

Blue Sky Behavioral Blue Sky News

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February News

We started the month of February with a Superbowl Party, pizza, football and cheering fans. Of course with it being the month of love we had a Valentine's Day party to celebrate. Along with several birthday's and our regular outing, groups and going to movies it has been a busy month.

We have also been enjoying some great weather this last month. We have been gardening, planting peppers, onions, asparagus, tomatoes, and harvesting the last of our citrus. One day we had a picnic in the park while soaking up the sun.



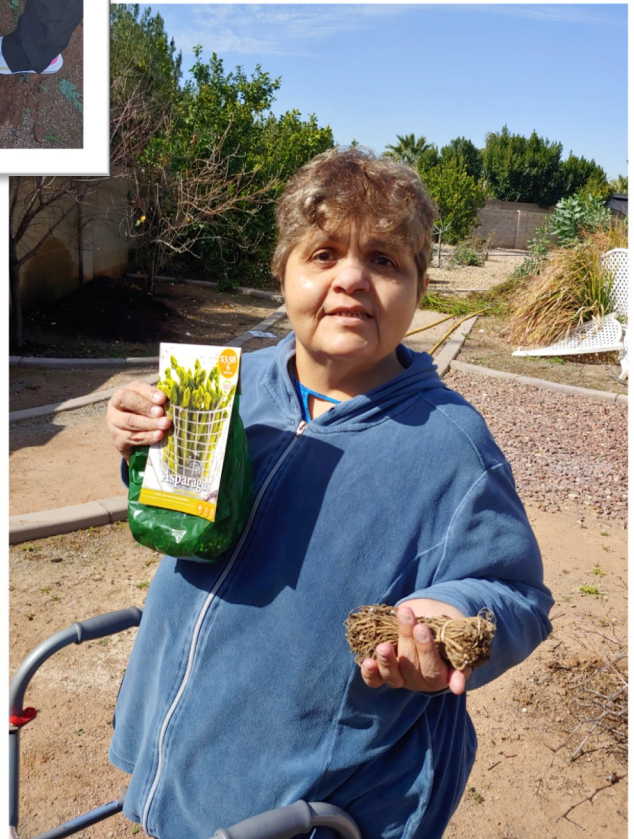
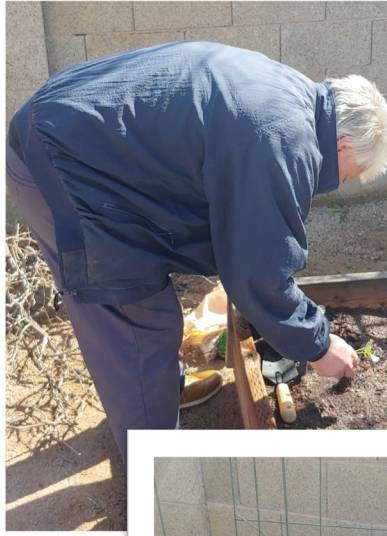
Superbowl Party



Market Day



Garden





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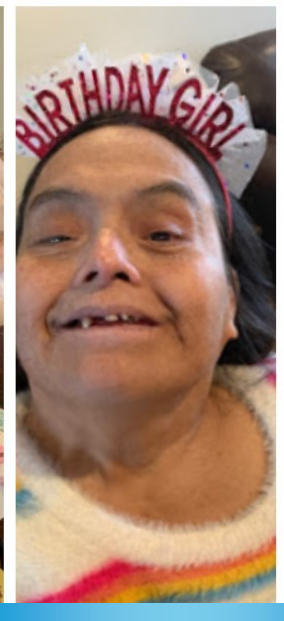
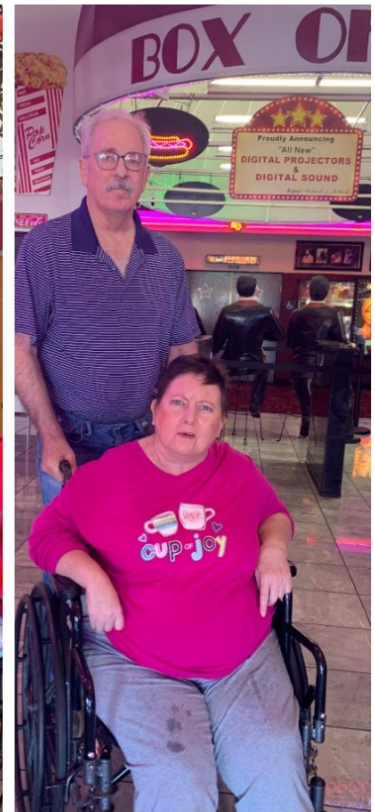
Valentine's Day



Day at the Park



February Activities



Groups

This month in groups we have been doing learning activities on John Muir, Louis Braille, Helen Keller, Matthew Brady and White Sands, NM. Residents have really enjoyed just taking a few minutes to learn some fun facts on each topic and do a few a week. Usually we take time during groups to re-view goals, mindfulness or coping skills. We have also spent time during groups going on walks, listening to relaxing music, playing games and doing tie-dye heart projects for Valentine's day.

