

Blue Sky News



October News

The month of October is always such a fun busy month. This year we did lots of fall and Halloween activities. We went to a Pumpkin Patch to see all the beautiful fall pumpkins and they even had some animals and tortoises for us to see. We did some pumpkin carving and had an activity making pumpkin seeds a few days later when the seeds were dry. We did a few fall and Halloween crafts and painting projects that turned out really cute.

We also have been enjoying the great weather by going on walks and working on our garden. We planted some more vegetables and herbs this month. It is also fun to see the progress of what is growing, we have sweet potatoes, citrus about to change colors, figs and Chinese dates growing this time of year.



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Pumpkin carving and activities



Pumpkin Carving



Garden



Halloween Games



Pumpkin Patch

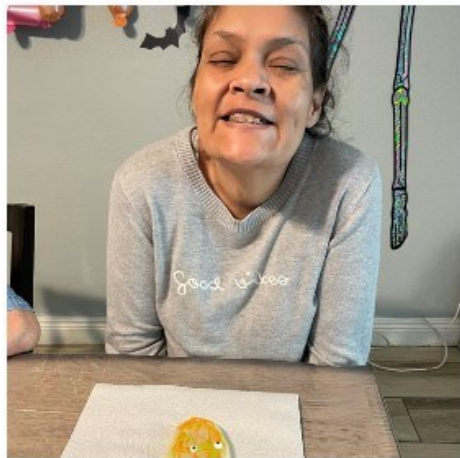


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Pumpkin Patch



Cookie decorating



Halloween crafts



Fall Crafts



GROUPS

We have continuing learning about coping skills and specifically focused on community this month. We talked about what a community is and the different communities around us and why they are important. We had a group discussion on the community here at Blue Sky and how we can benefit and contribute to our community.

We had several learning activities this month. One was about South Africa and after we played a trivia game. We also learned about William Boeing and his contributions as an aviation pioneer. Other topics were the Hopi Tribe here in Arizona and current events such as the asteroid that almost hit earth.

As usual we made sure we get our exercise and went for morning walks as well as Zumba and chair exercises. We also did a few art activities, such as making Ghosts with cotton balls, leaf crafts, coloring and painting activities.

We continued playing some games we learned over the last few months. We did an I spy activities using I spy books pictured below. We tried some riddle quizzes that have been a big hit, such as finish the Proverb and "What am I?" We did some mindfulness activities, board games and one on one times regularly as well.



SOUTH AFRICAN TRIVIA

Activities for Seniors

