

Blue Sky News



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November News

We love having the month of November to really focus on Gratitude, soak up the fall weather and eat all the yummy Thanksgiving foods. We have been doing lots of crafts around thanksgiving and fall and it have been great to see all the reminders how blessed we truly are.

With the holiday season in full swing we have started learning and celebrating Hanukkah and decorating for Christmas. We have had some very fun and interesting learning topics this last month that have been especially fascinating. To read more details about the learning topics and activities, all the details are on the last page. Enjoy your holidays!



Gratitude Tree

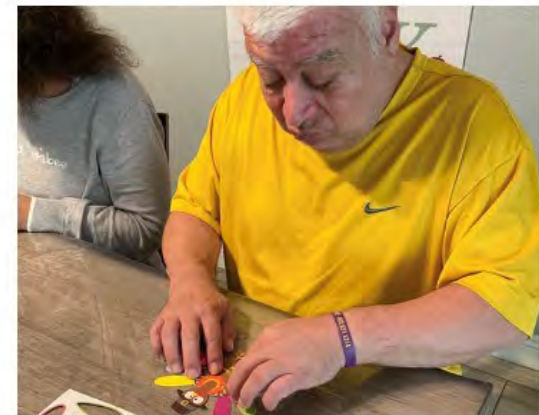


Painting Project



MADE WITH
LiveCollage

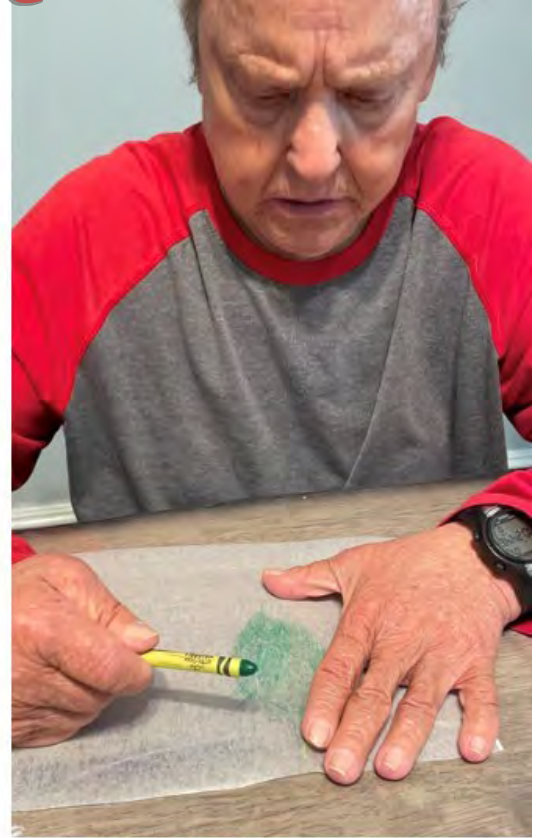
Thanksgiving Craft



Thanksgiving



Leaf Art



Hanukkah



GROUPS

This month we have been able to focus on what we are thankful for and have done several visual activities to help us think of gratitude. In our therapeutic groups, we have continued learning about coping skills and specifically focused self care, and mindfulness. We also had a group on healthy eating and drinking which is a great topic as we go into the holiday season.

Some of our learning activities last month were about Route 66, Jesse James, Edgar Allan Poe, Albert Einstein and history of mass media. We continue to do this day in history several times a week and have enjoyed the fun facts that has provided. We reviewed some unusual customs of medieval times which had us gasping and laughing at some of the crazy things they did during those times, and you can see a few shown on the right. Another interesting topic was Deborah Sampson who was one of the heroes of the American Revolution and disguised a herself as a man in order to fight in the war and had quite an interesting life and was fun to learn about as well.


We starting learning about and celebrating Hanukkah as well. This year Hanukkah starts November 28 and we will continue lighting our candles and celebrating through December 6th.

As usual we made sure we get our exercise and went for morning walks as well as chair exercises. We also did a few art activities, such our thankful trees, leaf art, made thankful turkeys. Board games, card games and Bingo continued. As well as some riddle activities, such "parts of the Body," which always are fun and get us thinking.




Curious Historical Facts

A Look at odd, interesting and downright fascinating facts from medieval times and some conversation starting questions



One of the suggested "cures" for the Bubonic Plague during the middle ages was to fart in a jar and smell it.


Can you remember any awful home remedies?



According to legend, a female pope named Pope Joan reigned for a few years during the middle ages, disguised as a man


After she was caught, potential popes had to sit on a chair with a hole on the seat, and a cardinal would reach through it to check to make sure the new pope had testicles.

Do you think women should be allowed to be Pope? Why do you think Joan attempted this?



In medieval Europe, "barber-butchers" were barbers that practiced surgery as well, a profession ranging from amputations to haircuts. The red and white 'barber swirl' in front of most barber shops today signifies blood and bandages which were common in their trade

Have you ever had major surgery?



Under Genghis Khan, the Mongols would catapult the dead bodies of soldiers infected by the bubonic plague over city walls during sieges. This is one of the earliest known accounts of biological warfare.

Do you believe "all is fair in love and war"?