

# Blue Sky Behavioral

April 2023  
Volume 8, Issue 5

## April News

We had a fun and relaxing month at Blue Sky. We were fortunate to get out of the house a good amount for outings as we know the blistering summer heat is right around the corner.

We started off the month with a trip to the casino. Several residents were big winners tripling their money! Residents have been asking to go to the library often so we made a special trip to the main Mesa library to check out their seed garden and pick up a few books.

A big hit this month was the Senior Extravaganza event. We headed to downtown Scottsdale to the Performing Arts Center where we enjoyed live pianists, dancers, singer and more!

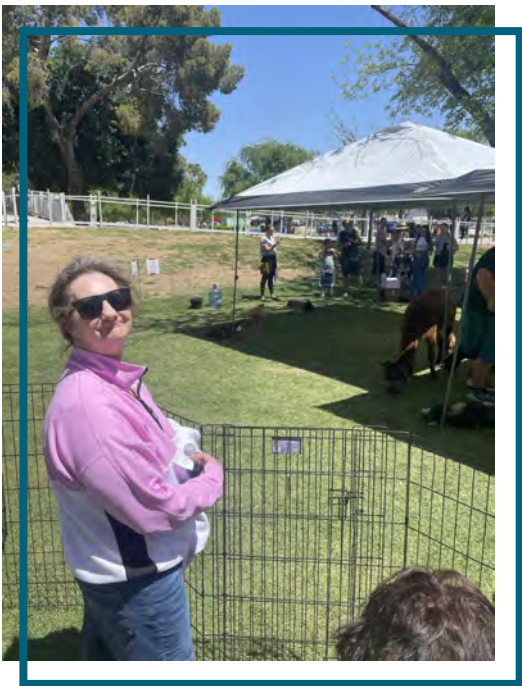
Another fun outing this month was the Spring Fling Festival in Mesa. We enjoyed lunch at the park and had a great time playing with the animals in the petting zoo.

Residents get to cash in their 'Blue Sky Bucks' for lunch on Fridays. We treated ourselves to lunch at IHOP this month and residents are already asking to go back!

As the weather heats up we will be moving a lot of activities indoors for safety reasons. But don't worry, we have plenty of fun things up our sleeves for the summer including an upcoming cookout and trip to the movies!

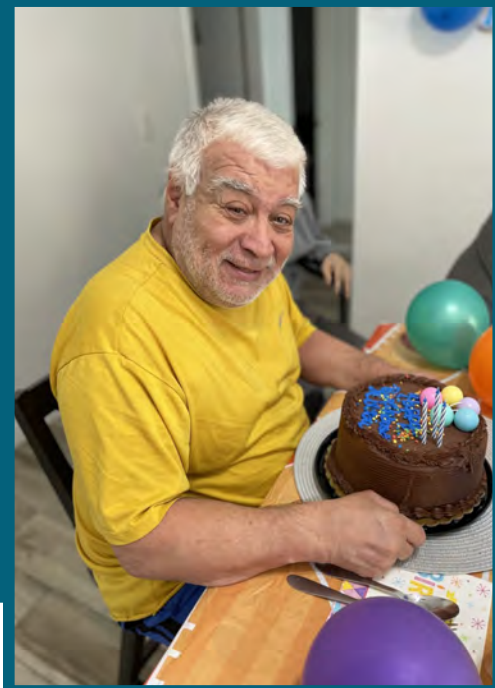
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# HIP HIP HOORAY!

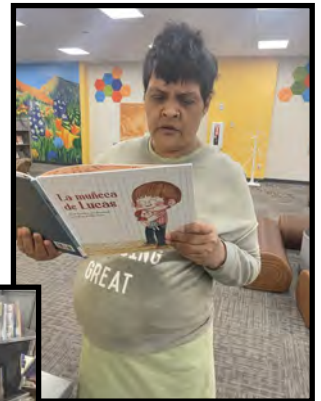
*It's your Birthday*



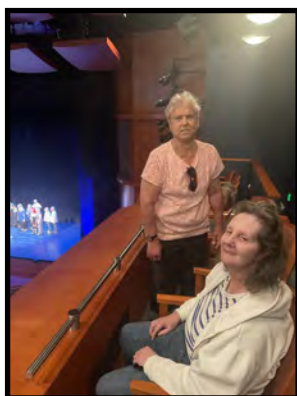
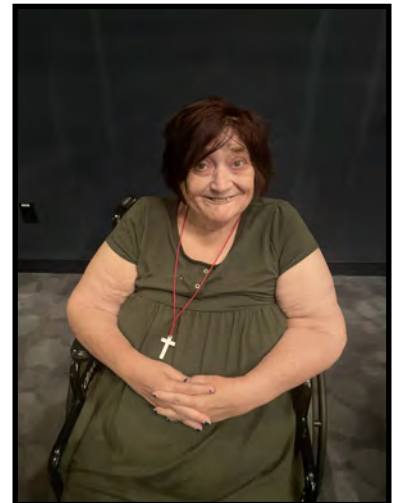


# MESA PUBLIC Library

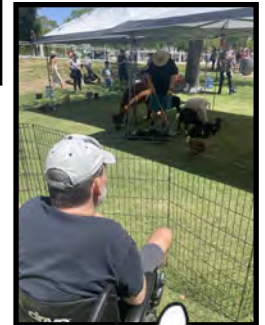
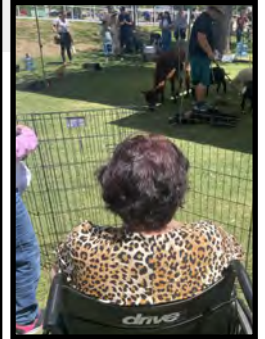
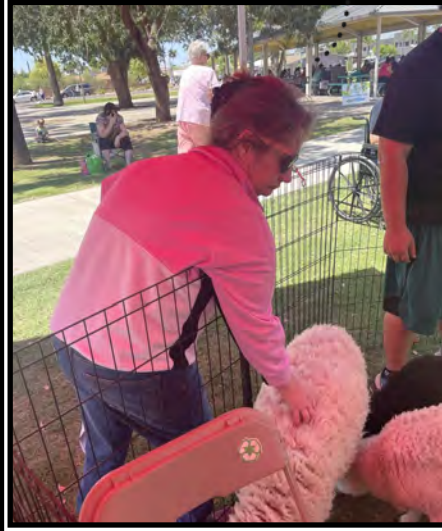
If you haven't checked out the Seed Library you are missing out! We picked out several seeds that we have already germinated and added to our outdoor gardens.



## ENTERTAINMENT EXTRAVAGANZA AT THE SCOTTSDALE PERFORMING ARTS CENTER

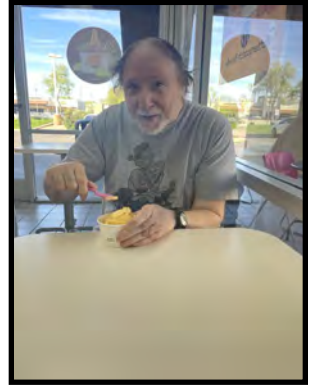


# Mesa's SPRING FLING

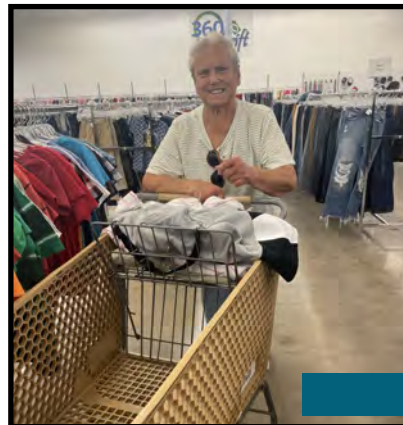


# IHop





## THRIFT STORE *Outing*



# Groups

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

## 1. Spring Arts & Crafts

Residents painted these beautiful wooden signs to get the home ready for spring.

## 2. Easter Egg Dying

Residents enjoyed many Easter crafts this month including dying Easter eggs. I'm not sure if we had more fun painting or eating them!

## 3. Gardening

We spent a lot of time outdoors this month ensuring our garden is ready to go before the summer heat rolls in.

## 4. Rock Painting

As we continue decorating our beautiful outdoor area at the Vista house, residents used their creative side to make beautiful hand painted rocks.

## 5. Cooking Class

This month residents requested salsa and guacamole for their cooking class. We used herbs from our garden to create this delicious snack.

