

Blue Sky Behavioral

November 2023
Volume 8, Issue 11

October News

We are hoping everyone had a fun and spooky Halloween just like us at Blue Sky! Residents jumped right into the Halloween spirit with spooky crafts and yummy deserts. During our baking class residents created cookies that they decorated with ghosts, goblins and all things spooky.

A favorite activity this month was our Trunk-or-Treat event. We decorated the Blue Sky vans to pass out candy while residents enjoyed the live music, desert table and filling their bags to the brim with candy. Residents even dressed up to join in the Halloween spirit.

We celebrated our September wellness challenge winners this month. Our Vista house enjoyed a catered meal and Halloween party to celebrate them being the 'biggest loser' - losing the most weight in September. Individual winners received Walmart gift cards to use on our next shopping outing in November.

Residents also enjoyed soaking in the cooler weather during trips to the Desert Botanical Gardens and Car Show.

Next month will be another busy one for us. Residents always look forward to Thanksgiving where staff prepare a special meal to celebrate. We are also planning to attend some outdoor concerts, movies and picnics next month. Can't wait to share our next adventures with you!

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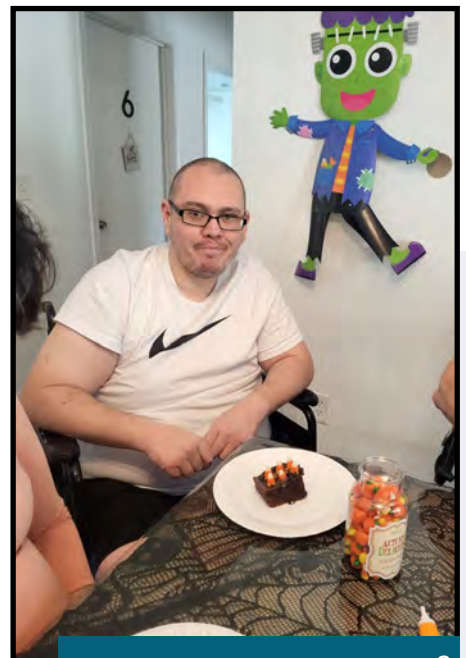
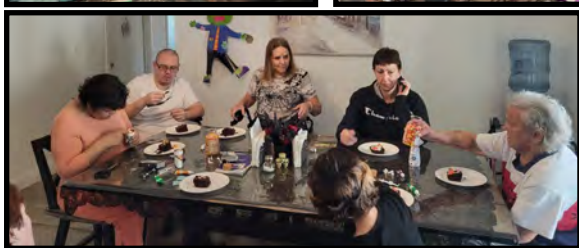
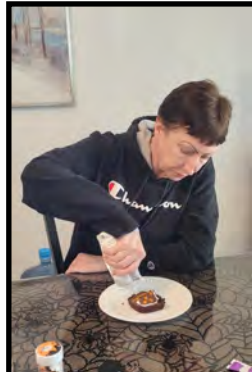
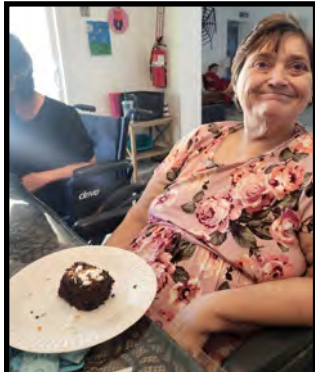
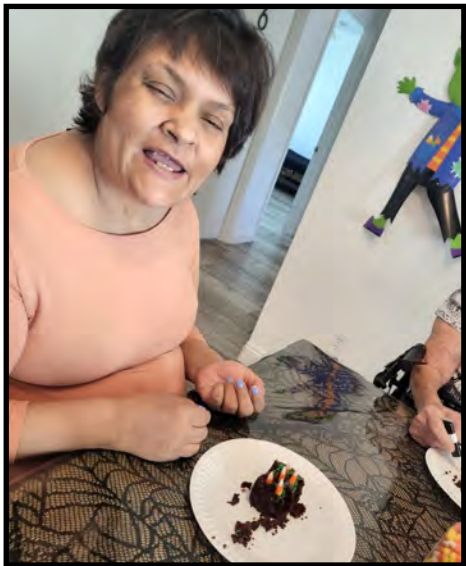
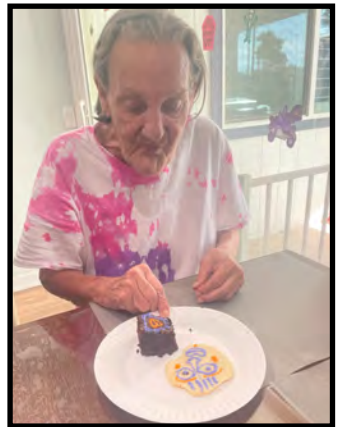
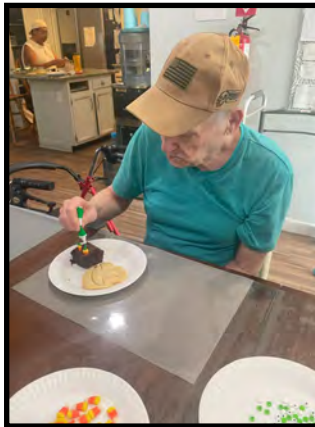


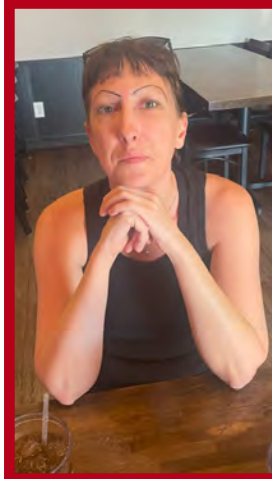
Happy Birthday



HALLOWEEN

BAKING



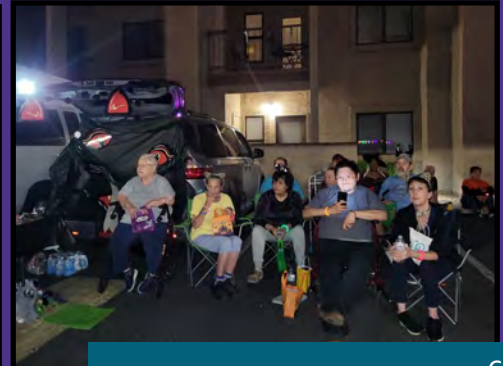
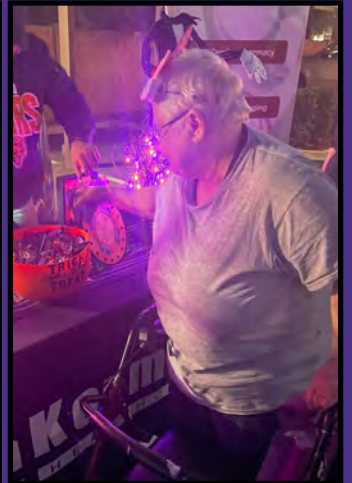


CONGRATULATIONS! *Winners!*

Residents were hard at work the entire month of September, exercising and watching what they ate. Residents attended groups focused on nutrition, dieting and overall wellness goals. They also joined exercise classes three times per week! We saw great results across the board, but our Vista house took home the trophy for the most pounds lost and celebrated with a catered Halloween party. Individual winners received gift cards for losing the most weight during the challenge.

Great job to everyone!









Groups

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

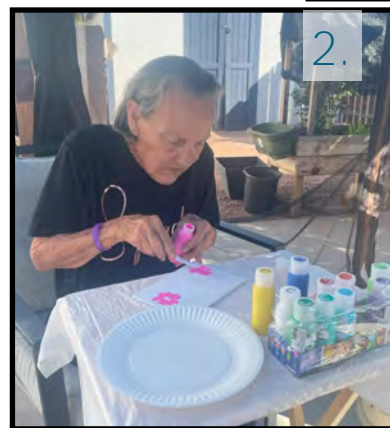


1. Grateful Pumpkins

Residents discussed the benefits of being grateful—including many health improvements! We listed out things we are grateful for and displayed these unique pumpkins around the house.

2. Painting

Many residents of Blue Sky have amazing artistic talents. This beautiful weather has allowed us to work outside during our arts & crafts classes this month!



3. Shopping

Residents love to check out what is new at the thrift store—we love that they are working on socialization and money management skills.



4. Pinecone Crafts

We welcomed in fall with these unique painted pinecone pieces. You can see them decorated around the house.



5. Outdoor Walks

We waited all summer for this weather! Residents are loving their morning walks where they can get out and stretch their legs while earning Blue Sky bucks!

