

Blue Sky Group Homes

February 2026
Volume 11, Issue 2

News and Updates

2026 is off to great start over here at Blue Sky! Therapeutic groups this month have residents focusing on their goals and their New Years Resolutions which are kicking us off to a motivated start to the New Year.

We enjoyed a lot of fun outings already this year including trips to the senior center, outdoor concerts, festivals, the movies, our favorite horse farm and more!

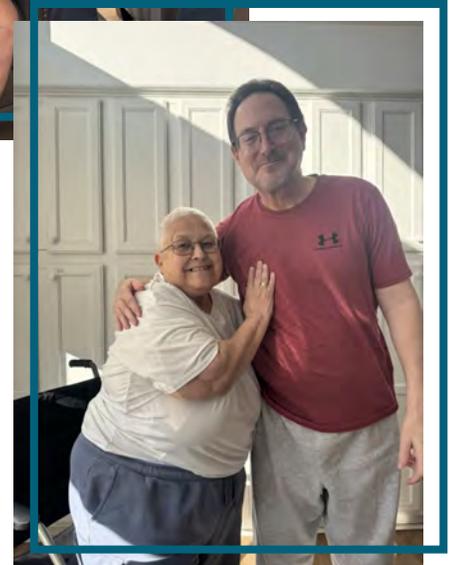
Residents continue to look forward to weekly visits from our favorite four-legged visitors. Brady, Rue, Sierra and Henry are just some of the friendly dogs stopping by routinely to brighten residents days through tail wags and kisses!

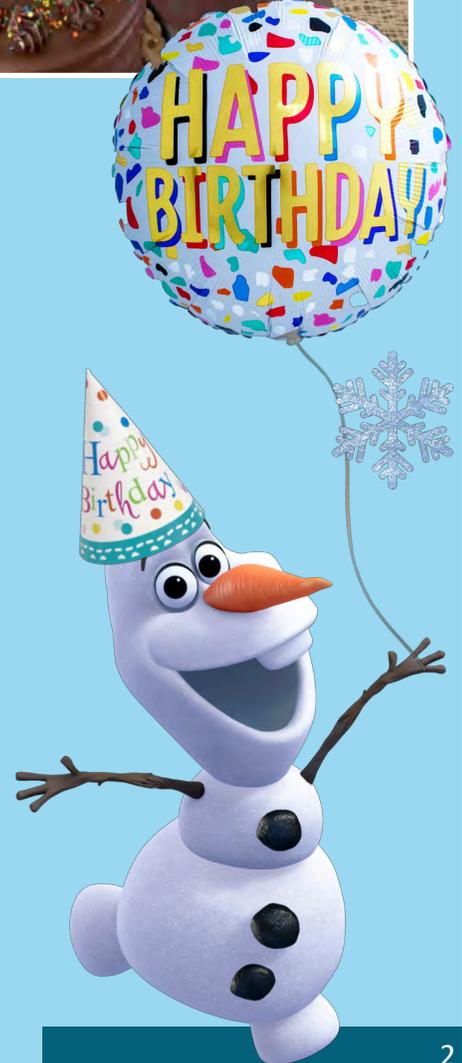
The homes are always bustling with many activities, and this month was no different. Residents enjoyed arts and crafts classes, indoor exercise, including volleyball and games, including Uno and Jenga. Residents are encouraged to decrease isolation and promote healthy social skills through scheduled outings and activities.

February is already booked up with fun events for Blue Sky residents including a Mardi Gras Festival, an Astronomy night show and a trip to the Air Force Museum. We can't wait to share these events with you in next month's newsletter!

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LIVE MUSIC

DOG VISITS



SHOPPING



EXERCISE



let's CRAFT



OUTDOOR TIME



JEWELRYMAKING



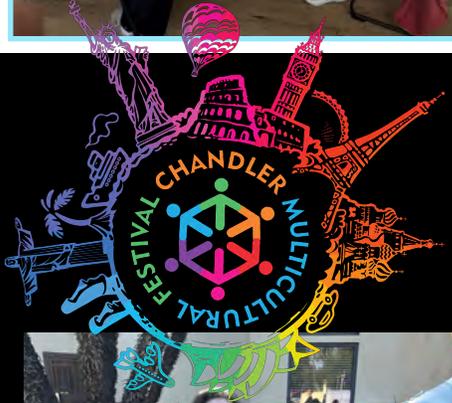
OUT TO LUNCH





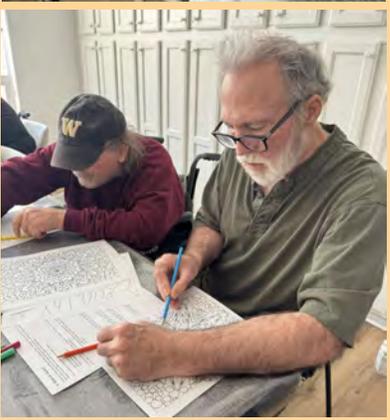


GAME! TIME!





BONUS PICS



Groups

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

1. Intro to Goal Setting

Therapeutic groups focused on goal-setting this month. In this group residents learned about the power of setting goals.

2. Values Discovery

Residents explored their personal values in this group which helped them to formulate meaningful goals later in the month.

3. Vision Boards

Using their creative sides, residents made custom vision boards to follow their goals all year long!

4. SMART Goals

To set effective goals, residents discussed SMART goals and used this technique to make their 2026 goals.

5. Mindfulness

Residents discussed various ways to practice mindfulness, including adult coloring, which was practiced in this end-of-the month group.

