



March 2025 Newsletter

Hello friends of Sunflower Hill!

Happy March! Spring is on the horizon, marking a season of new opportunities, growth, and lots of green—our second favorite color! It's also Developmental Disabilities Awareness Month, a chance for us to spread the word on the importance of acceptance, understanding, and inclusion—all mantras that Sunflower Hill proudly embraces.

I'm pleased to let you know that our hard-working staff, board of directors, and advisors have been planning and **'re-imagining' several creative classes and programs** at both the garden at Hagemann Ranch and our Irby Ranch community in Pleasanton. We've heard from many of you asking us to create additional 'places and spaces' where individuals with intellectual and developmental disabilities can thrive, and we're delighted to unveil those to you this month.

Please check out our [Friday Night Live program](#) and new cooking, life skills and other social and vocational classes like Learning with Olivia. As a reminder, **all Sunflower Hill classes are open to any adult with I/DD in the region**, not just individuals who reside at Irby Ranch. We're also looking for local entertainers,

school groups, and volunteers to participate. If you have an idea or you'd like to share your talents or volunteer spirit, please send a note to programs@sunflowerhill.org.

This month, we're also delighted to announce our new **corporate garden volunteer program**. We welcome groups of 10 or more to visit Sunflower Hill's Garden at Hagemann Ranch. You can plant, harvest, and weed. We have special projects to build things too. Come get dirty with us! And we mean that in the best possible way!

Thank you for your belief in our mission to help individuals with intellectual and developmental disabilities. The future at Sunflower Hill is indeed bright, and we're grateful you are joining us on this journey.

Susan Houghton
Founder
Chair, Board of Directors



Spring is on the Way at the Garden!

As the days grow longer and warmer, exciting changes are happening in the Sunflower Hill Garden! Our cabbage and broccoli are heading up beautifully, and we've started harvesting our vibrant carrot bed. The cover crop has been mowed and covered with a silage tarp to enrich the soil, ensuring it's packed with nutrients for our summer crops.

Meanwhile, tomatoes and other warm-season plants are beginning to sprout in the greenhouse—signs of a bountiful season ahead!

Spring also marks the return of corporate



volunteer days! We were thrilled to welcome **SavvyMoney**, our first group of the season, who lent a hand mulching our wisteria awning, weeding, and harvesting carrots. If your company is looking for a meaningful way to give back, we'd love to have you join us.

[View the Corporate Group Volunteer Day flyer to learn more!](#)

Produce of the Month: Cosmic Purple Carrots – These stunning carrots, with their deep purple skin and orange interior, have been a joy to harvest and are as delicious as they are beautiful!

What's Growing Now?

Fava Beans – A resident favorite, now flowering and soon to develop their signature long pods.

Bok Choy – A quick-growing crop that will be ready to enjoy in just a few weeks!

We're looking forward to a season of growth, connection, and delicious harvests—stay tuned for more updates from the garden!

[Book a Corporate Volunteer Day](#)





Social, Vocational, and Life Skill Programs

We've expanded our programs at Irby Ranch with new cooking, social, and vocational activities!

Cooking Classes – More in-person options plus fun virtual "five-ingredient" recipes from Trader Joe's!

Learning with Olivia – A new vocational series to build confidence in essential life skills.

Popcorn Chat – Our beloved virtual social program is back!

Introducing Friday Night Live! – A monthly evening of entertainment, dinner, and activities!

Open to all adults with I/DD looking for fun and engaging social and vocational experiences.

Register for Irby Ranch Activities



Friday Night Live Dinner Donated by Strizzi's!

A heartfelt thank you to [Strizzi's](#) for partnering with us to provide delicious food for our upcoming Friday Night Live event! Their generosity will help make the evening even more special for our community. Thank you, Strizzi's, for helping us create a memorable night!



Celebrating Peter's 80th Birthday in Style!

The Sunflower Hill community recently came together to celebrate a very special milestone—Peter, our oldest resident at Irby Ranch in Pleasanton, who turned 80! His family honored the occasion with a stunning display of 80 candles, and Peter was dressed to impress in a stylish tuxedo.

As a cherished member of the Irby Ranch family, Peter has formed many close friendships over the years. He enjoys staying engaged—whether it's visiting the fitness room, shooting hoops on the basketball court, or strolling around the property to connect with friends and staff.

Happy Birthday, Peter!

SAVE THE DATE

TIPS FOR CHANGE FUNDRAISER AT SIDETRACK BAR+GRILL

TUESDAY, APRIL 15

 Sunflower Hill

Tips for Change at SideTrack Bar + Grill

Save the Date! We're hosting a **Tips for Change Fundraiser at SideTrack Bar + Grill** on **Tuesday, April 15!**

Enjoy delicious food served by a fun, spirited waitstaff, all while supporting Sunflower Hill! Raffle tickets will be available for purchase—don't miss your chance to win some amazing prizes!

100% of tips from the evening benefit Sunflower Hill's mission to create places and spaces where adults with intellectual and developmental disabilities (I/DD) live, work, learn, and thrive!

The reservation link will be available on our website soon!



Irby Ranch Tours

Due to popular demand, additional spots have been added! Join us for an exclusive one-hour tour of Sunflower Hill at Irby Ranch in Pleasanton! Discover how this innovative housing development creates a vibrant, inclusive community for adults with intellectual and developmental disabilities (I/DD).

Friday, April 25, 2025 at 4 pm

Thursday, June 19, 2025 at Noon

Friday, August 1, 2025 at Noon

Friday, October 17, 2025 at 12:30 pm

Please note that our Irby Ranch Resident waiting list is closed, and we are not currently accepting additional resident applications.

Spaces for the tour are limited, and **registration is required.**

[Register for a Tour](#)



Sunflower Hill Mardi Gras Gala

Saturday, September 27, 2025

6-10 PM

Shannon Community Center, Dublin, CA

Save the Date! Our annual gala will feature a Mardi Gras theme -- and we'd love to have you join us for a night of glitz, glamour, and giving! Help us make this event unforgettable while supporting a great cause. We've just launched our sponsorship opportunities. Look for table and ticket sales to launch in the next few months.

Don't miss your chance to be part of the celebration! Secure your sponsorship today.

Become a Sponsor

MARCH 2025 Activity Calendar							Sunflower Hill
SUN	MON	TUE	WED	THU	FRI	SAT	
Sunflower Hill Led Activities HCEB Led Activities Parent/Resident Led Activities SAHA Led Activities						1	
2	3	4 Group A Cooking Class: Thai Peanut Pasta Salad 4 - 5 PM Limited spots available. Sign up for one week: Group A or B	5 Fitness Class w/ Bri 4 - 5 PM	6 St. Patrick's Day Art and Crafts with Tina and Kathy 4 - 5 PM Adaptive Yoga w/ Kristen 5:30 - 6:00 PM	7 Fitness Class w/ Bri 4 - 5 PM Friday Night Live! Live Performances, Dinner Provided, Hands on Art Activities and More! 5:30 - 8 PM	8	
9	10 Learning with Olivia Week 1: Kitchen Basics: Safety in the Kitchen 4 - 5 PM	11 Group B Cooking Class: Thai Peanut Pasta Salad 4 - 5 PM Limited spots available. Sign up for one week: Group A or B	12 Cocker with Tina and Kathy 3 - 4 PM Fitness Class w/ Kristi 4 - 5 PM All About Leprechauns Arts and Crafts 5:30 - 6:30 PM	13 Pet Therapy and Coloring Hour 4 - 5 PM Adaptive Yoga w/ Kristi 5:30 - 6:00 PM	14 Fitness Class w/ Kristi 4 - 5 PM	15	
16	17 Trader Joe's Virtual Cooking Class: Minimal Ingredients, Maximum Taste: Peppers and Olive Oil 4 - 5 PM Zoom link: https://sunflowerhill.org/23255450334	18 Group A Cooking Class: Cauliflower Nachos 4 - 5 PM Limited spots available. Sign up for one week: Group A or B	19 Fitness Class w/ Kristi 4 - 5 PM Popcorn Chat: Virtual at Home Scavenger Hunt 5:30 - 6:30 PM Zoom link: https://sunflowerhill.org/23255450334	20 Adaptive Yoga w/ Kristi 5:30 - 6:00 PM	21 Farmers Market Friday 3 - 4 PM Fitness Class w/ Kristi 4 - 5 PM	22 Sun Squad: Book Drive- Donate a Book and Organize Our Books 9 - 10 AM	
23	24 Learning with Olivia Week 2: Kitchen Basics: Safety in the Kitchen 4 - 5 PM	25 Group B Cooking Class: Cauliflower Nachos 4 - 5 PM Limited spots available. Sign up for one week: Group A or B	26 Fitness Class w/ Bri 4 - 5 PM House Plant Propagation with Crystal 5:30 - 6:30 PM	27 Uno Hour and Board Game Social with Tina 4 - 5 PM Adaptive Yoga w/ Kristi 5:30 - 6:00 PM Olivia Out of Office	28 Fitness Class w/ Bri 4 - 5 PM Friday Night Movie Night with Crystal 5:45 - 7:45 PM Olivia Out of Office	29	
30	31 Trader Joe's Virtual Cooking Class: Minimal Ingredients, Maximum Taste: Classic Cheesecake Sliders 5 - 6 PM Zoom link: https://sunflowerhill.org/23255450334	Please refer to the Activity Outline for more details. The date, time, and location of activities is subject to change. Please check the community cork board for more activities led by residents and caregivers. To register go to https://sunflowerhill.org/programs/irby-ranch/ .					

Irby Ranch Activities

Our March program calendar is out! We have a plethora of classes for individuals with intellectual and developmental disabilities. Whether you are a regional center client, private pay, or on self-determination, there is truly something for everyone. And if you love cooking from the comfort of your own home, our virtual cooking classes are perfect for you! Check out delicious recipes and exciting classes we have planned for March!

Register for Irby Ranch Activities

Our Contact Information

Sunflower Hill

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