

Blue Sky News



December News

December is always such a busy time of year when we have so many lights and festivities to enjoy, gifts to give and receive, more family visits and calls, and time to reflect on the last year. We enjoyed the hustle and bustle and now are ready for 2019.

This month along with our regular scheduled outings we did a few holiday activities, such as Secret Santa, Christmas Celebration, and a drive thru light tour called Illumination, the Symphony of light. And a few of our groups discussed self care and reviewing the new year and successes last year.

As we asked the residents to reflect on the last year it was a great opportunity for us at Blue Sky to do the same. We are grateful for all our success with our residents and reviewing their favorite parts of the year and goals they have met helped us realize even more our success. We are so grateful to all those that contribute to success of each of our residents and wish you a Happy New Year!



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Christmas Celebration at Colt



Christmas Celebration at Santa Anna





Secret
Santa



PIC•COLLAGE

Groups

For the last month we had a few activities reflecting on the last year and the memorable moments and what we have achieved. We also talked about what we are looking forward to for 2019 and setting goals for the new year.

Another group that was done this month was on self care and how to be kind to ourselves and why it matters. We discussed how kindness towards ourselves can look different for each of us and should include kind words and thoughts.

We did an activity making potpourri so we could give the gift of wonderful smells to family and friends.

YEAR IN REVIEW 2018

A LITTLE ABOUT ME:

Name: [redacted] Favorite food: chicken
 Age: 64 Favorite activity: bingo
 Favorite color: red Favorite book: Little Boys

2018 HIGHLIGHTS:

Greatest lesson learned: Lesson never
 Hardest thing this year: losing a friend
 Favorite memory: being the New Year
 What I loved about 2018: looking at the works

FORWARD TO 2019:



New Year's

