

THE POMEGRANATE

The Official Newsletter of ARIL

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**Check Out Our Website
for More Information**



RETURN TO OUTDOOR ACTIVITIES

ARIL is excited to start our group activities once again. It has been a little over one year that we have seen each other in person. Our monthly activities will be focused on safe, outdoor fun that incorporate physical activity, socialization techniques and community awareness. For individuals vaccinated with the Covid-19 vaccine, they will not be required to wear a mask. For those unvaccinated individuals, they will be required to wear their mask. We look forward to some fun in the sun and returning to a new normal. We hope you can join us! Stay tuned!

JASMIN BOTELLO, ARIL DIRECTOR

May Events

SUN	MON	TUES	WED	THUR	FRI	SAT
2	3 Social Club @ 2pm Game Night @ 7pm	4 Cooking @ 2pm	5 DLS @ 4pm	6 Exercise @ 4pm	7 Arts&Crafts @ 2pm	8 Technology Chat @ 12pm
9	10 Social Club @ 2pm	11 Cooking @ 2pm	12 DLS @ 4pm	13 Exercise @ 4pm	14 Safety Talks @ 2pm	15 Technology Chat @ 12pm
16	17 Social Club @ 2pm Game Night @ 7pm	18 Cooking @ 2pm	19 DLS @ 4pm	20 Exercise @ 4pm	21 Arts&Crafts @ 2pm	22 Technology Chat @ 12pm
23	24 Social Club @ 2pm	25 Cooking @ 2pm	26 DLS @ 4pm	27 Hiking @ 9:30am	28 Safety Talks @ 2pm	29 Technology Chat @ 12pm
30	31 Office Closed No class					

This is a tentative schedule, times and dates may be changed at any time.
Please check for any updates on our website

All Activities & Events will be hosted on ZOOM.

If you need assistance on how to use ZOOM, please contact your Direct Support Professional or the ARIL office. You can also check out our website to view videos on how to use ZOOM.

****Sign up for these activities & Events on our website at ARILDSP.COM****

Details on ZOOM Activities and Events

COOKING Tuesday's @2pm



Nutrition
Lesson



Ceviche 5/11



Why staying
hydrated matters?



Lobster rolls
- 5/25

DAILY LIVING SKILLS Wednesday's @4pm



Credit vs Debit
Card - 5/5



Washing
Produce- 5/12



Following a Recipe-
5/19



Appropriate Clothing:
Hiking- 5/26

SAFETY TALKS (Selected Fridays) @ 2pm



Medication Safety-
4/14



Communication Issues
and Safety - 4/28

ARTS & CRAFTS (Selected Fridays) @ 2pm



Mother's Day Card -
5/7

- Supplies
- Color Paper
 - Scissors
 - Glue
 - Pencil, Pen, or Markers



Drawing Skills -
5/21

- Supplies
- Rock(s) (Preferably Flat)
 - Paint (any colors)
 - Paint brushes
 - OPTIONAL: Toothpicks or cotton swabs

Details on ZOOM Activities and Events

GAME NIGHT Every other Monday @7pm

Join us to play a fun game! You will have the chance to challenge others in a game of Kahoot!



EXERCISE Thursday's @4pm



On May 27, 2021 we will be offering a social distance hiking trip. This will be a short and easy trail, and we will host a picnic afterwards. Please come dressed appropriate and with a lunch. There will be no Zoom Class on May 27, 2021.

SOCIAL SKILLS CLUB Monday's @ 2pm

May 3rd-Mother's Celebration

May 10th- Social Outdoor activities

May 17th-Music Fun

May 24th-Remembering Memorial Day (History)

May 31st- No Class. Happy Memorial Day



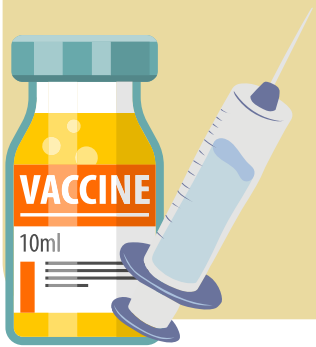
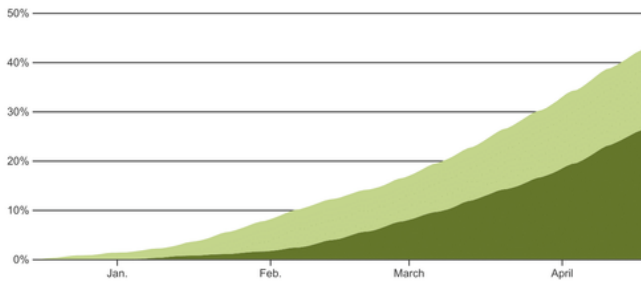
TECHNOLOGY CHAT Saturdays @12pm



Join us on what is trending in the tech world, and get some hints and tips about technology. End with a fun game!

April Recap

Percentage of Californians who are partially or fully vaccinated



COVID Vaccines

So far, 46% of residents in California have received at least one dose, about 18 million people. Among that group, 30% are fully vaccinated, meaning they have either received both shots of a two-dose regime from Pfizer or Moderna, or the single-dose Johnson & Johnson vaccine. In addition, many of our own staff and persons served are within that group that have been fully vaccinated.

Art Class

Those who joined in on our painting class had the chance to paint a squishmallow cow.



April Recap

Fun Cooking

Learning to cook takes patience and skill. We have some very talented individuals within our program that are not just learning cooking skills but patience, how to follow a recipe and how to clean up after a meal! We have some very talented individuals.



Enjoying the Outdoors

With new guidelines from the CDC, many of us have been able to enjoy more outdoor activities. Carl was able to visit a wildlife sanctuary and come face to face with many different animals. While Kathrine was able to enjoy a fun game of tennis.

April Recap



Fitness journey

Like many of us, Serena has put on some pandemic weight. She is making a goal to eat healthy and exercising and has been successfully shedding the pounds. ARIL supports Serena in her weight loss journey and journey to health!

Want to be in our Newsletters?

Please send in your photos and success stories
directsupport@arildsp.com



PUP BITES

BY SARAH



Support small business owner
Sarah in purchasing
homemade dog treats!



Make your order
through our Instagram!

\$7 FOR BOXES

\$5 FOR BAGS

 @PUP_BITES_BY_SARAH



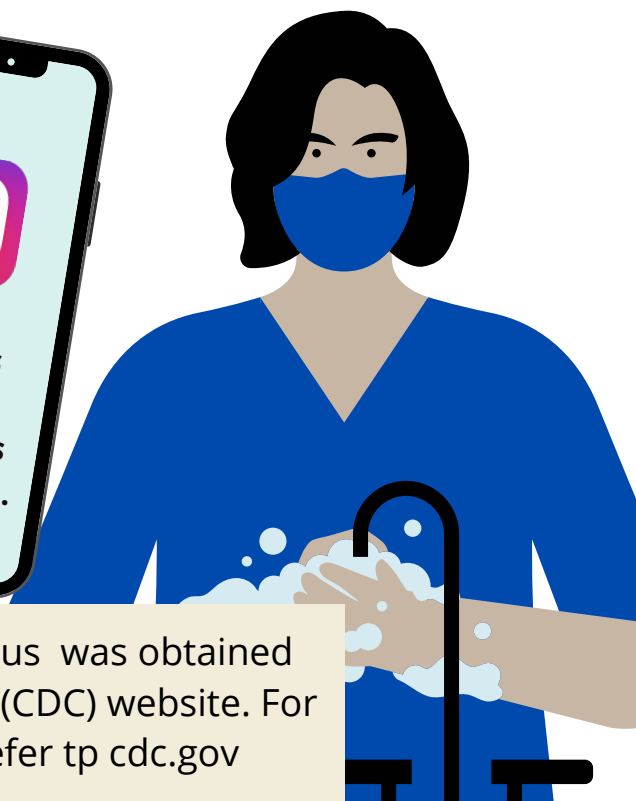
COVID-19 is still active, so be safe and continue to follow CDC guidelines

ARIL is continuing to follow up on information related to the coronavirus pandemic. Our website is being updated with the latest information about the virus and resources that can be accessed within the Inland Empire. Please check out our website for updates on the coronavirus and resources.

Together We Can Overcome #STOPTHESPREAD

What would you like to see in our newsletter?

Send us an email at directsupport@arildsp.com to let us know what should be in our newsletter.



All information provided about COVID-19/ Coronavirus was obtained from the Center for Disease Control and Prevention (CDC) website. For more in depth information about this virus please refer to [cdc.gov](https://www.cdc.gov)