

THE POMEGRANATE

The Official Newsletter of ARIL

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MORE INFO ON ZOOM ACTIVITIES & EVENTS

CHECK OUT OUR WEBSITE FOR MORE INFORMATION

HELLO FALL



September Events

September was a busy month for ARIL, as we began hosting over 30+ events and activities through ZOOM. ARIL offers a variety of instructional classes such as cooking classes, socialization skills, daily living skills, exercise/nutrition classes, emergency preparedness and technology.

In addition, the ARIL office has been busy providing in-person social distancing activities for those who want to get out of the house. Those who have been able to come to our office have been able to work on arts & crafts projects, play board games, build a resume, and work on obtaining their Social Security Benefits.



Emergency Preparedness Course



Those who were able to attend the Emergency Preparedness Courses for the month of October gained knowledge on different types of emergencies. There were three topics chosen for the month of September: COVID-19 vs Our Health & Safety, California Emergency Safety, and First Aid Basics.

If you missed any of these courses or want to review a course, you can now view the PDFs on the ARIL website.



Daily Living Skills (DLS)

ARIL's daily living skills courses provide instructional information on how you can accomplish objectives and goals. Septembers topics focused on safety.

From being safe online, taking transportation, and your health.

If you missed any of these courses or want to review a course, you can now view the PDFs on the ARIL Website.





Painting

ARIL started Fall with painting festive pumpkins. Every pumpkin was unique because they were able to individualize each pumpkin by painting their own face.



Cooking

Attendees were able to follow along and make these amazing meals all while on ZOOM. Septembers recipes included chicken pot pies, zucchini lasagna, and asian meatball lettuce wraps.



OCTOBER VIRTUAL ACTIVITIES & EVENTS

SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
4	5 Social Club @ 2pm Game Night @ 7pm	6 Cooking @ 2pm	7 DLS @ 5pm	8 Exercise @ 4pm	9 Emergency Prep @ 1pm	10 Video Game Chat @ 12pm
11	12 Social Club @ 2pm	13 Cooking @ 2pm	14 DLS @ 5pm	15 Exercise @ 4pm	16 Emergency Prep @ 1pm	17 Video Game Chat @ 12pm
18	19 Social Club @ 2pm Game Night @ 7pm	20 Cooking @ 2pm	21 DLS @ 5pm	22 Exercise @ 4pm	23 Emergency Prep @ 1pm	24 Video Game Chat @ 12pm
25	26 Social Club @ 2pm	27 Cooking @ 2pm	28 DLS @ 5pm	29 Exercise @ 4pm	30 Arts & Crafts @ 12pm	31 Video Game Chat @ 12pm

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 Staff 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

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!

DAILY LIVING SKILLS

Wednesday @5pm

Need to improve on your daily living skills (DLS)? Each week we will provide classes based on our ILS? SLS objectives.

EXERCISE

Thursdays @4pm

Get your body moving with new exercises every week. Before each class our instructor will give you a tip on how to stay healthy and active.

ARTS & CRAFTS

Last Friday of the Month @12pm

This months arts & crafts will focus on Fall themes. From pumpkins, leaves, and bright fun colors!

SOCIAL CLUB

Mondays @2pm

Get together with others to hear what is going on in the world and with each others lives while developing social skills.

COOKING

Tuesdays @2pm

Get in the kitchen with us to learn how to cook. Recipes can be found on Instagram and our website, this way you know what ingredients you need to follow.

VIDEO GAME CHAT

Saturdays @12pm

Join us on what is trending in the tech world, and get some hints and tips about technology.

EMERGENCY PREPAREDNESS

Fridays @1pm

Are you prepared for an emergency? This class will offer different emergency preparedness and safety precautions for all kinds of situations.

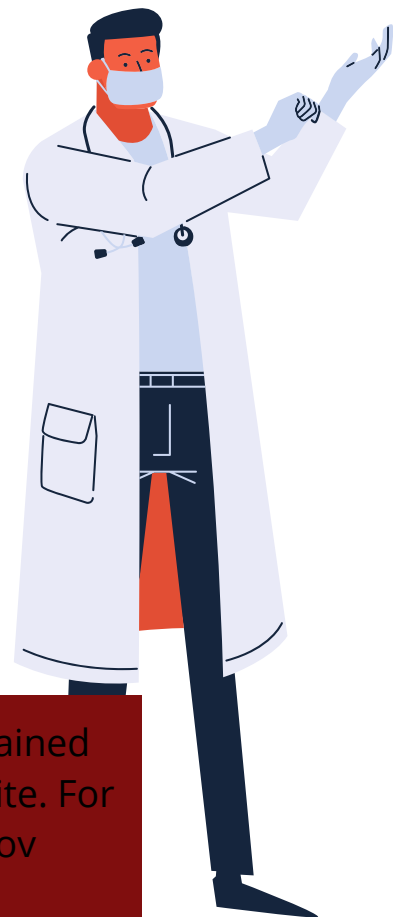
Check Out Our Website for More Information on the Pandemic

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)