

Blue Sky News



Inside this issue

September News.....	1
Riparian Preserve.....	2
Garden.....	3
Games.....	4
Groups.....	5

September News

It has been wonderful to start enjoying some fall weather and be spending more time outdoors. We have gone to the park, been gardening and even had some groups outside. We look forward to some fall festivities and visiting the pumpkin patch soon.

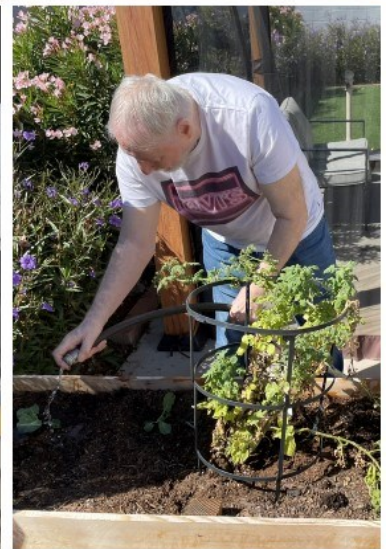
We have been learning new skills and doing fun activities, much more is written on the last page. Get out and enjoy the wonderful weather and we will be doing the same.



Riparian Preserve



Garden



Games



GROUPS

We have continuing learning about coping skills and using a positive mind set. This month we did a group on demanding behaviors and how to use good communication. We also had a group topic on personal hygiene and worked on setting goals.

We had learning activities about the history of Jazz and learned about some of the Jazz greats. We spent a couple days listening to jazz music and the residents said they felt it was very relaxing. We also learned about the invention of the camera and the life of John Muir.

As usual we made sure we get our exercise and went for morning walks, and when we had a bit of raining weather did chair exercises and stretches inside. We also did a few art activities, such as making the fuzzy animals pictured below. We also did some water coloring and drawing activities.

We continued playing some games we learned last month and, "What am I?" has been a fun game residents have wanted to repeat. We also did a "First Ladies" trivia game. We did some mindfulness activities, board games and one on one times regularly as well.



Name _____ Date _____

Jazz Greats: Charles Mingus

Charles Mingus was a jazz bassist, composer, and band leader. He was born in 1922 in Arizona, and was raised mostly in the Watts area of Los Angeles, California. When he was a child, his mother allowed only church music in the home, and gospel later became a major influence on the way he played and wrote music.

Mingus studied trombone, and later cello. He was not able to play the cello professionally because there were almost no African-American musicians in classical music at the time. He began learning to play the bass in the late 1930s.

He received a poor education and could not even read music notation when he began playing. Still, he began writing music in his teens. His music was far more complex than might have been expected from a teenager, and he earned a reputation as a bass prodigy. He toured with the legendary Louis Armstrong in 1943. By 1945, he was recording with well-known Los Angeles bands. He began to receive praise and acclaim, and played with the likes of Charlie Parker in the early 1950s. Mingus had a terrible temper, though, and his on- and offstage fights got him fired from several bands and groups.

In 1952, Mingus helped found a record label so he could play his music as he saw fit. He formed the Jazz Workshop, a mid-sized ensemble of rotating musicians. He pushed his musicians to reach new heights of excellence and innovation. The decade that followed was his most productive. He was a part of ten record releases over the next ten years. He began suffering from a degenerative muscular disease in the 1970s and was unable to continue to play bass or piano, but he composed and led bands right up until his death at the age of 56.

Directions: Answer the questions below. Use text evidence to support your answers.

1. What is the main idea of Jazz Greats: Charles Mingus? Write it in your own words.

AMERICA'S FIRST LADIES

TRIVIA

Activities for Seniors