

NOVEMBER 2024

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

NOVEMBER NEWSLETTER

Happy Thanksgiving to you and your family from ARIL! We wish you all the best and hope you have a wonderful celebration. At ARIL we encourage you to reflect on your amazing accomplishments so far and give thanks for all the great things in your life. Thanksgiving is the perfect time to take a moment, help others, and give back to your community! If you're interested in volunteering at a local food bank or community event please let your DSP know and they can help you sign up or find different ways to give back during this holiday season!



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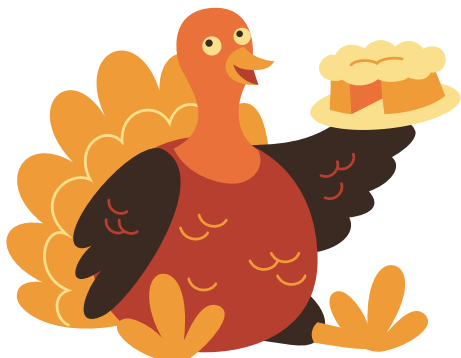
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NOVEMBER 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

27	28	29	30	31	1	2
3  DAYLIGHT SAVINGS CHANGE CLOCK BACK 1 HR	4	5	6	7	8	9
10	11 <i>Veterans Day</i> 	12	13	14	15	16
17	18	19	20	21	22	23 FESTIVAL OF LIGHTS SWITCH ON CEREMONY 
24	25	26	27	28 <i>Happy Thanksgiving</i> 	29	30



Community Events



Fall HOLIDAY BASKET FOOD DRIVE

October 21 - November 14
Monday - Thursday
10:00 a.m. - 5:00 p.m.

HELP US MEET OUR GOAL
OF 300 BASKETS!

VISIT
OUR

Drop-off Location:

RC Family Resource Center
9791 Arrow Route 

For a full list of items needed:

Visit RCpark.com 

Fall HOLIDAY BASKET FOOD DRIVE

ITEMS NEEDED:

- \$30 Gift Card
- Aluminum Roasting Tray
- Roasting Bag
- Laundry Basket
- Beverage(s) (non-alcohol)
- Canned Vegetables (2)
- Canned Corn (2)
- Canned Sweet Potatoes (1)
- Stuffing Mix (2)
- Instant Mashed Potato Mix
- Canned Gravy (2)
- Cranberry Sauce (1)

BASKETS ARE INTENDED TO FEED A FAMILY OF FOUR.



Community Events



RANCHO
CUCAMONGA

HONORING ALL WHO SERVED



Veterans Day CEREMONY



NOVEMBER 11 AT 10:50 A.M.

FREEDOM COURTYARD AT CENTRAL PARK

11200 BASE LINE RD.

RCPARK.COM



Community Events

Mission Inn Festival Of Lights



THE GRAND SWITCH-ON CEREMONY NOVEMBER 23 2024 AT 5:00 P.M.

The Switch-on Ceremony will begin promptly at 5:00 pm at Orange St. and Mission Inn Ave. with the fireworks show to follow. Plan to arrive no later than 4:30 pm.

The 2024 Festival of Lights returns this holiday season featuring lighted decorations and photo opportunities, food vendors, and activities. Enjoy millions of holiday lights in Downtown Riverside with holiday-themed decorations in the downtown area at what has become one of the nation's most popular holiday events and light displays.

For more information: <https://riversideca.gov/fol/>

SWITCH-ON CEREMONY: SATURDAY NOVEMBER 23, 2024
DURATION: NOVEMBER 24 - DECEMBER 31, 2024
CLOSED THANKSGIVING & CHRISTMAS DAY

Community Events



GET INVOLVED

Volunteers are the heart of the Feeding America organization! Share your morning, your afternoon, or your entire day with us. Please contact their Volunteer Services Supervisor at 951-359-4757 or at Eramirez@feedingamericaIE.org.

LEARN MORE AT: [HTTPS://WWW.FEEDINGAMERICAIE.ORG/VOLUNTEER](https://www.feedingamericaIE.org/volunteer)

Let your DSP know if you are interested in volunteering and they can help you sign up as well!

Community Events



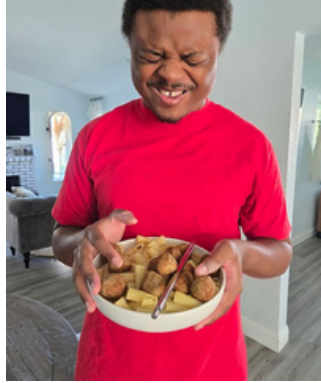
Friday, December 6 from 5:30 p.m. to 8:00 p.m. at Central Park for a magical evening filled with holiday cheer at the Holly Jolly Holiday Dance! Get ready to groove to your favorite tunes, enjoy delicious treats throughout the night, capture your festive moments with fun props, and immerse yourself in the holiday spirit.

This event is specially designed for all abilities and everyone aged 8+ is welcome! Tickets are \$6 per person. Purchase Tickets at:

https://anc.apm.activecommunities.com/cityofrc/activity/search/detail/17580?onlineSiteId=0&locale=en-US&from_original_cui=true



OCTOBER 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!



RECIPE TO TRY

CHIA BREAKFAST PUDDING



Ingredients:

- 2 cups chocolate milk
- 2/3 cup chia seeds
- 3 to 4 tablespoons honey
- 1 small container vanilla yogurt
 - toasted sliced almonds (optional toppings)

Directions:

1. Whisk together milk, chia seeds and honey in a medium bowl; cover and chill for at least 8 hours. Spoon into small bowls and top each with a spoonful of yogurt and a sprinkle of almonds, if desired.

Variations:

1. Coconut Chai

- a. Prepare as above steeping 6 chai tea bags in very hot milk in place of chocolate and adding 1 teaspoon vanilla extract. Top with vanilla yogurt and toasted coconut, if desired.

2. Tropical

- a. Substitute chocolate milk for plain milk (or milk of choice).
- b. Stir in 1/2 cup finely chopped pineapple or mango,
- c. 1/2 teaspoon coconut extract
- d. 1/4 teaspoon rum extract.
- e. Top with vanilla yogurt and toasted coconut, if desired.

Services

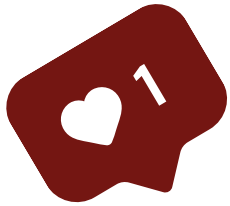
ARIL offers in-person services that are face-to-face in the family home or the community.

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!