

FEBRUARY 2025

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

FEBRUARY NEWSLETTER

February is here, and with it comes the perfect opportunity to celebrate the love and connections that make life so special. Whether it's the love of a friend, family member, or partner, this month reminds us to appreciate the bonds that bring joy to our lives.

Let's take a moment to celebrate friendship, family, and all the wonderful relationships that fill our hearts. We hope this month inspires you to spread love and kindness, not just today but all year long.

Wishing all our person served a month full of warmth, connection, and happiness!



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FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 CUPID'S DANCE 5:30-8PM 	8 CREATE A CARD 1-2:30PM 
9	10 PALENTINES DAY 5PM-7PM 	11	12	13	14 <i>Valentine's Day</i>	15
16	17  PRESIDENTS DAY	18	19	20	21	22
23	24	25	26	27	28	

This is a tentative schedule, times and dates may be changed at any time. Please
check for any updates on our website and with your DSP.
Stay updated on activities & events on our website at ARILDSP.COM



Community Events



INCREDABLES
FRIDAY NIGHT FUN CLUB

Cupid's CUTIES DANCE



FRIDAY, FEBRUARY 7
5:30 P.M. - 8:00 P.M.

CENTRAL PARK
11200 BASE LINE RD.

AGES 8+
\$6 PER PERSON

★ Register at [RCpark.com](https://www.rcpark.com)
Inclusive Program

Celebrate love, friendship, and fun at our Cupid's Cuties Dance, hosted by the IncredABLES Friday Night Fun Club! Join us on Friday, February 7 from 5:30 p.m. - 8:00 p.m. at Central Park. This special Valentine's - themed dance is open to participants ages 8+ and promises an evening filled with dinner, desserts, dancing, and more! Tickets are \$6 per person.

Register before attending

Community Events

DOWN SYNDROME FAMILY RESOURCE CENTER'S

CREATE-A-CARD

PAPER CRAFTING CLASS

For individuals with special needs

AGES 5-13
11-12:30pm

* 1 parent must
attend



AGES 14 & OLDER
1-2:30pm

Register at
www.dsfrc.org

Space is limited

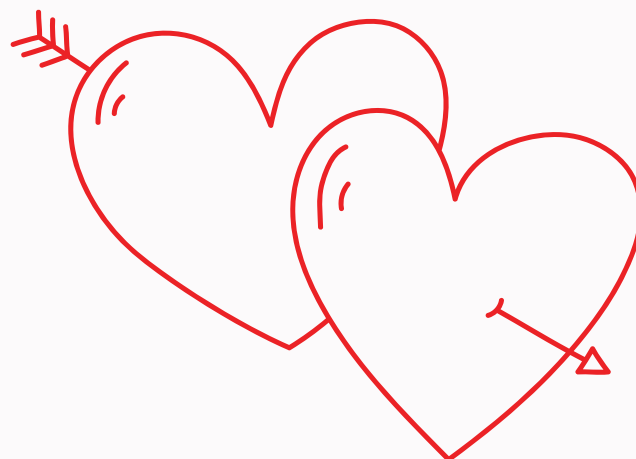
2-8-25

VETERANS HALL 1550 BONITA AVE LA VERNE, CA 91750

*no food, drinks or animals allowed

FREE

QUESTIONS-CALL DENISE 909-286-4460 OR DIANE 626-833-1192



Community Events

24^{hour}
home care



In-Roads
Creative Programs, Inc.



IRC★CAC Palentine's Day



FEB
10

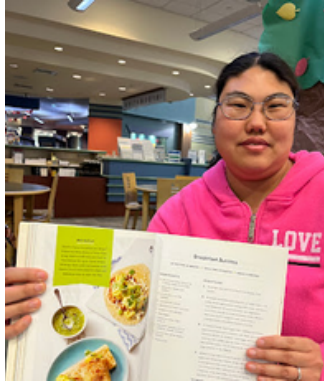
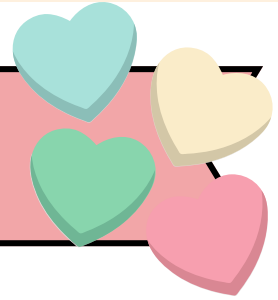
For more information or
questions about this event
please email:
community@inlandrc.org

5PM-7PM

Address: 1425 S Waterman Ave, San Bernardino, CA 92408

Join us for a Palentine's Day celebration featuring a CAC card exchange, sweet treats, and activities to promote friendship and wellness. In honor of Heart Health Month, enjoy health-focused fun with partners like IEHP, plus a special Parent Ambassador activity. Celebrate connection, health, and community with us!

JANUARY RECAP



*"However
difficult life may
seem, there is
always something
you can do and
succeed at."*

STEPHEN HAWKING



Thank you to all our person
served and their families for
their continued support. ARIL
appreciates all your
participation and
commitment to our program!



Delicious Snack Idea!

Banana Oatmeal Cookies



Looking for a no-added-sugar snack? Try these Banana Oatmeal Cookies for a pick-me-up during the day.

Yield: 14 cookies

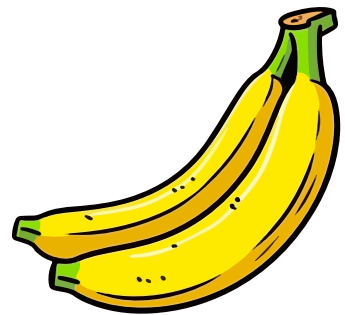
Prep: time 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients

- 2 banana (very ripe)
- 1 cup oats (quick or old-fashioned)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins (or another favorite add-in!)



Steps:

1. Preheat oven to 350 degrees.
2. In a medium bowl, mash bananas with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla and raisins. Mix well.
4. Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.

Notes:

Texture will be best when freshly made.

Try dried cranberries or chopped nuts instead of raisins.

Services

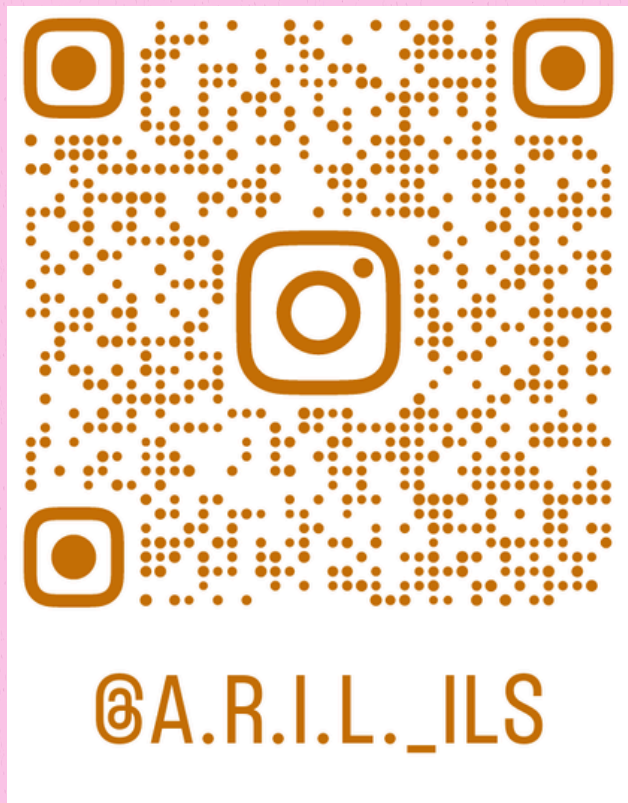
ARIL offers in-person services that are face-to-face in the family home or the community.

ARIL follows all safety precautions recommended by the CDC and California state policies when working with our persons served. ARIL is proud to have all our sessions in person!

If you have any questions, please call our office at 909-843-2011



FOLLOW ARIL ON INSTAGRAM!



@A.R.I.L._ILS 



ARIL

ADVANCED RESOURCES FOR INDEPENDENT LEARNING

Our Services



Independent Living Skills (ILS)



Supported Living Skills (SLS)



Social Recreation (SRA)

Contact



909-843-2011
714-643-3541 (after hours #)



directsupport@arildsp.com



www.arildsp.com

ARIL

About Us

ARIL is a vendor of Inland Regional Center and provides services in the San Bernardino and Riverside counties. Our direct support service provides independent living skills training and teaching to adults with developmental delays. We have two programs which include independent living and Supported Living Services. Recently we have also become vendors for Social Recreation Services. Check out our website for updates and program changes.

Why Choose Us

ARIL is goal oriented and focuses on working 1:1 with our persons served to set and accomplish realistic goals to improve their life skills. Our Direct Support Professionals are trained to help person served achieve success and independence in their daily lives. With the use of an Individual Service Plan, we are able to track progress and completion of goals!