

Blue Sky Behavioral
April 2021
Volume 6, Issue 4

Blue Sky News



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March News

Usually March is one of our busiest month as there are so many activities out in the community. While events are still minimal we have been celebrating and doing activities outdoors. We have received our vaccines and are looking forward to doing a few more outings, gradually while still being cautious.

This month we have been gardening, exploring the Riparian Preserve, Barbequing, as well as doing learning groups and focusing on positive thinking. Enjoy a few pictures of our activities from March.



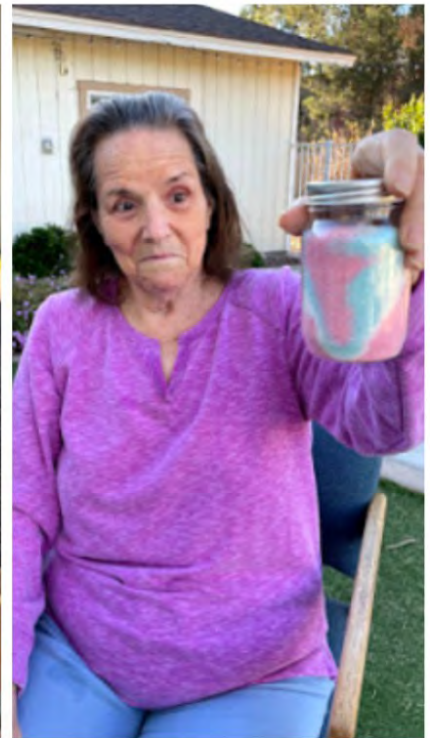
Garden



Gilbert Riparian Preserve



Sand Art

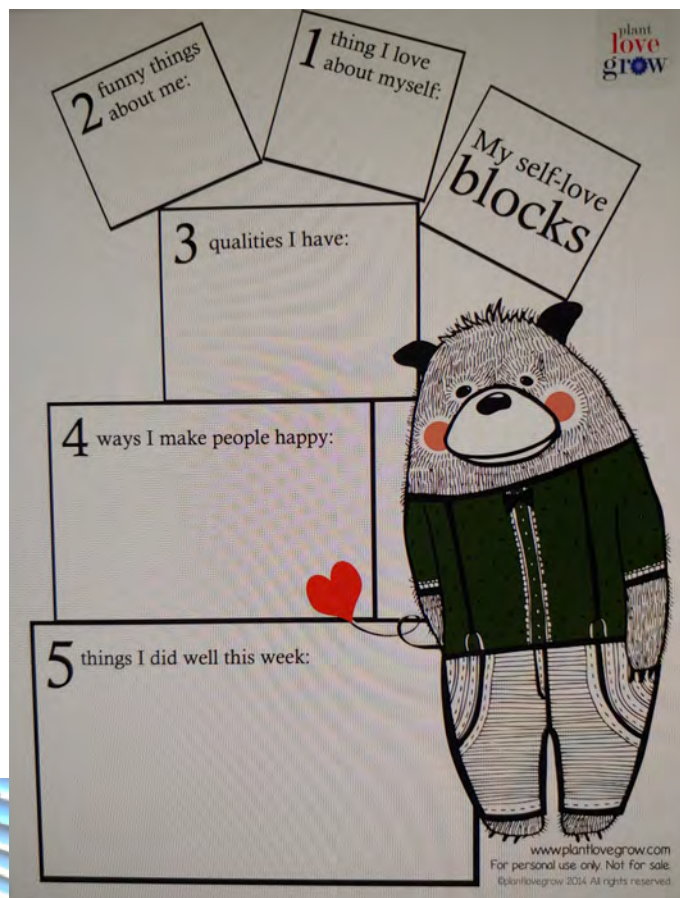


BBQ



GROUPS

This month we have been focusing on Self-Love and positive thinking. We have done activities on coping skills and how positive thinking can help us. Since the weather is so nice we have done activities doing mindfulness outdoors and going on walks. We have also played Bingo, board games and tried an activity called, "What do you Meme." We have continued to do "this day in history," a couple times a week and have learned about interesting events. For spring and St Patrick's day we have did some activities with coloring and word searches.



THIS DAY IN HISTORY

MARCH 28

ON THIS DAY

- 1854 Britain and France declare war on Russia during the Crimean War.
- 1910 The first seaplane in history takes off.
- 1916 First performance of William Blake's poem *And did those feet in ancient time* with music composed by Sir Hubert Parry. Now known now as "Jerusalem", it is considered an English anthem.
- 1920 Turkish cities Constantinople & Angora change their names to Istanbul & Ankara.
- 1963 Alfred Hitchcock's movie *The Birds* is released. The film about a swarm of birds wreaking havoc in Bodega Bay, California has become a classic of the horror movie genre.
- 1981 49th Academy Awards: Rocky wins Best Picture, Peter Finch and Faye Dunaway wins Best Actor and Best Actress respectively for *Network*.
- 1981 #1 Hit: Blondie - *Rapture*
- 2017 World's largest dinosaur footprint - 1.7 metres - is found in Kimberley, Western Australia.

HAPPY BIRTHDAY

Michael Parkinson
Broadcaster & Journalist

BORN March 28th, 1935
NATIONALITY English

Sir Michael Parkinson is an English broadcaster, journalist and author. He presented his television talk show, *Parkinson*, from 1971 to 1982 and from 1998 to 2007, as well as other talk shows and programmes both in the UK and internationally.

He left at the age of 16 and his ambition of becoming a professional cricketer was dashed when he was rejected by Yorkshire County Cricket Club. He turned to journalism.

In 1971 the BBC decided to give the still relatively young broadcaster his own evening chat show, *Parkinson*. With his working-class accent, he was a breath of fresh air and over the next 11 years he interviewed many of the leading celebrities of the time. He became one of the best-known faces on television.

He is married with 3 children.

LETTER SCRAMBLE

EARRFRJ _____ Car Make
DRPAA _____ Fashion Label
UADQRHII _____ Cocktail

When in doubt, mumble.

There's no way you can create a chemistry where none exists.
- Michael Parkinson

