

Blue Sky Behavioral

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September News

September was another full month for residents here at Blue Sky! We focused heavily on groups this month and had many fun projects going on. Residents built an indoor butterfly habitat and raised butterflies from larva. It was neat learning about the transformation process and watching them develop before letting them go. We checked another travel destination off the books, Mexico! Residents virtually traveled to Mexico for a fiesta party. We stamped our passports and enjoyed Mexican dishes and deserts.

We continued our theme of yummy food with several cooking projects this month. Residents enjoyed baking cookies where they prepared cookie mix and created their own unique cookie masterpieces using a variety of ingredients. Later in the month we made our own baked potatoes and loaded them with our favorite toppings. Residents got to enjoy a movie night at Pollack Theaters. Half of us watched “Jurassic World” while the others chose “Paws of Fury”. We loaded up on the soda and popcorn and made a fun day of it. We are already getting requests for the next movie outing.

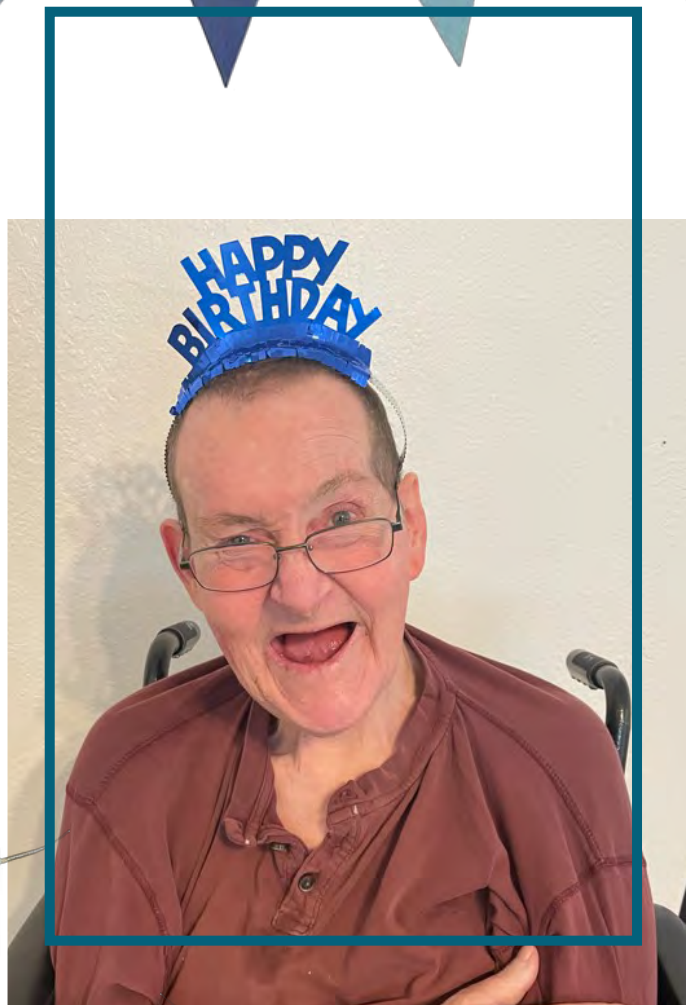
We wrapped up the month with another amazing volunteer opportunity. Residents spent a morning donating their time at Treasures 4 Teachers. Residents packed and created school supplies, such as journals and art kits, for local teachers and students. Next month Blue Sky will be busy with Halloween activities and outings– look out for the next newsletter to see what we've been up to.

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Happy Birthday



Pollack Cinemas



Mexico Cultural Day



Cookie Baking



Treasures 4 Teachers

Blue Sky residents had the opportunity to volunteer at 'Treasures 4 Teachers' in Tempe recently.

Treasures for Teachers is a donation based operation that provides Arizona teachers and classroom workers with reduced, and free, school supplies.

Our residents spent the morning sorting, assembling and bagging donation items. We sorted bulk donations, such as pens, pencils and art supplies, into packaged kits ready to sell to teachers. We also created journals that will be used by students in the classroom.

We even got a special tour of the facility and saw first-hand how this organization is impacting schools in the Phoenix area.



Groups

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

1. Exercise Classes

As the weather is cooling down we are starting back up our outdoor walks. Did you know Santa Anna has an outdoor track around the garden? We also offer indoor exercise classes daily.

2. Shopping

Residents are encouraged to attend shopping outings to enhance their budgeting and social skills.

3. Library

Not only do we visit the library frequently, this month we started a book club. Residents are reading 'The Never Ending Story' and plan to watch the movie once we've finished.

4. Clay Class

Residents tuned into their creative side to make their own clay artwork.

5. Gingerbread Houses

Who says you have to wait until October to start celebrating Halloween? Some residents kicked off the holiday season early by creating haunted gingerbread houses.

