



The Official Newsletter of ARIL

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RETURN TO NORMAL

June 15th, 2021 is a big day! This is the day that the State of California is set to open at full capacity and lift their mask mandates. We are not sure if we are going to be able to continue our remote services this is why we have been transitioning our services to face to face. If you have any questions regarding your services please contact our office at (909) 533-4157. For mask mandates, we are asking that for those individuals who are not vaccinated to continue to wear their mask when working face to face with our staff. This month we are hosting a hike and Taekwon Do Self-Defense class. To learn more about these events please keep reading this newsletter. We have also expanded our services into the South West Riverside area. This area includes Temecula, Murrieta, Menifee and Winchester. We are excited for this new growth and we are looking forward to seeing everyone at one of our face to face events!

JASMIN BOTELLO, ARIL DIRECTOR

JUNE 2021



June Events



SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Social Club @ 2pm	2 Technology Chat @12pm	3 Exercise @ 4pm	4	5
6	7 Game Night @ 7pm	8 Cooking @2pm	9 DLS @ 4pm	10 Exercise @ 4pm	11	12
13	14 Safety Talks @2pm	15 Social Club @ 2pm	16 Technology Chat @12pm	17 No Exercise Class	18 Self Defense (face to face) @10am	19
20	21 Game Night @ 7pm	22 Cooking @2pm	23 Hiking (face to face) @ 10am DLS @ 4pm	24 Exercise @ 4pm	25	26
27	28 Safety Talks @2pm	29 Social Club @ 2pm	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

Some 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****

In Person Activities and Events

ARIL is happy to announce that we are now offering in person Activities and Events! Check out what we are offering for the month of June.

HIKE AND SACK LUNCH

On June 23, 2021 @10am-12pm we will be offering a social distance hiking trip. This will be a short and easy trail, and we will gather for a picnic afterwards. Please come dressed appropriate and with a sack lunch. Wear sunscreen, bring a water bottle, hiking shoes and hat. The location is to be announced at a later date.



SELF-DEFENSE: WORKSHOP I

On June 18, 2021 @10am-11am, we will be hosting a 1 hour Tae Kwon Do Self-Defense workshop with Master Simpson of Redlands ATA Martial Arts located at 825 W. Colton Ave, Redlands, CA 92374. The cost of the class is \$20. Please register on our website. We will offer Workshop II in July 2021.

****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 on the dates and times of the events and classes you would like to attend.

Details on Activities and Events

GAME NIGHT @7PM



Join us to play a fun game on Kahoots! June 7th and 21st

SAFETY TALKS @2PM



Talk about safety with us. June 14th and 28th

SOCIAL SKILLS CLUB @2PM



6/1 - Summer Safety & Fun
6/15 - Celebrate Father's!
6/29 - Safe Socialization Skills

COOKING SKILLS @2PM



6/8 - Comfort Foods
6/22 - How to BBQ

TECHNOLOGY CHAT @12PM



Lets talk technology! June 2nd, 16th, & 30th

DAILY LIVING SKILLS @4PM



6/9 - Opening a Bank Account
6/23 - Job Interview Skills

EXERCISE @4PM



Come exercise with us! June 3rd, 10th & 23rd

HIKE



Come hiking with us! June 23rd @ 10am

SELF-DEFENSE



Learn Taekwon Do Self Defense!
June 18th @ 10am

May Recap



Walk in the Park

Check out our first group outing of 2021!

Thank you to everyone who participated in our first group outing! We had a great time getting together, stretching and exercising. We were able to get some vitamin D, a quick work out and socialize during our sack lunch. It was so nice catch up and see each other in person. It was a beautiful day at the park and we will be doing this more often through out the year.

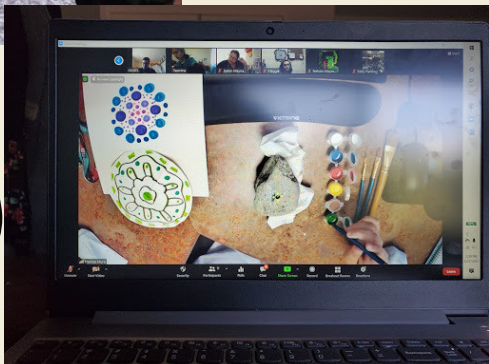




May Recap

Fun Zone!

Direct Support Professionals are busy at work returning to face to face. Here are some activities that they are getting their persons served involved in.



Improving Skills

Our goal is to continue to improve the skills of our persons served in their daily lives. We seek to teach, empower and educate!

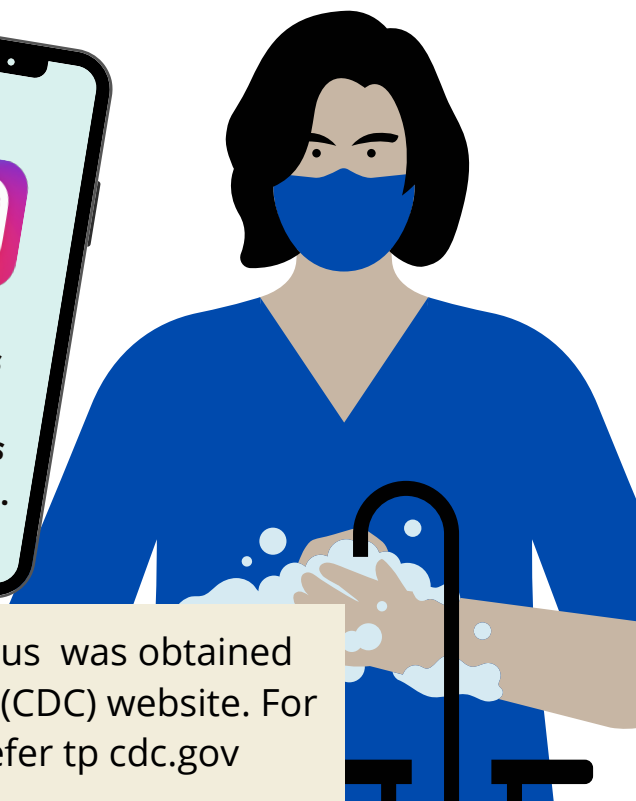
COVID-19 is still active, so be safe and continue to follow CDC guidelines

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)