

JANUARY 2025

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

JANUARY NEWSLETTER

Happy New Year! ARIL wishes you all a year full of happiness and success. As we welcome the new year, we encourage everyone to begin thinking of goals they would like to achieve in 2025! It's also a perfect time to reflect on the past year and assess what worked and what didn't work. If you find that one of your goals no longer applies to you, it's okay to make a change.

Ask your DSP for help setting SMART goals and make a plan that will set you up for success in the coming months. Don't get discouraged if completing your goals is challenging. If you need help your ARIL DSP will be there to assist you!

ARIL is excited to see everyone grow and succeed in 2025!

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JANUARY 2025

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3	4
5	6	7	8	9	10 Night of Discovery at IncredABLES or Ontario Reign @7pm \$20	11
12	13	14	15	16	17 Friday Hangouts @4pm!	18
19	20	21	22	23	24 Friday Hangouts @4pm!	25 Festival of Human Abilities at Aquarium of the Pacific 
26 Lunar New Year 	27	28	29	30	31 Friday Hangouts @4pm!	

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](https://www.arildsp.com)



Community Events

13th Annual Riverside Lunar Festival

Jan 25-26 Sat-Sun 11am-8pm | Free Admission
3527 Mission Inn Avenue, Riverside CA

Year of the Snake



Family Fun Zones | Live Cultural | Performances | Lion Dance Opening Ceremony
Cultural/Educational Pop-Ups | Local Food Pop-Ups/Trucks | Local Shopping
Beer Garden | Car Show | Carnival Rides | Games



01/25/2025 - 11:00am to 01/26/2025 - 8:00pm

Celebrate the rich traditions of the Lunar New Year at the 13th Annual Riverside Lunar Festival, held in the heart of Downtown Riverside. This family-friendly event brings the community together to experience the beauty of Asian culture through live performances, cultural displays, and interactive activities.





Community Events

IncredABLES Friday Night Fun Club

SCIENCE NIGHT



RANCHO
CUCAMONGA



Friday, January 10
5:30 p.m. - 7:30 p.m.
Central Park
11200 Base Line Rd.

Ages 8+
\$6 Per Person
Register at [RCpark.com](https://www.rcpark.com)

Inclusive Program

Get ready for a Night of Discovery at IncredABLES Friday Night Fun Club! Join us for an exciting and educational evening at the IncredABLES Friday Night Fun Club! This special Science Night is perfect for participants ages 8+, where everyone will have the opportunity to expand their knowledge with fun, hands-on science experiments. Whether you're curious about chemistry or fascinated by physics, this interactive event will spark imaginations and bring out the scientist in all of us! Don't miss out on this fantastic opportunity to learn, explore, and create in an inclusive, welcoming environment! Register today to reserve your spot and let's make this Science Night one to remember!

Friday, January 10 | 5:30 p.m. - 7:30 p.m. | Central Park

Tickets: \$6 per participant (Participating family members and caregivers must register)

For more information or to register, visit [RCpark.com](https://www.rcpark.com) or call 1-909-477-2765.



Community Events



**JOIN DOWN SYNDROME
FAMILY RESOURCE CENTER**



**Friday
January 10th, 2025
7:00 PM**



VS



Iowa Wild vs Ontario Reign

Toyota Arena

4000 E. Ontario Center Parkway, Ontario CA 91764



**Come join friends and family at an
evening hockey game.**

90's Night

**SPECIAL
PRICE**

\$ 20.00

To order your tickets: Go to www.dsfrc.org

Order tickets by January 2nd

For more information contact

Denise English 909-286-4460 or

Barbara Olmos 626-483-1492.

**Reserved seating the the lower level with easy accesibility only 5 steps to seats in Section 119
Close to food, beverages and restrooms.**

***Parking at the arena is \$15.00 per vehicle. This facility is cashless.**

FESTIVAL OF HUMAN ABILITIES



**OUR ANNUAL FESTIVAL OF HUMAN ABILITIES IS A
CELEBRATION HIGHLIGHTING THE CREATIVE
TALENTS AND ABILITIES OF PEOPLE WITH
DISABILITIES.**

JANUARY 25 2025

**THE AQUARIUM OF THE PACIFIC WELCOMES
GUESTS TO ITS TWENTY-SECOND ANNUAL FESTIVAL
OF HUMAN ABILITIES, WHICH CELEBRATES THE
CREATIVE TALENTS OF PEOPLE WITH DISABILITIES.
ALL ATTENDEES WILL BE ABLE TO EXPERIENCE
LIVE PERFORMANCES AND WORKSHOPS BY
DANCERS, MUSICIANS, AND ARTISTS WHO HAVE
LEARNED UNIQUE ADAPTIVE SKILLS TO HONE
THEIR CRAFT. THIS FESTIVAL WILL INCLUDE SIGN
LANGUAGE INTERPRETERS, AND THE AQUARIUM
WILL HAVE VISITOR GUIDES IN BRAILLE AND AUDIO
TOURS AVAILABLE FOR GUESTS.**

DECEMBER 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!



Activity Page

MAKE YOUR GOALS



— . . . —

Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC

What is your goal?

MEASURABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?
Make a plan!

RELEVANT

How will this goal help you?

TIMELY

When will you achieve this goal?



My goal is: _____
e.g. To drink more water! I will aim for 6 cups per day



I will track my progress by: _____

e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner



I will achieve this goal by doing the following: _____

*e.g. 1. Keep a clear bottle with me so I can tell how much I've had
2. Set an alarm to remind myself to drink every 2 hours*



This goal helps me because: _____

e.g. This goal will help me to be healthier, have more energy, and help my skin



I will complete this goal by (date): _____

e.g. I will achieve my goal by February 15th

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 #)

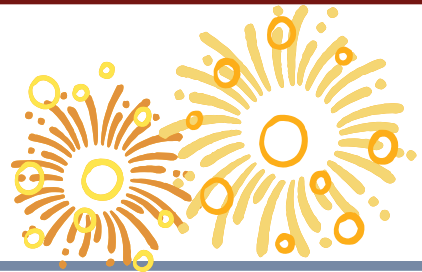


directsupport@arildsp.com



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!