

Blue Sky Behavioral

September 2023
Volume 8, Issue 9

August News

Welcome September! We are excited for fall to be coming in with the promise of cooler weather. Residents met with staff this week and planned out their activity schedules for the rest of the year which include many outdoor events!

We kicked off the month with a trip to the casino. Residents loved pushing their luck on the slot machines, but probably enjoyed the free sodas even more! We had a few winners this month with one resident winning over \$100!

We had a packed van for our outing to Organ Stop Pizza. Residents enjoyed pizza while listening to the live organ player. For many, this was their first trip to Organ Stop and they are excited to return.

Another fun outing this month was our ladies day to the Empire Salon. Our ladies had a relaxing day of pampering and enjoyed getting pedicures, manicures and hair cuts and coloring.

Additionally residents attended shopping outings to Walmart, a movie trip and a trip back to the Chandler Museum.

September is the start of our Blue Sky fitness challenge. Residents will be working with an exercise company three days per week and learning healthy life skills during therapeutic groups. The residents who reach their goals will win prizes and a celebration event!

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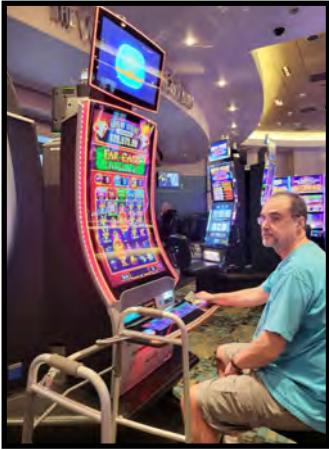
Happy Birthday

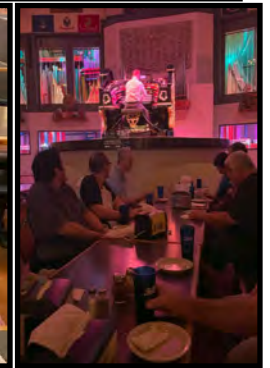


Walmart+



CASINO OUTING





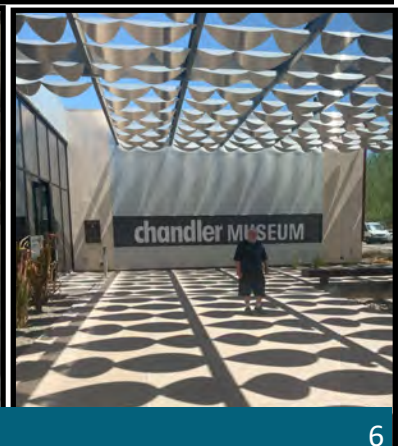
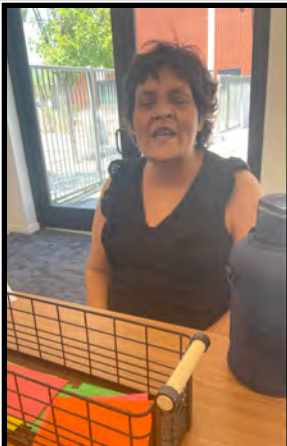
Ladies Spa Day



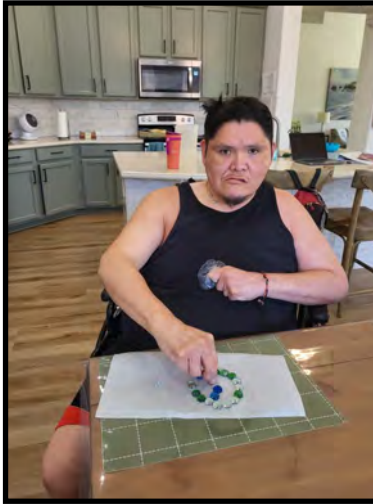
MOVIE OUTING



chandler MUSEUM



Arts & Crafts



Groups

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

1. Positive Affirmations

One of our therapeutic groups this month focused on positive affirmations. Residents completed an image using positive affirmations about themselves.

2. Exercise

As we patiently await for cooler weather we keep busy with indoor exercise classes and sneak outside anytime the weather permits.

3. Bingo

An always popular activity, Bingo is made even better when we offer some awesome prizes for our winners.

4. Stress Management

Another therapeutic group this month focused on stress management. Residents wrote their stressors on balloons and we demonstrated how it is impossible to juggle them all without using resources.

5. Jenga

It's not all work and no play over at Blue Sky. Residents love a variety of games including Jenga!

