

# Blue Sky Behavioral

February 2023  
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## January News

Happy February! The new year is certainly moving by quickly here at Blue Sky. We have been keeping ourselves very busy and enjoying the wonderful Arizona winter.

This month we made another trip to the Desert Botanical Gardens where we enjoyed walking around and looking at the beautiful plants. We also got to explore an exhibit about the indigenous peoples of Arizona which was very interesting!

We had special lunch outings this month to Barros Pizza and Café Rio—yum!

We had a fun outing to the Arizona State University Art Museum where we saw many exhibits including our favorite—an entire exhibit about Lucha Libre! We were able to look at the many different outfits of Lucha libre wrestlers, watch videos of famous wrestlers and even make our own Lucha libre masks!

Blue Sky residents had the opportunity to listen to Grammy award winning cellist Zuill Bailey! Many of us hadn't attended a cello performance before, but Zuill taught us all about the art of cello performing and played us many beautiful pieces.

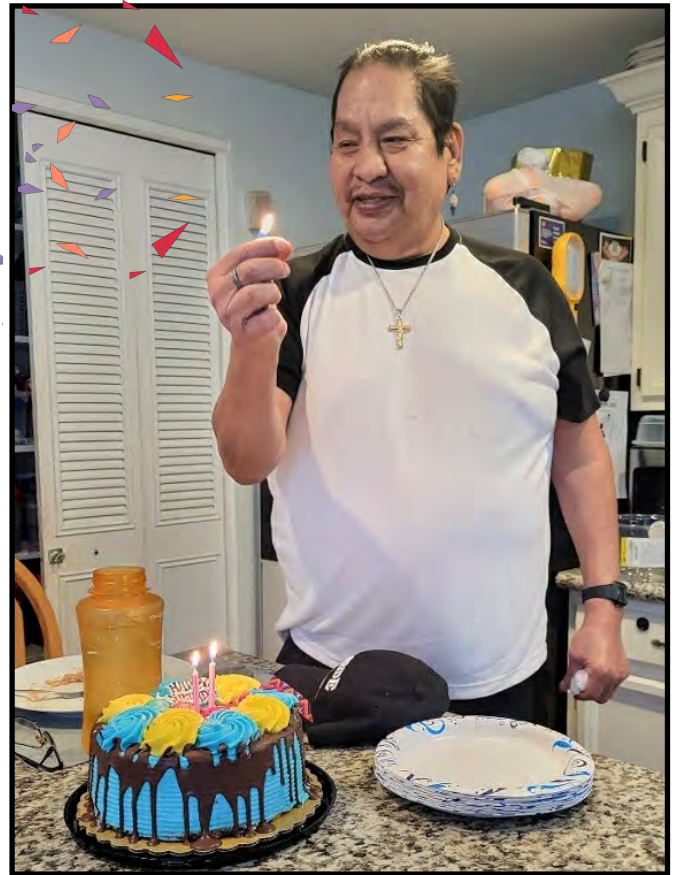
We are looking forward to all the fun events planned in February—including a trip to the Phoenix Zoo!

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# Happy Birthday



## MOVIE OUTING

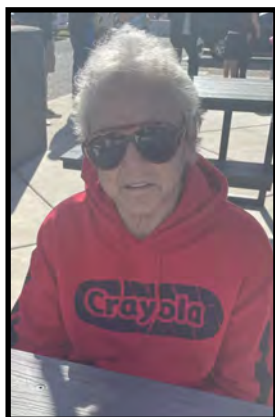
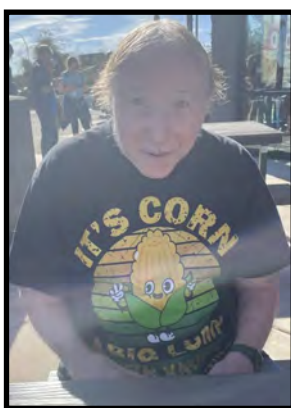
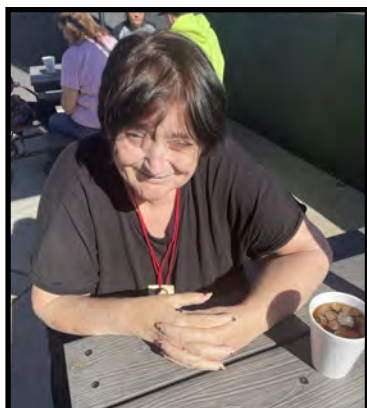








# Lunch Outings





# Cello Performance

by  
*Zuill Bailey*



## *Did You Know?*

Zuill Bailey is one of the most premier cellists in the world. He is a Grammy award winner and graduate of the Julliard School. He has had sold out performances during his New York recital series and has performed at places such as Carnegie Hall and Walt Disney Concert Hall! He is now the guest Artistic Director of the Mesa Arts Center.



# ASU Art Museum

Arizona State University



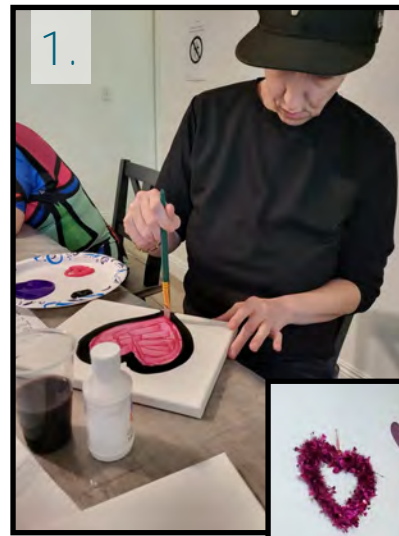


# Groups

Groups are held several times throughout the week at Blue Sky. Here is a snapshot of some of our groups this month.

## 1. Canvas Painting

Residents used acrylics and canvas boards during this open painting class.



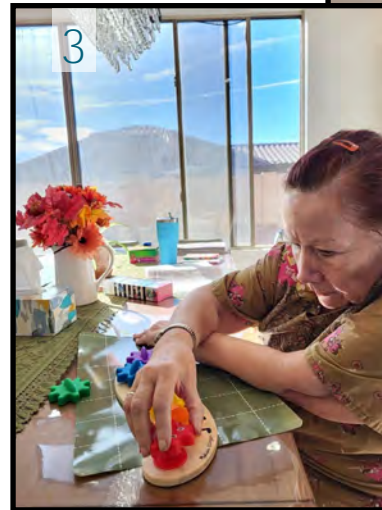
## 2. Valentines Wreaths

Residents wanted to get the house and their doors decorated for Valentines Day early. Residents used paper plates to create door wreaths!



## 3. Sensory/Cognition Games

We utilize games as much as possible to sneak in extra brain work. Puzzles are a great way to relax and also sharpen those brain muscles!



## 4. Exercise

We love getting outdoors when the weather is nice. We go for walks several times per week. Indoor exercise is also offered weekly.



## 5. Animal Bingo

Residents are excited for their upcoming trip to the Zoo. We swapped to animal bingo this month to learn about all the animals we can't wait to see at the Phoenix Zoo!

