

Blue Sky Behavioral January 2021
Volume 6, Issue 1

Blue Sky News



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December News

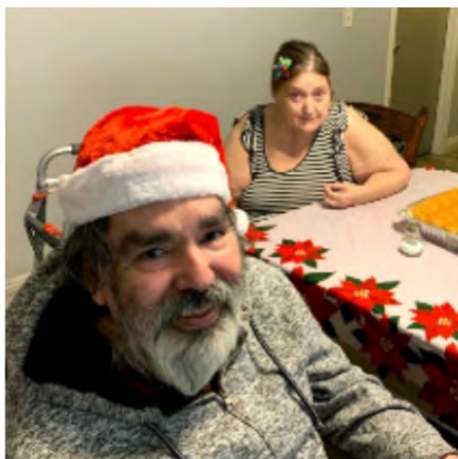
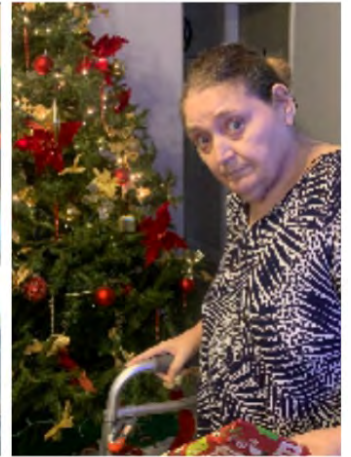
Last month while celebrating the holidays we also got to reflect on our last year and all the things we are looking forward to in 2021. We received extra love, gifts and phone calls from family and loved ones.

We also received more attention from the community. Church groups sent Christmas cards for our residents. A high school donated gifts they had made. Overall we feel very blessed to be healthy and wish each of you a happy New Year!

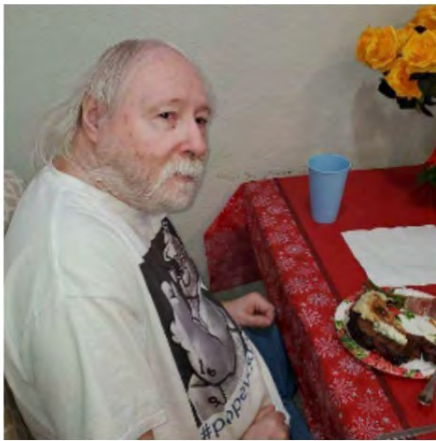
Read on to see a bit of the activities and events of our last month.



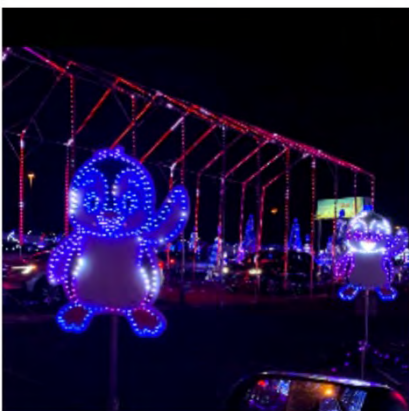
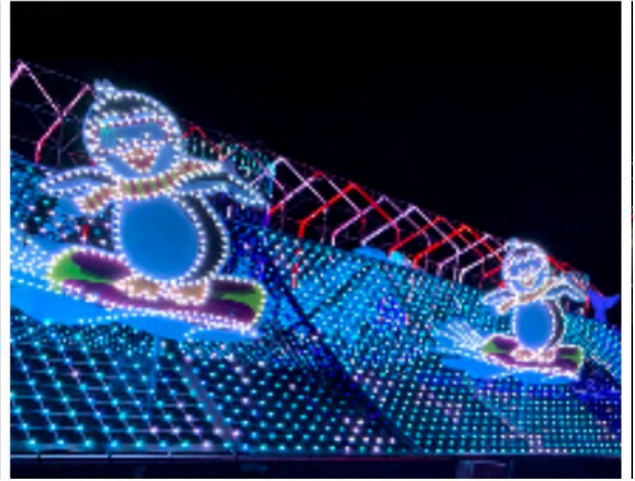
Christmas at Santa Anna



Christmas at Colt



Lights



Happy New Year



Donations

Extra gifts we got this year came from a high school that is doing 3D printing and made useful items for our residents and staff. We received games, these cute Yodas, PPE items, adaptive utensils holders to help with grip to name a few. Isn't it amazing to see the generosity and ingenuity that it being taught at school!



GROUPS

December has been full of festive holiday activities. We have done several Christmas activities such as crafts, writing and receiving cards, making ornaments, reading stories, tree decorating and learning how other countries celebrate Christmas as well. We have been doing some new exercising with our new bike pedal exerciser as pictured below that you can sit while using. We have also done virtual walking or biking tour videos so while we exercise we see the sights of Paris. We will see where we visit next month! In our groups we have also been reflecting on our accomplishments this last year and goals and this we want to see and do in 2021.



THIS DAY IN HISTORY

DECEMBER 21

ON THIS DAY

- **1620** The Pilgrim ship 'Mayflower' arrives at Plymouth Rock in North America.
- **1817** Governor Macquarie recommends the use of the name 'Australia' instead of New Holland for the continent.
- **1913** 1st crossword puzzle (with 32 clues) printed in NY World.
- **1933** Fox Films signs Shirley Temple aged 5, to a studio contract.
- **1949** *Samson and Delilah* starring Hedy Lamarr and Victor Mature, premieres.
- **1937** The first full-length animated feature film and the earliest in the Walt Disney Animated Classics series, *Snow White and the Seven Dwarfs*, premieres. It was based on a German fairy tale of the same name by the Brothers Grimm.
- **1974** #1 Hit: Harry Chapin - *Cat's in the Hat*
- **1985** #1 Hit: Lionel Richie - *Say You, Say Me*

HAPPY BIRTHDAY

Jane Fonda
Actress and Writer

BORN December 21st, 1937
NATIONALITY American

Jane Fonda is the daughter of acclaimed actor Henry Fonda. She made her film debut in *Toll Story* (1960). A seven-time Academy Award nominee, she received her first nomination for *They Shoot Horses, Don't They?* (1969) and won two Best Actress Oscars in the 1970s for *Klute* (1971) and *Coming Home* (1978).

In 1982, she released her first exercise video, *Jane Fonda's Workout*, which became the highest-selling VHS of all time. It would be the first of 22 workout videos released by her over the next 13 years.

Fonda was a visible political activist in the counterculture era during the Vietnam War. She was controversially photographed sitting on a North Vietnamese anti-aircraft gun on a 1972 visit to Hanoi, becoming widely known as "Hanoi Jane."

She was married 3 times and had 3 children.

LETTER SCRAMBLE

BONAOB _____	Animal
BOMEADN _____	Body Part
CTEKAJ _____	Item of Clothing

Whenever I find the key to success, someone changes the lock.

It's never too late - never too late to start over, never too late to be happy.
— Jane Fonda