

Blue Sky News



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April News

We have been soaking up the nice weather before the heat really starts. A lot of our groups this last month have been outside, going on walks, exploring nature and gardening. We did several crafts for Easter and celebrated with an Easter party.

It has been nice that Doctor appointments have started to be mostly in person rather than tele-med and we have enjoying seeing a few more visitors. Remember if you would like to come visit, just call ahead so we don't have multiple visitors at one time. Read on to hear more about our activities and groups this last month.



Garden





HAPPY EASTER



EASTER



Easter Craft



GROUPS

This month we have continued learning about Self-Love and positive thinking by focusing affirmations. We learned about the value of talking positively to ourselves and practiced self affirmations. With great spring weather we have been going on walks, gardening and doing mindfulness activities outdoors. We did a learning activity about hummingbirds and then set up a hummingbird feeder so we could enjoy some bird watching. We have done some nature walks and did an explore nature gratitude activity as we looked for the things in nature we are grateful for. When it was too warm to go for walks we enjoyed a virtual tour of the zoo.

With Easter being this month we did several activities to decorate and did several Easter crafts. We did some learning activities learning about, "This Day in History," and learned about Irena Sendler a hero of the holocaust. Of course we did our regular favorite board games and bingo which are always favorites.

