

Blue Sky News



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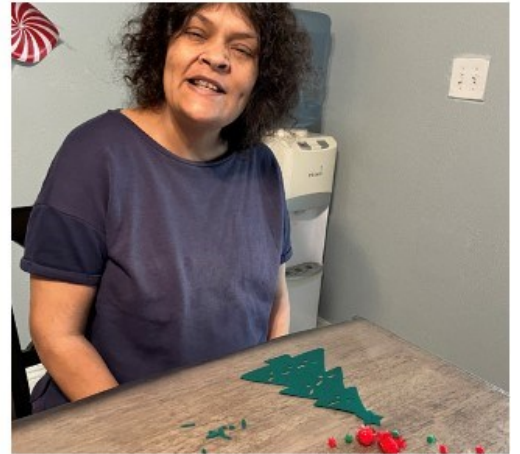
December News

We hope everyone enjoy their holidays as much as we did. So fun to decorate, enjoy music and good food, friends and family during the holiday season. This month we have been able to enjoy the holidays, decorating, eating good food and enjoying one another's company. We finished celebrating Hannukah lighting our candles through December 6th, decorated and celebrated Christmas as well as the New Year. It is a great time to reflect on the year that has pasted and all that we have accomplished and celebrate a New Year.

We also got tickets for those interested in going to see a play at Gamage. They saw My Fair Lady and reported that is was a great show. Our Therapeutic groups and activities are detailed on the last page. Happy New Year! Enjoy!



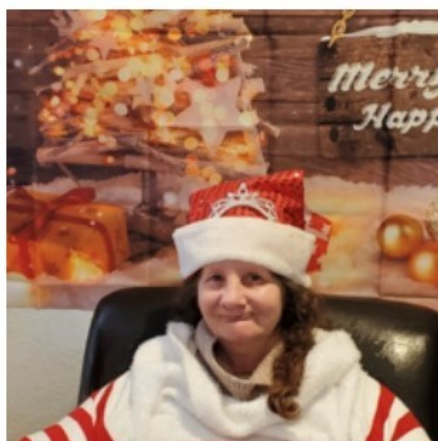
Christmas Crafts



MY FAIR LADY



Christmas



New Year's Eve





GROUPS

This month we have focused on health and wellness in our therapeutic groups. We learned about how we can improve our lifestyles and preparing for new goals. We also learned about kindness, why it's important and reviewed conflict resolution.

Some of our learning activities last month were learning about the Wild West and learning about Stephen Fuller Austin, the "Father of Texas." In the holiday spirit we learned about the history and fun facts of the Rockefeller Christmas Tree (It uses five miles of Christmas light!).

With all our decorating for the holidays we did some crafts and holiday activities as well. Our residents decorated stocking and Christmas ornaments to get the home festive. We took time to listen to the most popular Christmas songs as a group and had the residents take turns reading Christmas Poems. During movie time we watched the Grinch who stole Christmas and drank hot chocolate.

As usual we made sure we get our exercise and went for morning walks as well as chair exercises. We reviewed our favorite magazine articles and pictures together, played Board games, card games as well as Bingo.

