

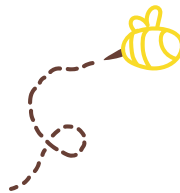
APRIL 2024

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

APRIL NEWSLETTER

ARIL is excited about the warmer weather and the opportunity to do more outdoor activities! Though some spring showers are expected this month, ARIL is challenging everyone to stay active. Plan a day with your DSP to enjoy the sun and stay active in your community by going to your local park for a walk or picnic. Another great way to stay active is by participating in the long-held tradition of Spring Cleaning! Plan a day with your DSP to help you get started and create a game plan to practice those home cleaning skills that always come in handy!



THIS ISSUE:

NEWSLETTER INTRO

PAGE 01

CALENDAR

PAGE 02

EVENTS

PAGE 03-05

RECAP

PAGE 06

ACTIVITY PAGES

PAGE 07-08

SERVICES

PAGE 09

INSTAGRAM

PAGE 10

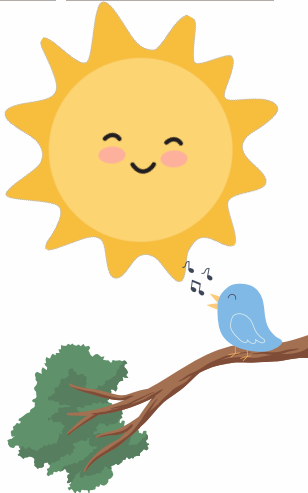
CONTACT US/ MORE
INFORMATION

PAGE 11

APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

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



Community Events



JOIN US AS WE CELEBRATE OUR TRANSFORMATIVE YEAR ON
SATURDAY, APRIL 6, AT ONTARIO TOWN SQUARE (224 N. EUCLID AVE)
FROM 10 AM TO 1 PM!

Spend the day soaking up the positive energy beating through our diverse and inclusive community and discovering the benefits of expanded park and recreation programs, special events, improved city services, infrastructure projects, and top-notch fire and police services. Connect with your neighbors and explore the upcoming fun and impactful projects happening throughout our City. The future is bright in Ontario, and we look forward to sharing it with you!

Community members will get the chance to meet staff from City departments and enjoy live entertainment, activities, and food.

Community Events



City of San Bernardino
Parks, Recreation and Community Services

Arbor Earth Day

Community Garden Revitalization!
24712 6th Street, 92410



Saturday, April 13



10am-2pm

- Tree Giveaway provided by UCR
- Water Conservation resources
- Mulch & Compost Giveaway: Max two, 50 lb. bags per household
- Motor Oil & Filter: Recycling containers available while supplies last



Interested in being a
vendor at this event?
Apply today!

(909) 384-5233 | @sbcityparksandrec | www.sbcity.org/parks

Community Events



The Riverside Artswalk is a monthly community event that celebrates the diversity of arts and culture in Riverside and the Inland Empire. Visit over 22 downtown locations, including museums, galleries and studios, presenting an eclectic mix of visual and performing arts. Either before or after, enjoy the many entertainment, dining and shopping experiences that downtown Riverside has to offer.

Become a part of the pulse at Riverside Artswalk every First Thursday from 6-9 p.m. Riverside Artswalk First Thursdays is hosted by the Riverside Arts Council and sponsored by the City of Riverside and Riverside Downtown Partnership.

March Recap



"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

ALBERT SCHWEITZER



Thank you to all our person served and their families for their continued support. ARIL appreciates all your participation and commitment to our program!

Spring Cleaning Challenge!

30-Day Spring Cleaning Checklist



1. Dust



2. Clothing inventory



3. Medicine cabinets



4. Sort shoes



5. Small appliances



6. Clean car



7. Fridge & cabinets



8. Declutter bathroom



9. Wash linens



10. Clean electronics



11. Remove junk



12. Clean oven



13. Clean windows



14. Wash brushes



15. Wash brushes



16. Clean pipes



17. Switch out decor



18. Vacuum furniture



19. Clean garage



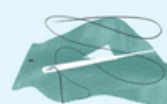
20. Clean office



21. Sort glassware



22. Organize bags



23. Repair clothing



24. Organize hobbies



25. Let the kids clean



26. Dust and vacuum



27. Wash walls



28. Wash bedding



29. Donate items



30. Toss unusable items

the
spruce

Spring Cleaning Tips!

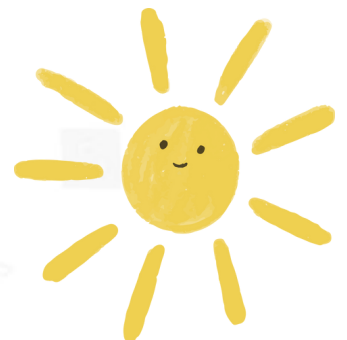
1. Make a list!
2. Focus on those areas you haven't gotten to all winter
3. Gather all your supplies before you start cleaning
(make sure to use the right supplies)
4. Don't try to clean too many things at once
5. Ask for help if you're not sure how to clean something!

Spring Crossword Puzzle



INSECTS
BUTTERFLY
GROWTH
BLUE SKY
FLOWERS
PUDDLES
BUNNY

MEADOW
SUN
BREEZE
BIRDS
GARDEN
RAIN
PICNIC



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)

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. ARIL will be adding a new program for Social Recreation in 2023! More information will become available in the upcoming months about our Social Recreation program and how to join. 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!