

# Blue Sky News



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## April News

This month we have been busy celebrating Easter, enjoying the beautiful weather, movies and reward outings to name a few. Our garden that we planted in the fall has grown and we have some artichokes starting with many more to come.

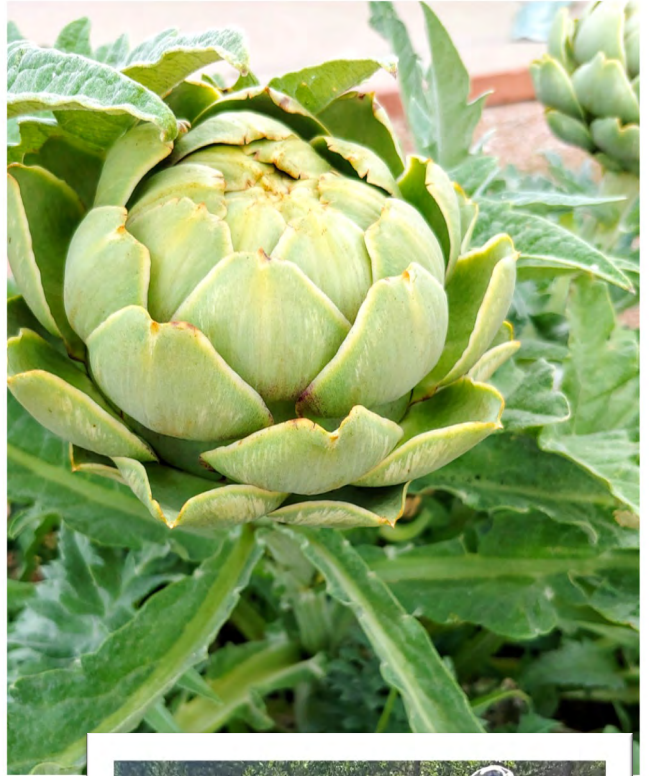
For Easter we did egg decorating while painting eggs the residents could reminisce about fond Easter memories. So fun to see all their creations and smiles.

Our groups this month have covered many topics from gratitude, to overcoming our fears. They have done worksheets and art projects and we have had our best turn outs yet for group this month. See more details on page 5 as always Enjoy!



# Garden

From our fall planting our garden has grown and some plants are going to seed. Our artichokes are starting to bloom and the residents have loved watching them grow.



# Easter Egg Painting



# Reward Outing



# Groups

This month we have reviewed and continued our mindfulness activities. We have also focused on self love and talked about different blocks that make up our self love and how to strengthen them.

We have done a few groups on feelings and the types of feelings we can have and that we can even feel more than one feeling at a time. A “scribble art” activity was done to show that things may not go as planned, but we can each be different and make something beautiful.

Other groups included kindness, being bigger than our fears, and gratitude to name a few. It is great to see our residents build on what they have learned.

