

Blue Sky Behavioral

January 2025
Volume 10, Issue 1

News and Updates

Welcome 2025! We can't believe it's already the New Year; this holiday season flew by fast. Residents were able to celebrate the season with lots of fun activities and outings this past month.

Although we always take a monthly shopping trip, this month we went to the mall where residents enjoyed shopping for gifts...and maybe a thing or two for themselves! We had a blast at two museum outings this month - the Chandler Museum and the Superstition Mountain Museum.

We took our annual trip to see Christmas lights where residents enjoyed sipping hot chocolate while taking in all the beautiful lights. We also went on a trip to the Mesa Temple lights which were beautiful as well.

Several of the residents partook in our annual resident gift exchange where they were a 'secret Santa' for a peer. It was fun to see the creative gifts they picked out for each other.

Residents also enjoyed trips to a car show, Christmas light parade and a horse event. We are excited to slow down a bit this month, but still have lots of great activities planned.

Wishing you all a Happy New Year!

Inside the issue

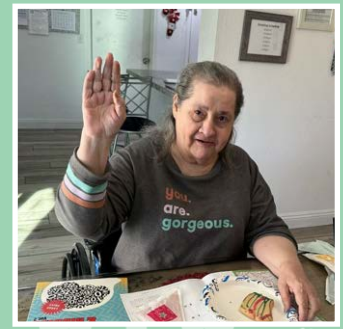
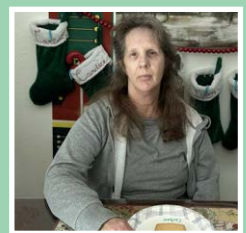
News/Updates.....	1
Happy Birthday.....	2
Merry Christmas.....	3
Shopping/Exercise.....	4
Museums.....	5
Christmas Lights.....	6
Out to Eat.....	7
Painting.....	8
Bonus Pictures.....	9
Groups.....	10



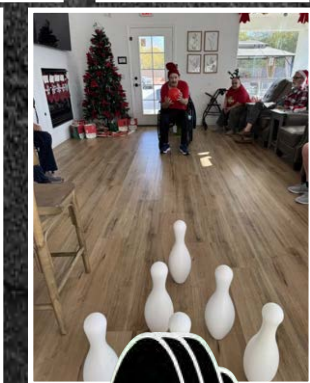
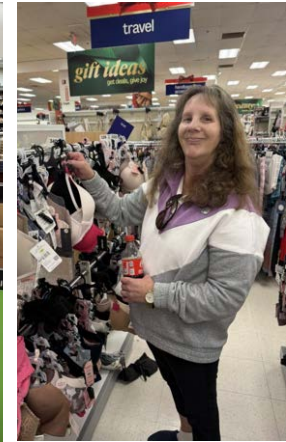
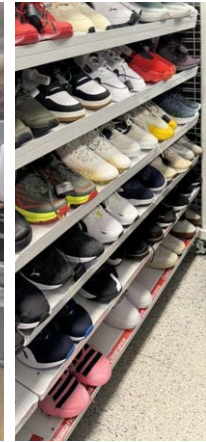
HAPPY BIRTHDAY!



Merry CHRISTMAS

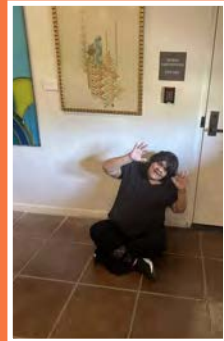


SHOPPING TRIPS

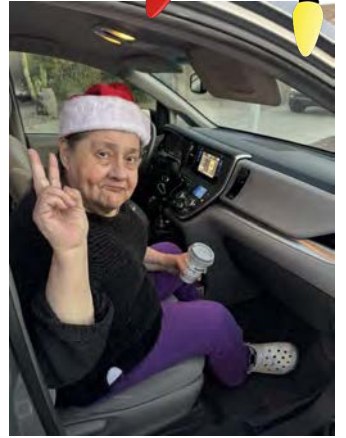




MUSEUM TRIPS



CHRISTMAS LIGHTS



DINER

19
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OUT TO LUNCH



PAINTING CLASS



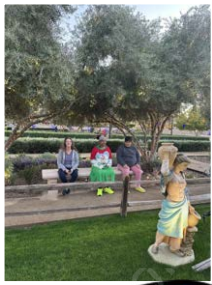
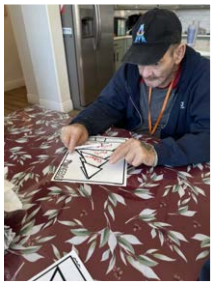
MORE FUN



Nice!



like



Cool!



Best!



OMG!



Groups

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

1. Hierarchy of Needs

Residents learned about Maslow's hierarchy of needs during this Christmas themed therapy group.

2. Christmas Decorating

We blasted the Christmas tunes and has a great time decorating the houses for the holiday season.

3. Caring About Others

Therapeutic groups this month focused on the topic of empathy. Residents reviewed their empathetic strengths and weaknesses during this activity.

4. Empathetic Sorting

Putting their knowledge to practice, residents enjoyed this hands-on activity where they sorted real life scenarios with empathetic responses.

5. Pictionary

We love a good game here at Blue Sky! Residents had a great time during this game of Pictionary.

