

Blue Sky News



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January News

This month has flown by and here is just a bit of fun from January. Even though it is winter we waved down the ice cream truck for a treat and lots of smiles. We had a great day doing some golfing at the driving range. The weather was beautiful and we were very impressed with the golf skills of a few of our residents.

We have been doing our regularly scheduled outings, shopping, movies and going out to eat. This month we have had some great group discussions and love seeing the growth in our residents as they attend and use the information they learn. Enjoy the pictures and let us know if you have any questions.



Ice Cream Truck



You know you are in Arizona when you are stopping the ice cream truck in January. We love ice cream any time, but we actually had a few new sunny warm days and thankfully not hot.



Golfing



Day at the Movies



Groups

Here are a few groups from January and a few residents showing their smiling faces. In one group the residents created baggies titled "Today I Will," and each day they could pick a paper each day helping to influence the direction of their day.

A few other favorite groups focused on making a peacock of gratitude, reviewing breathing techniques, reviewing triggers and ideas of how to deal with the negative emotions associated with our triggers. We love seeing each person improve, learn and grow, while building relationships and encouraging each other.

