

Blue Sky Behavioral

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News and Updates

Happy April! We had a great time this month celebrating St. Patrick's Day and attending a lot of fun events in the community.

Residents had a great time playing Bingo at the community center for fun prizes. As always, residents enjoyed spending their time (and money!) on our monthly shopping trips which including outings to Walmart and Ross.

Lunch outings were tasty this month with packed trips to Nando's Mexican Café, Golden Corral and McDonalds. We continue to have many fun groups and activities at the houses such as visits from our favorite therapy dog, Henry, basketball games and arts and craft classes.

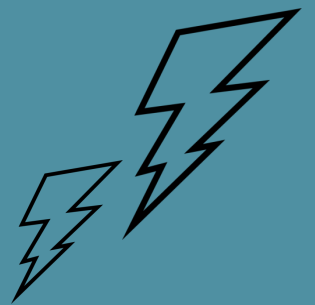
There were also a lot of exciting community events happening this month that we had the pleasure of attending such as a Saturday at the Asian Festival where we learned about the Asian culture, foods and art. We enjoyed a night out watching Moana 2 outside as part of Chandler's 'Moonlight Movies' event. We had so much fun at the Pow Wow in February that we decided to attend another in March.

We are already rolling into fun events for April including the I.D.E.A Museum, Global Village Fest, the Rose Garden at MCC, Easter celebrations and a tour of the Queen Creek Olive Mill.

Inside the issue

News/Updates.....	1
Happy Birthday.....	2
St. Patrick's Day/Bingo.....	3
Shopping.....	4
Lunch Outings.....	5
Movies/Pow Wow.....	6
Asian Festival/Dog Visits.....	7
Craft Class/Basketball.....	8
Groups.....	9





ST. PATRICK'S DAY







OUT TO LUNCH





Westwood High SOCIAL POW WOW



ASIAN FESTIVAL



HENRY
Visits

THAT'S SO CRAFTY



LET'S HOOP



Groups

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

1. Showering Skills

Therapeutic groups for our Chandler homes focused on hygiene skills this month. In this showering skills group residents sequenced proper showering steps.

2. Exercise Class

We exercise daily at each home. Residents are encouraged to participate in indoor exercise classes and outdoor walks.

3. Stress Management

Our Vista home discussed important stress management skills in therapeutic group this month.

4. Oral Care

In this group residents discussed the importance of proper oral care and put their brushing skills to test in this hands-on activity.

5. Nature

The benefits of nature are endless which is why we try to get outside daily for nature walks or to tend to the gardens at each home.

