

THE POMEGRANATE

The Official Newsletter of ARIL

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May the Sun Keep Shinning!

Hooray for sunnier days and warmer weather! Mother's day is fast approaching so don't forget to plan a special surprise for your mom or mother figure in your life! ARIL hopes everyone is enjoying more activities outdoors, or in the community with friends and family. Grab a blanket, your favorite snacks and head to your local park for a picnic. In May, ARIL is continuing to host in person events and we are tentatively planning for a Mini Golf Event this month! Check out page 4 of our newsletter for more details and make sure to let your DSP know if you are interested in attending.

How's your spring cleaning coming along? Make sure to set some time to clean out your closets, tidy up and make your living space as comfortable as possible! Here at ARIL we want to encourage you all to take some time to deep clean and get rid of anything that no longer serves you. Ask your self three questions : Is this Something I love, Is this something I use regularly and Why do I need to keep this? After you ask yourself these questions you can decide if you should, toss it away, donate it or keep it!

Lastly, as a reminder in observance of Memorial day, the ARIL office will be closed on May 30th. Please remember to plan accordingly and reschedule any sessions with your DSP if you will be gone that week!

MAY 2022



May 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3 Technology Chat @2pm	4 Daily Living Skills @1pm	5	6 Social Hour @11am	7
8 Mother's Day	9	10 Safety Class @2pm	11 Daily Living Skills @1pm	12	13 Social Hour @11am	14
15	16	17 Technology Chat @2pm	18 Community Resource Awareness @ 1pm	19	20 Social Hour @11am	21
22	23	24 Safety Class @2pm	25 Community Resource Awareness @ 1pm	26 Mini Golf *In Person* 11am-1pm	27 Social Hour @11am	28
29	30 Memorial Day *Office Closed*	31 Technology Chat @2pm				

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

Most 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 ****



MAY 2022



Details on Activities and Events

SAFETY CLASS

@2pm



5/10, 5/24

****IMPORTANT INFORMATION ABOUT EVENTS & CLASSES****

Please note that some events and classes have changed. Events and classes may have different dates and times. Make sure you check the dates and times of the events and classes you would like to attend.



Technology Chat

@2pm



5/3, 5/17, 5/31

DAILY LIVING SKILLS @1PM



5/4, 5/11

***IN PERSON* MINI GOLF AT CASTLE PARK**



May 26th, 2022

11am-1pm

COMMUNITY RESOURCE AWARENESS @1PM



5/18, 5/25

SOCIAL HOUR @11AM



5/6, 5/13, 5/20, 5/27



A.R.I.L'S 1ST

Golfing

TOURNAMENT



Please join ARIL mini golfing at Castle Park in Riverside! Each person served will pay \$11 to participate and can bring extra money if they would like to go on rides or buy snacks!

MAY 26, 2022

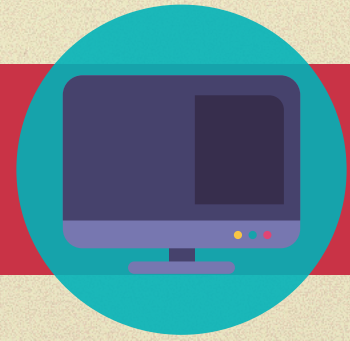
11AM-1PM

Castle Park
3500 Polk St

Riverside, CA 92505

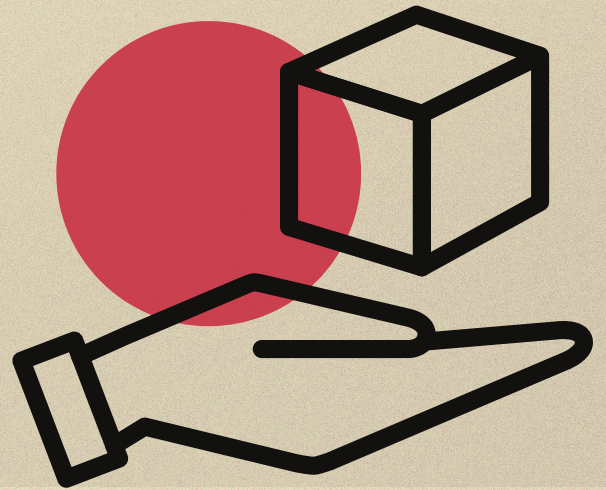
**\$11 cash due by 5/12 to
Direct Support Prof. to
reserve spot!**

Services



ARIL offers remote services via zoom and video calls. All teleservices are goal oriented and focused on teaching independent living skills using power points, discussions and learning videos.

ARIL offers in person services that are face-to-face in the family home or in the community. ARIL follows COVID-19 precautions recommended by the CDC.



ARIL offers a hybrid program. Persons Served can receive a combination of remote and in person services. These services can change month to month according to the needs of the person served.

April Recap



April

ARIL persons served worked hard in April to accomplish their goals! Many of our persons served worked on exercising, cooking and socialization skills this past month with the help of their DSP. Thank you to those of you who participated in our basket ball game/ park event this month! We had a great time!





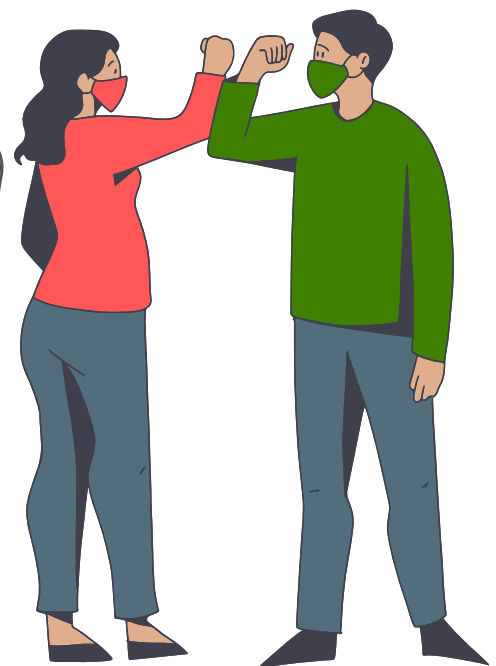
COVID-19 is still active, so be safe and continue to follow CDC guidelines



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.

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)