

Blue Sky Group Homes

May 2026
Volume 11, Issue 5

News and Updates

April brought another fun and active month here at Blue Sky, filled with outings, celebrations, and time spent together in the community. Residents enjoyed going out to eat at local restaurants, visiting farms, attending movie outings, and participating in Easter activities throughout the month. We also celebrated resident birthdays with food, decorations, and special moments shared together.

With a beautiful weather, residents spent more time outdoors gardening and participating in regular exercises and wellness activities to support both physical and mental health. One of the highlights this month was a visit to Goldfield Ghost Town near the historic Lost Dutchman area in Apache Junction, where residents explored local history, scenery, and shops while enjoying time in the community.

The homes continued staying active with daily activities including games, crafts, social groups, outdoor walks, and relaxation activities that encouraged connection and personal growth.

Be sure to check out the rest of our monthly newsletter for even more highlights and memorable moments from April at Blue Sky.

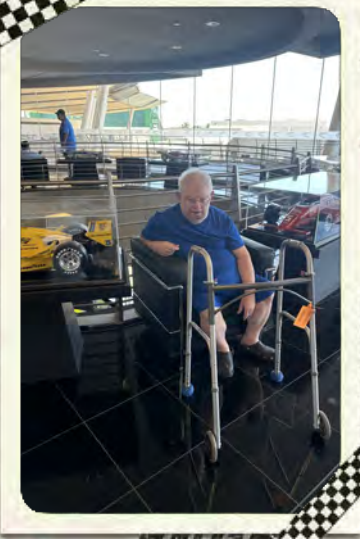
Inside the issue

News/Updates.....	1
Goldfield Ghost Town.....	2
Easter Activities.....	3
Penske Racing Museum.....	4
Therapy Ranch.....	5
Activities at Home.....	6
Movie nights.....	7
April Birthdays.....	8
Groups.....	10

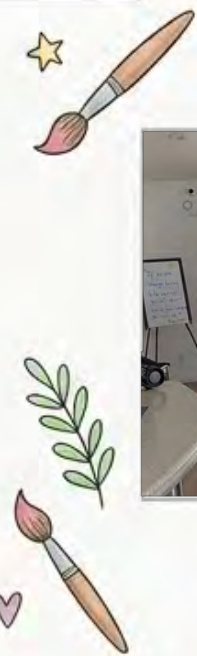
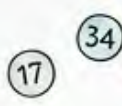
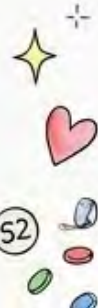
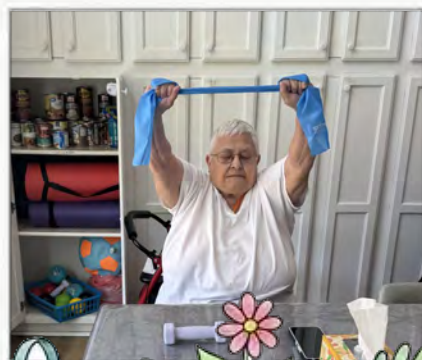
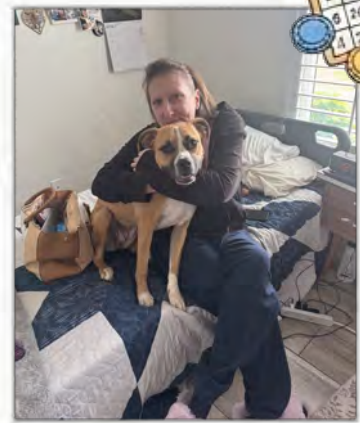
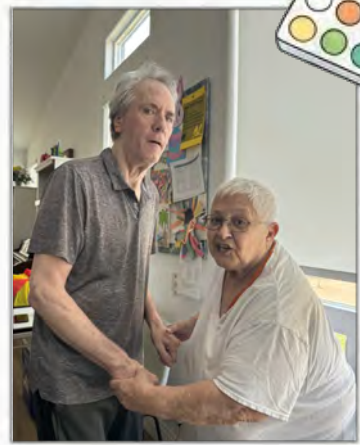




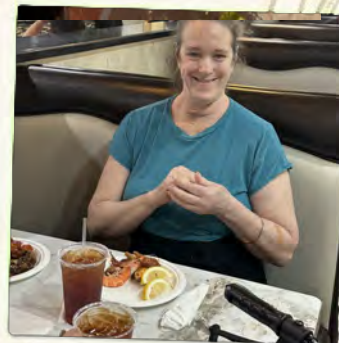
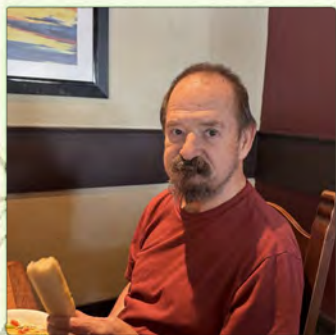














Groups

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

1. Stress Balls

In this group residents created their own stress balls while learning healthy coping skills and how stress affects the mind and body. Residents practiced simple techniques to manage stress in positive ways.

2. Stress Management Skills

This month residents learned stress management skills to cope with everyday challenges. The group focused on identifying stressors, building healthy habits, and practicing calming techniques.

3. Yoga & deep Breathing

Residents participated in a yoga and deep breathing group focused on relaxation and mindfulness. Through stretching and breathing exercises, residents practiced ways to reduce stress and improve focus.

4. Exercise for stress

In this group residents learned how exercise can reduce stress and improve physical and mental health. Residents discussed simple ways to stay active and participated in light movement activities.

5. Emotions Wheel

This month residents explored the emotions wheel to better identify and express their feelings. The group encouraged self-awareness, healthy communication, and emotional understanding.

