

THE POMEGRANATE

The Official Newsletter of ARIL

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Check Out Our Website for More Information



Ring in the New Year

It's 2021! We are excited and thrilled to start a brand new year. With fresh goals and an enlightened perspective. ARIL's New Year resolutions is **#1)** to continue to help our persons serve accomplish their individual service plan goals. **#2)** to continue to use safe and effective methods to help our persons serve accomplish their goals. These methods may be through zoom classes, social distancing or phone conferences. **#3)** The final goal is for ARIL to continue to provide to everyone effective communications and updates regarding our programs.

January Events

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

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! & win a prize.

DAILY LIVING SKILLS

Wednesday's @4pm

Dealing with Stress - 1/6
Getting More Quality Sleep - 1/13
Making Regular Doctor's Appts - 1/20
Eating Healthy - 1/27

EXERCISE

Thursday's @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 @1pm

Paint with Us- 1/29

SOCIAL SKILLS CLUB

Monday's @ 1pm

Join us to meet new friends, socialize and learn appropriate socialization skills.

New Year's Resolutions- 1/4

Communication-1/11

Saying No when Necessary-1/

Recognizing our Talents-1/25

COOKING

Tuesday's @2pm

Enchilada's-1/4

Lasagna-1/12

Meat Loaf-1/19

Dodger Dogs-1/26

TECHNOLOGY CHAT

Saturdays @12pm

Join us on what is trending in the tech world, and get some hints and tips about technology. End with a fun game!

SAFETY TALKS

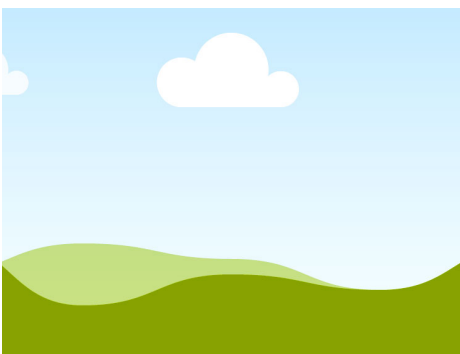
Fridays @1pm

Animal Safety - 1/8

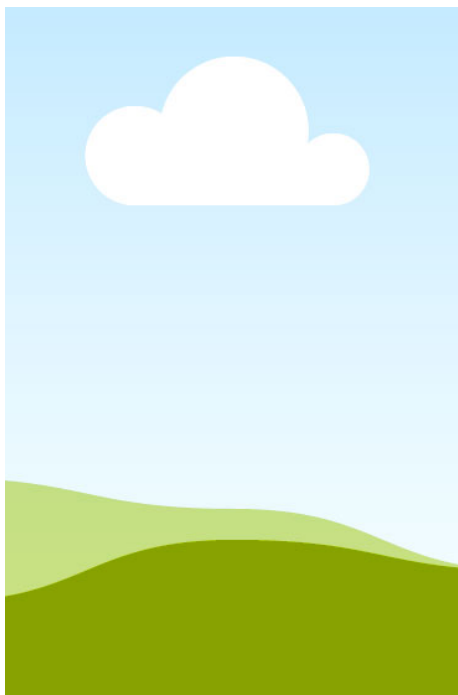
Ready to Work - 1/15

Importance of an Annual Checkup - 1/22

Look Back at 2020



Look Back at 2020



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.

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)