

# Blue Sky Behavioral

December 2023  
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## November News

Hope everyone had as fun and tasty Thanksgiving as we did here at Blue Sky! We spent the month creating various Thanksgiving arts & crafts pieces as well as focusing on gratefulness and thankfulness in our therapeutic groups.

We had several fun outings this month starting with our monthly shopping trip—this time to 5 Below and Target. Residents who have chose to participate in the secret Santa gift exchange next month have already drawn their Secret Santa names and are looking forward to another shopping trip next month to pick out some Christmas presents!

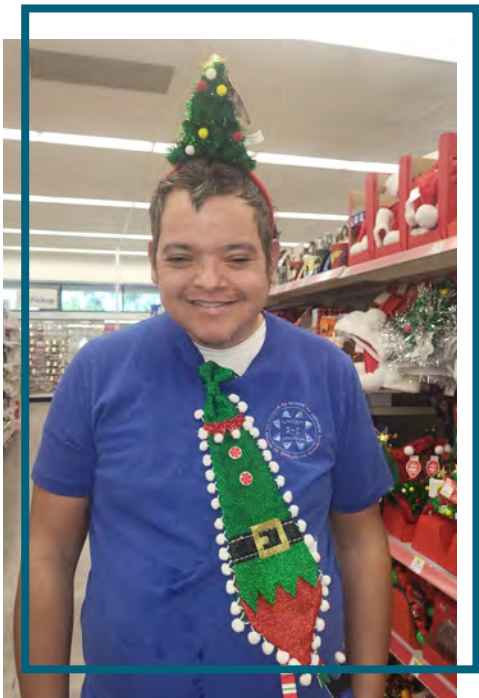
Continuing to love this beautiful winter Arizona weather, we had several outdoor outings this month including a picnic in the park and the 'Out to Lunch Concert' in Mesa.

We made our second trip back to Empire Salons where our ladies enjoyed a day of pampering including manicures, pedicures, hair coloring and cuts! The salon is quickly turning into a fan favorite activity and we are planning on keeping it on our calendars bi-monthly.

Christmas is one of our favorite times of the year here at Blue Sky. We have several festive outings planned this month including trips to see Christmas lights! We can't wait to share this with you in next month's newsletter!

## Inside the issue

November News.....	1
Happy Birthday.....	2
Thanksgiving.....	3
Salon Outing.....	4
Concert/Library.....	5
5 Below/Target.....	6
Picnic.....	7
Sonic Outing.....	8
Groups.....	9



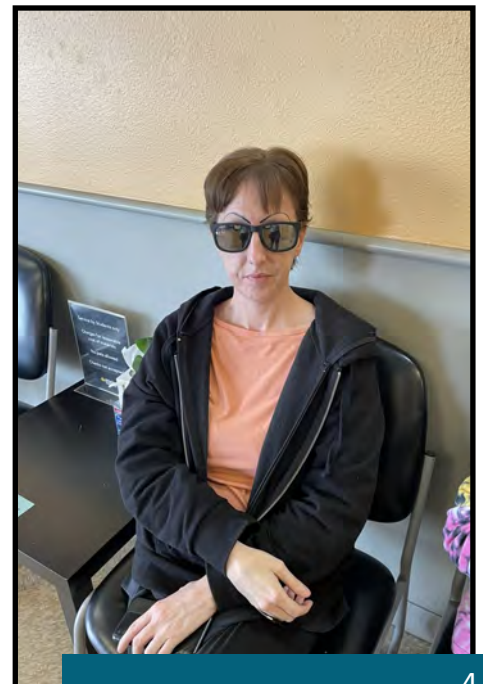








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# OUT TO LUNCH CONCERT SERIES







# SHOPPING

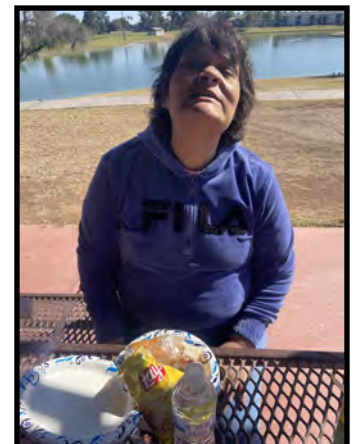
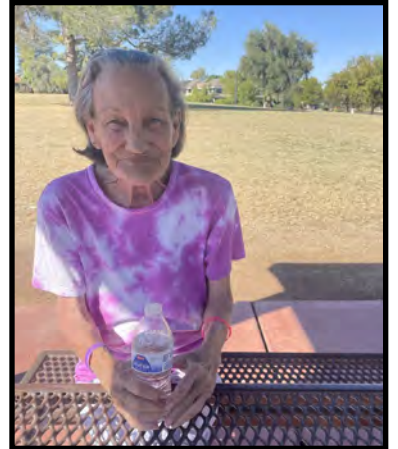
trip



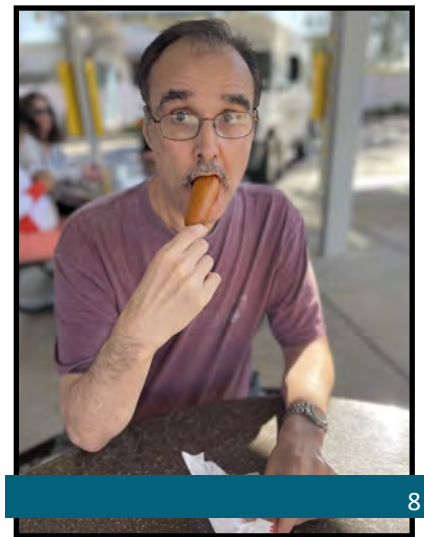
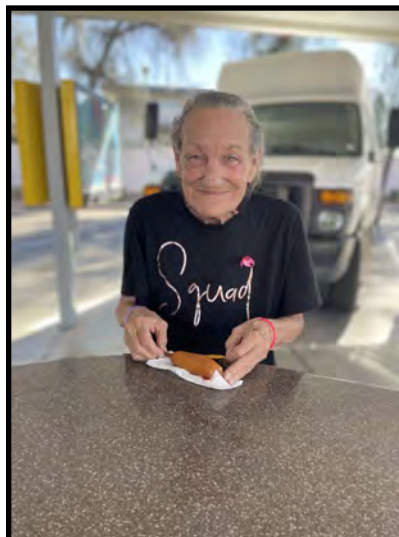
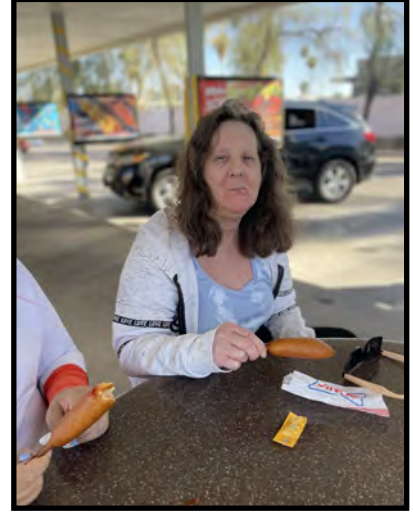


# PICNIC

in the park









# Groups

Groups are held several times throughout the week at Blue Sky. Here is a snapshot of some of our groups this month.

## 1. Thanksgiving Arts & Crafts

We made several Thanksgiving arts & crafts this month to get the homes, and ourselves, in the holiday spirit!

## 2. Therapy Dog Visits

At least once a month our favorite four legged friend, Henry, visits to provide cuddles and wet kisses.

## 3. Can Recycling

Some of our residents collect cans all year round to make a trip to the recycling plant where they unbag and weigh their cans to earn cash.

## 4. Thankful Turkeys

In one therapeutic group this month residents created turkeys by answering thankfulness, affirmation and reminiscing prompts.

## 5. Christmas Decorating

Perfecting those fine motor skills, residents strung hooks on ornaments, fluffed Christmas tree branches and hung stockings while listening to their favorite Christmas tunes to get everyone in the Christmas spirit.

