

JUNE 2025

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

JUNE NEWSLETTER

Summer is here, and we're excited to kick off the season with sunshine, smiles, and new adventures! As we celebrate Father's Day this month, we want to extend a heartfelt thank you to all the amazing dads, father figures, and caregivers who make a difference every day.

We also know summer is a great time for trips, outings, and making memories. If you have any fun travel plans or exciting summer activities, we'd love to hear about them! Please feel free to share your stories and photos with your DSP. We would love to feature them in upcoming newsletters or simply celebrate the joy with you. Don't forget to let your DSP know any travel plans that will affect your sessions with enough time to plan ahead!

Here's to a safe, sunny, and adventure-filled June!

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JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 WRITERS WORK SHOP 6:00 PM - 7:00 PM	6	7
8	9	10	11	12	13	14 INCREDIBLES ADAPTIVE SPORT FAIR 11AM-1PM
15 HAPPY FATHER'S Day	16 IRC ICECREAM NIGHT 5:30-7:30PM	17	18	19	20	21
22	23	24	25	26	27	28 DSFRC DANCE 6-8PM
29	30					

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



IEHP FOOD DISTRIBUTION CALENDAR

SUN	MON	TUE	WED	THU	FRIDAY	FRIDAY	DISTRIBUTION ADDRESSES
1	2 REDLANDS	3 PERRIS	4 ONTARIO	5 RIVERSIDE 1 RIVERSIDE 2	6 SAN BERNARDINO OUR LADY OF GUADALUPE	7	PERRIS THE CONCERNED FAMILY 19450 CLARK STREET PERRIS, 92570 DISTRIBUTION TIME: 8:00 AM BOYLE HEIGHTS ASSUMPTION CHURCH 2832 BLANCHARD ST. LOS ANGELES, CA 90033 DISTRIBUTION TIME: 9:00 AM RIALTO FERGURSON PARK 2472 W. CASA GRANDE DR. RIALTO, CA 92377 DISTRIBUTION TIME: 9:00 AM SAN BERNARDINO SAC NORTON CLINIC 1455 EAST 3RD STREET SAN BERNARDINO, CA 92408 DISTRIBUTION TIME: 8:00 AM
8	9 MORENO VALLEY 1 MORENO VALLEY 2	10 PERRIS	11 HEMET 1 TRONA	12 RIVERSIDE 1 RIVERSIDE 2	13 SAN BERNARDINO LOMA LINDA	14	TRONA TRONA SENIOR CENTER 13187 MARKET STREET TRONA, CA 93562 DISTRIBUTION TIME: 9:00 AM MORENO VALLEY 1 16101 NEW LIGHT WAY MORENO VALLEY, CA 92551 DISTRIBUTION TIME: 8:00 AM RIVERSIDE RIVERSIDE COMMUNITY CHURCH 4850 JURUPA AVENUE RIVERSIDE, CA 92504 DISTRIBUTION TIME: 8:00 AM ONTARIO ONTARIO SDA CHURCH 316 W 8 ST. ONTARIO, CA 91762 DISTRIBUTION TIME: 9:00 AM
15	16 REDLANDS	17 PERRIS	18 ONTARIO	19 NO DISTRIBUTION JUNETEENTH HOLIDAY	20 SAN BERNARDINO SIERRA HIGH SCHOOL RESOURCE CENTER SAN BERNARDINO OUR LADY OF GUADALUPE	21	HEMET "2" SDA SPANISH CHURCH 1707 W. LATHAM AVENUE HEMET, CA 92345 DISTRIBUTION TIME: 8:00 AM REDLANDS INLAND EMPIRE FILIPINO SDA CHURCH 604 E. ESTATE STREET REDLANDS, CA 92374 DISTRIBUTION TIME: 8:00 AM SIERRA HIGH SCHOOL RESOURCE CENTER OLIVE BRANCH 555 E OLIVE ST. SAN BERNARDINO, CA 92410 DISTRIBUTION TIME: 9:00 AM
22	23 MORENO VALLEY 1 MORENO VALLEY 2	24 PERRIS	25 HEMET 2 TRONA	26 RIVERSIDE 1 RIVERSIDE 2	27 SAN BERNARDINO LOMA LINDA SAN BERNARDINO ST. PAUL AME CHURCH HALF TRUCK	28	MORENO VALLEY 2 VALLEY ADVENTIST CHRISTIAN SCHOOL 12649 INDIAN ST MORENO VALLEY, CA 92553 DISTRIBUTION TIME: 8:00 AM RIVERSIDE 2 COMMUNITY SETTLEMENT ASSOCIATION 4275 SEDGWICK AVE. RIVERSIDE, CA 92507 DISTRIBUTION TIME: 8:00 AM
29	30 REDLANDS						

Community Events

DOWN SYNDROME FAMILY RESOURCE CENTER'S

Welcome
TO THE
JUNGLE
Dinner & Dance

JUNE 28, 2025
6-9pm

ALL AGES • FREE • DJ • DANCING
FOR INDIVIDUALS
WITH SPECIAL NEEDS

LIMITED SPACE
REGISTER AT WWW.DSFRC.ORG

CENTRAL PARK
David Dreier Hall
11200 Base Line Rd
Rancho Cucamonga, Ca.

Questions - call Denise 909-286-4460 OR Diane 626-833-1192

Community Events



Adaptive Sports Fair

Saturday, June 14
11:00 a.m. - 1:00 p.m.

RC Sports Center
8303 Rochester Ave.

Inclusive Program



A Day of Fun, Inclusion, and Connection at the Adaptive Sports Fair!

Bring the whole family to the Adaptive Sports Fair at the RC Sports Center (8303 Rochester Ave.) on Saturday, June 14, from 11:00 a.m. to 1:00 p.m., hosted by the City of Rancho Cucamonga Inclusion Program! This event is specially designed for individuals to explore, play, and connect in an inclusive and welcoming environment. Try a variety of sports tailored to ensure everyone can participate, regardless of ability. Food trucks, crafts and games will ensure the whole family has fun and don't forget to visit the onsite vendors for valuable resources and support from community organizations.

This event is all about celebrating abilities and creating opportunities for families and friends to share meaningful experiences. Whether you're exploring new sports or simply enjoying the day together, there's something for everyone. While this event is geared towards ages 6 and up, all family members are welcome to join.

Community Events



Thursday, June 5, 2025

6:00 pm - 7:00 pm

Biane Library
12505 Cultural Center Drive
Rancho Cucamonga, CA 91739

(909) 477-2720

Writer's Workshop

Let your imagination and creativity run free! Come work on your recent draft, share your ideas with others, or decorate a notebook.

Open to all adults.

This is a walk-in program. Tickets will be distributed 30 minutes prior to the start of the program.

Community Events



IRC★CAC ICE CREAM NIGHT



24hour
home care

Indulge in a delightful experience of flavors, fun, and frozen treats at our Ice Cream Social event!

DATE:

*Monday June 16th, 2025
5:30pm - 7:30pm*

LOCATION:

1425 S Waterman Ave,
San Bernardino, CA 92408

The Client Advisory Committee (CAC) is a social and advocacy group for IRC clients ages 16 and older.

MAY 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!



June Activity:

Jiffy Jalapeno Cheddar Cornbread Recipe



Ingredients:

- 2 large eggs, at room temperature
- 1 cup sour cream, at room temperature
- ¼ cup melted unsalted butter, cooled plus more for greasing the pan
- 1 teaspoon honey, optional
- 2 boxes Jiffy Corn Muffin Mix, 8.5 ounces each
- ½ cup diced canned jalapenos*, fully drained and chopped
- 1 ½ cups shredded cheddar cheese

Prep Time 10 minutes mins

Cook Time 22 minutes mins

Cooling time 10 minutes mins

Total Time 42 minutes mins

Instructions:

- Grease pan: Preheat oven to 400 degrees F. Generously grease a 9X9 inch baking dish with butter (or cooking spray).
- Whisk wet ingredients: Whisk eggs, sour cream, melted butter and honey, if using, in a large mixing bowl until fully combined.
- Add dry ingredients: Stir in the Jiffy corn muffin mix. At first, it will feel like you don't have enough liquid, but as you mix, it will come together.
- Stir in mix-ins: Fold in the chopped jalapenos and cheddar cheese.
- Bake: Transfer the mixture to the prepared baking dish and spread it evenly throughout the pan. Bake for 20-25 minutes, or until the top is lightly browned and a toothpick inserted in the middle comes out clean. Let it cool for 15 minutes. Slice and serve.

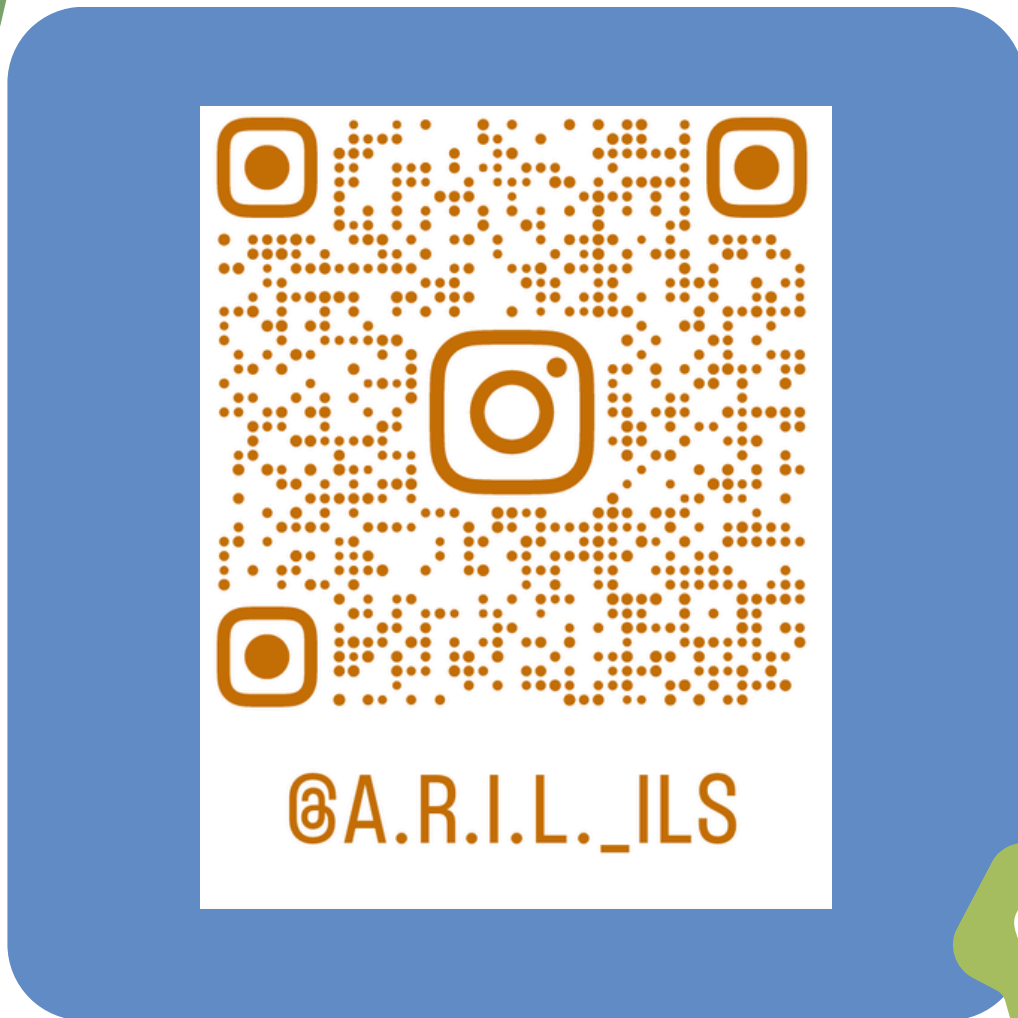
Services

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)



jasmin.botello@arildsp.com



www.arildsp.com

Regular Office Hours: M-F 8am-4:30pm

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!