ziploc Painting

A mess-free way to create beautiful art pieces, residents enjoyed this crafting class.

## 4. Exercise Groups

Residents enjoy their daily exercise classes where they can get a workout in, while staying cool in the air conditioning!

## 5. Balloon Volleyball

Who knew we had so many athletes at Blue Sky! Residents bumped, set and spiked their way through the games.

