

Blue Sky Behavioral

January 2023
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December News

We hope everyone had a wonderful Christmas and New Years, we know we certainly did here at Blue Sky. Once again, we seemed to be on the move every day this month and residents got to enjoy many outings into the community.

We made a trip up to Dream City Church to watch their annual Celebration of Christmas play. We sipped hot cocoa while watching the wonderful performance which included live camels and horses!

Blue Sky continues to be the good luck charm for Phoenix sports teams—we cheered on the Arizona Coyotes to a 5-4 victory over the New York Islanders earlier this month.

Residents were able to cash in their Blue Sky Bucks for a trip to Golden Corral and they certainly tested the meaning of an 'all-you-can-eat' buffet.

We were lucky to have several musical performances this month including Christmas carolers, harpists and pianists which kept us singing along. After packing the vans full of eager residents, accompanied with their hot chocolates, we had a blast driving through the Illumination event to see a spectacular Christmas light show.

What a great month we had! Stay tuned for what we have in store for the New Year!

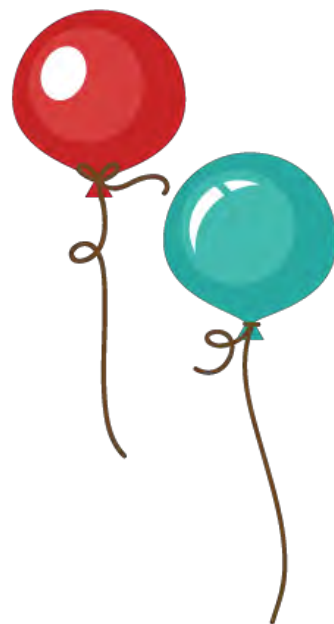
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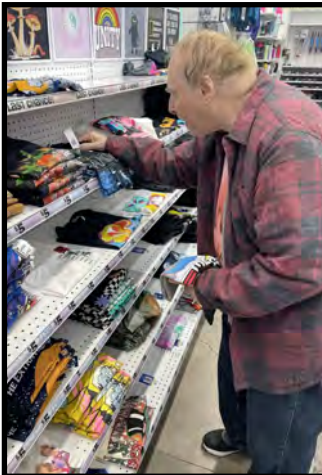
Happy Birthday



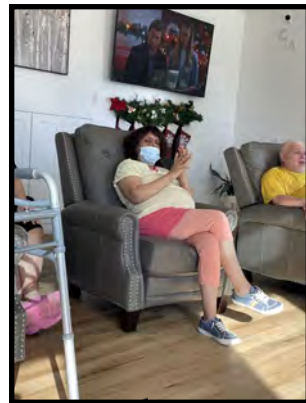
Dog Visit



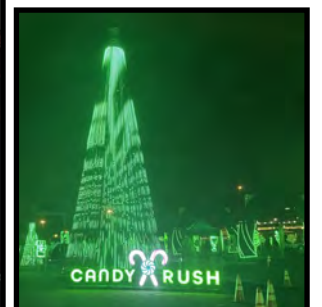
Christmas Shopping

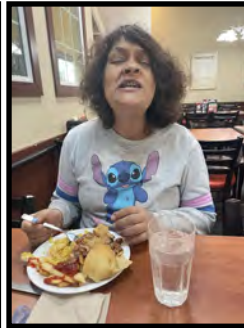


Christmas Music



Christmas Lights

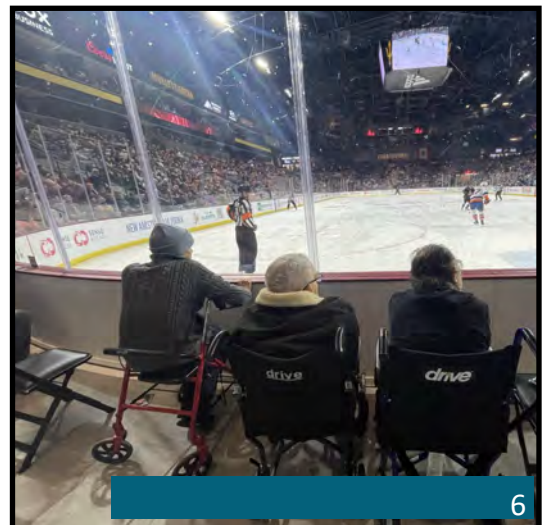
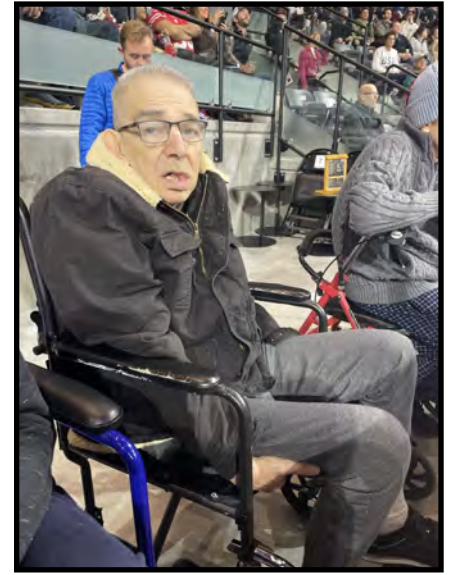




Celebration of Christmas Play



Arizona Coyotes Hockey Game



Groups

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

1. Gingerbread Houses

Residents worked together to create beautiful gingerbread houses. I'm not sure what we enjoyed more—the building or the eating!

2. Ugly Sweaters

We used our imagination and creativity skills to make our own ugly sweaters which we displayed on the walls and the Christmas tree all month long.

3. Bingo

Always a favorite at Blue Sky—residents enjoy playing bingo for their chance to win Blue Sky Bucks.

4. Creating Ornaments

We decorated plastic cups and then baked them in the oven to create our own unique ornaments to hang on our Christmas tree all month long.

5. Christmas Decorating

Residents enjoyed taking a hands-on approach to decorating their homes for the holidays. Residents enjoyed putting up the trees, hanging garland and stockings, and decorating the trees with ornaments.

