

# Blue Sky News



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## April News

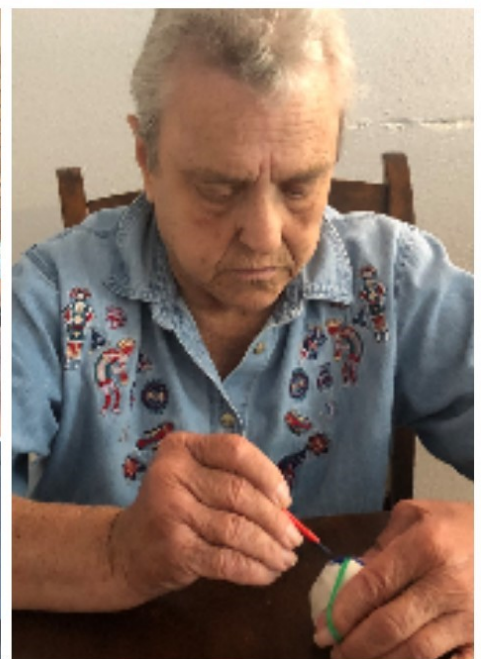
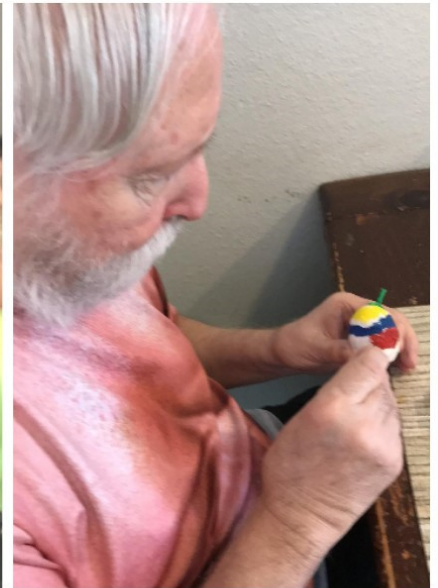
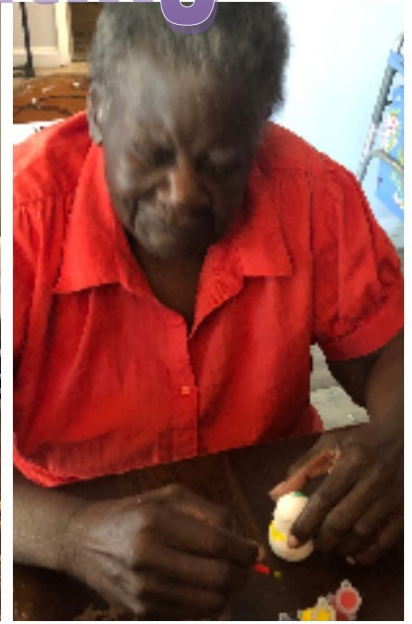
We have been trying to keep everyone healthy, active and busy at home and so far so good. We are really looking toward some outings hopefully soon. As Arizona starts opening up business we know not much will change for us, but are hope we can take some road trips at least and get out of the heat a bit. We have been going for drives and grabbing take out and Starbucks for reward outings still.

We have been doing more chair exercise and yoga, celebrating Easter, doing crafts, gardening, and having virtual visitors. It has been different, and overall everyone is in good spirits, but ready for normal to return. Read on to see what we have been up to this month.





# Easter Egg Painting





# Garden



Carrots are ready to harvest



Grapes are starting to grow



Peaches are getting close



Figs forming



Apples are almost ready



We have been planting zucchini and tomatoes this month. Our carrots have been ready for harvest and our fruit trees are starting to have fruit and will be ready to harvest in the next month or two. The bonus to staying home is that it has been great weather and we have been able to watch what is growing in the garden.



# Book Reading





# Chair Exercise

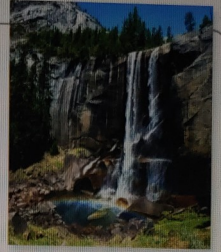




# Groups

This month in groups we still been doing some of our learning activities remotely. Desiree who comes in to do activities has been sending videos of book readings, chair exercises and has been doing learning activities via face time. We have had some learning activities about Yosemite, Alexander Graham Bell, Earth Day that we celebrated recently. She has even had her husband who is a PE teacher make a video of some chair exercises our residents can do. We appreciate all these creative efforts to keep our residents active and busy! We have done Spring and Easter crafts, word scrabbles and word searches to keep our minds active. We have also focused on all the things we can still do while it seems so many things are canceled and closed. We have been also brain storming about all the activities we will do when it is safe to be out and about again.

## Yosemite National Park



Yosemite is one of America's prettiest places and most popular national parks. It covers 760,000 acres (339,600 hectares) in the Sierra Nevada mountains of California.

For centuries Yosemite was home to Native American tribes. They included the Umat, from whom Yosemite takes its name. Pioneers began exploring the area in the 1850s. They were instantly inspired by its valleys and waterfalls. In 1864, the U.S. Congress made much of the area into America's first state park. Congress established Yosemite National Park in 1890.

### Natural Wonders

The Yosemite area was formed through millions of years of natural processes. Ancient seabeds were thrust upward to become mountains. Then they eroded to expose granite formations. These formations were then carved by glaciers to form valleys. An example is the world-famous Yosemite Valley.

Yosemite Valley is 7 miles (11 kilometers) long and 1 mile (1.6 kilometers) wide. It contains the Merced River and impressive granite rock structures, such as El Capitan and Half Dome. El Capitan rises 3,593 feet (1,095 meters) high. It has challenged rock climbers for more than a century. Cloud's Rest is the park's highest elevation. It is 9,900 feet (3,018 meters) high.

Yosemite Valley has spectacular waterfalls. They include Yosemite Falls, the highest waterfall in North America. Yosemite Falls drops a breathtaking

SCHOLASTIC

**Love isn't cancelled**  
**Music isn't cancelled**  
**Dancing isn't cancelled**  
**Progress isn't cancelled**  
**Meditating isn't cancelled**  
**Dreaming isn't cancelled**  
**Self-care isn't cancelled**  
**Reading isn't cancelled**  
**Having fun isn't cancelled**