

Blue Sky Group Homes

January 2026
Volume 11, Issue 1

News and Updates

Happy 2026! We hope your year is off to a great start—it certainly is over here at Blue Sky. We spent the last month of 2025 celebrating the holiday season, and enjoying this beautiful weather, with lots of fun activities and outings.

Residents enjoyed a trip to the Phoenix Zoo where we visited all our favorite animals including the giraffes and cheetahs. We took it all in in style while riding around the zoo aboard the safari cruiser!

We took in the holiday season with several festive events and activities including cookie decorating, looking at Christmas lights, Christmas plays and Christmas parties at the homes.

At Feed My Starving Children, residents were able to give back this holiday season by donating their time to package meals for children in need all across the globe.

Other fun events this month included a trip to the Arizona Museum of Natural History, a movie outing and another visit to our favorite horse farm to visit all the animals, including a baby zebra!

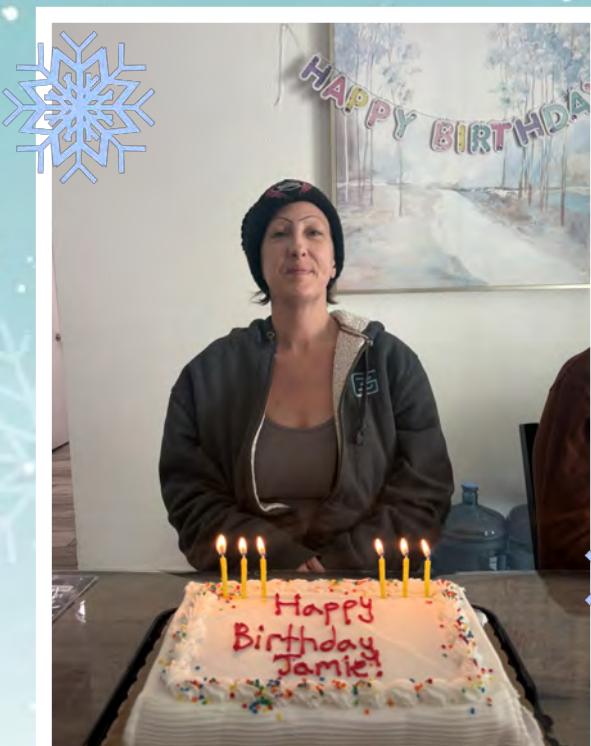
We are already getting 2026 rolling with fun events and activities. We can't wait to share all the fun things we have in store this year—so please stay tuned for our monthly newsletters!

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Happy BIRTHDAY

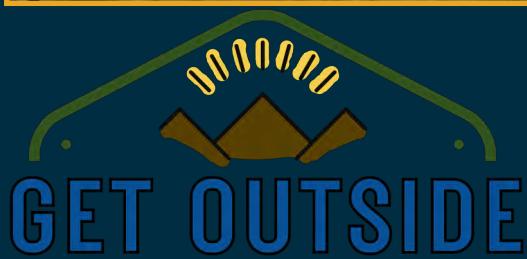
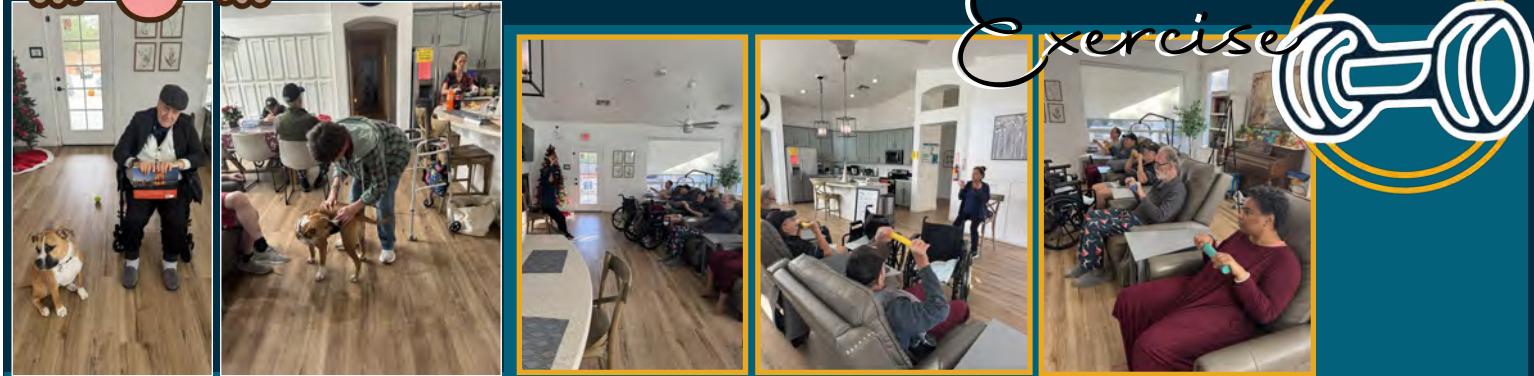


phoenixzoo

ARIZONA CENTER for NATURE CONSERVATION



DOG VISITS



WOOD WORK





Cookie Decorating



OUT TO QUNCH



12/16/25
Session 2 - 2 Hours
Boxes: 207
Meals: 44,712
Kids fed a daily meal for a year: 123
Cost: \$12,966.48



FEED MY
STARVING
CHILDREN



CHRISTMAS LIGHTS



Merry Christmas



CHRISTMAS

Residents enjoyed a *Play* magical night watching a Christmas performance at Dream City church with live music, dancing and animals.





Groups

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

1. Self-Esteem Snow Globes

This month, therapeutic groups focused on self-esteem—the benefits of having a high self-esteem and ways to improve it. In this activity, residents made a snow globe consisting of personal attributes.

2. Light Up The Room

Residents continued practicing self-esteem in this group, with the help of peers. Residents listed out qualities they admire in their housemates and created a self-esteem light strand.

3. Self-Esteem Wreaths

We continued our work on self-esteem by highlighting personal strengths and adding them onto personal Christmas wreaths to display.

4. Self-Esteem Benefits

In this educational group, residents discovered the health benefits of high self-esteem including lower risk factors for depression and other illnesses.

5. New Years Resolutions

We wrapped up the year by learning about goals and how to set them. Residents created personal 2026 resolutions to focus on as we roll into the new year!



1.



2.



3.



4.



5.