



AUGUST 2026

ACTIVITIES AND DESCRIPTIONS

*If a participant requires 1:1 support to engage in an activity, it is required to bring your own support. Parent/caregiver/support staff should plan to attend and fully participate in each activity, supporting the participant as needed. Sunflower Hill staff does not provide 1:1 support during activities.

We are updating our annual liability waivers. To attend activities at Irby Ranch all participants AND attending caregivers must sign an updated liability waiver. Please find our updated liability waiver [here](#).

**Registration is required to participate in Sunflower Hill Activities at Irby Ranch.

August 3, 2026: Puzzles Galore with Adama: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Let's figure it out together... jigsaw puzzles, word searches, crosswords, and more.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 4, 2026: Sensory Splash Night at LARPD: 6:00 - 8:00 PM

- This is an in-person activity.
- Location: **Robert Livermore Aquatics Center**, Activity Pool, 4448 Loyola Way, Livermore
- LARPD Adaptive Recreation Sensory Friendly Splash Nights. This is an activity led by the LARPD. "Join us for a Sensory Splash Swim Night at Robert Livermore Aquatics Center, designed for individuals with sensory sensitivities or disabilities to enjoy a calm and welcoming aquatic experience. The pool will feature reduced noise, minimal crowds, and a relaxed atmosphere to create a comfortable environment for all. These nights are intended for people with intellectual/developmental disabilities to enjoy the pool with family and friends."
- Fee is \$5 per person, pay at the entrance. Friends and Family welcome. Everyone entering the pool must pay the fee.
- Please Note: Sunflower Hill does not provide transportation to this activity. Each participant will need to provide their own transportation to and from the Aquatics Center.
- Please Note: This is not a Sunflower Hill led activity, however Sunflower Hill Staff will be present from 6:00 - 8:00 PM.
- If you have any questions, please contact Vanessa Donaldson , MSW, vdonaldson@larpd.org, 925-960-2485

August 5, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Bri

- Activity is subject to cancellation depending on the weather and availability.
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Bri directly at brimusgrove22@gmail.com or at (925)-577-7667.**

August 5, 2026: Fly High Kites with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Perfect for a windy day, we'll decorate the sky with these colorful kites.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 6, 2026: Cooking with Annie: Quesadillas: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come have fun creating your favorite quesadilla combination with all the fixings.
- **This activity is open to 10 residents and 4 nonresidents. The cost to attend is \$10.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 6, 2026: Adaptive Yoga w/ Kristen: 5:15 - 6:05 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10-plus years. Her class will include a fun variety of yoga positions in both standing and floor positions. No prior yoga experience is needed.

- You may sign up and pay for the 10 week session by emailing the yoga instructor, Kristen Stewart, kstewart.benevides@gmail.com, or by text/call at 408-306-2517.
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**

August 7, 2026: Fitness Class with Keith: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Keith as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Keith.
- Activity is subject to cancellation depending on the weather and availability.
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Keith directly at keithcaraveo@gmail.com or at (925)-980-0024.**

August 7, 2026: Concert in the Park with Annie: 5:30 - 8:30 PM

- This is an in-person activity.
- Location: Lions Wayside Park
- Put on your cowboy hat and boots and let's meet as a group at the Concert in the Park, listening to the Ruff Stock country band (and dance the night away if you choose). We will reserve an area on the lawn across Neal Street where there will be more open space. For those who are interested, we will walk as a group from Irby Ranch to the park and back to Irby after the concert is over. We will meet in the Community Room, promptly at 5:30 PM. Sunflower Hill staff will be present at the park from 5:30 until the concert is over.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 10, 2026: Fun with VIP Staff: Sanitation Station: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- We will be doing an activity on hand washing like how to say your ABC while washing your hands or count 30 seconds. We will also talk about hygiene techniques such as how to cough into your elbow, the importance of washing our hands, and why hand sanitizer can be helpful if used correctly.
- Reminder: This activity is led by members of the Visionary Independence (VIP) support staff team and is not led by Sunflower Hill staff members. If you have any questions you can reach out to Shannon Riley at shannon@visionaryindependence.com

August 10, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:00 - 6:00 PM

- This is an in person activity
- Location: Irby Ranch Courtyard/Fitness Room
- Price: \$20. Can be Venmoed to <https://venmo.com/u/Bobby-Pallen> **Pallen Martial Arts is vendorized by the Regional Center of the East Bay!**
- We're proud to offer martial arts classes twice a month at Sunflower Hill. These are the perfect opportunity for individuals of all abilities to build confidence, strength, focus, and life skills. **To register please email pallens.info@gmail.com**
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**

If you're looking for additional training beyond Sunflower Hill, **Pallen's Martial Arts in Dublin** offers a full **Limitless Abilities Adaptive Martial Arts & Fitness Program** — including both group classes and one-on-one sessions.

I'm **Master Bobby Pallen**, and for decades my family has supported students of all abilities in

building confidence, strength, focus, and essential life skills.

★ Why Families Love Our Program

- Builds focus, confidence, and emotional resilience
- Improves balance, coordination, and overall fitness
- Teaches real-life self-defense and anti-bullying tools
- Supports personal growth with adaptive belt rankings
- **RCEB Vendor** — funding may be available

Students thrive here — many transition into regular classes, earn belts, and discover strengths they didn't know they had.

August 11, 2026: Coffee Social with Nellie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Meet in the Irby Ranch Community Room
- We will meet in the community room and walk to the coffee shop. The participants will enjoy a one-hour community outing that combines light physical activity with social communication practice. Once at the cafe, participants will gather to practice communication skills in a relaxed, supportive environment.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 11, 2026: National Mountain and Hip Hop Day with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- On this day, Japan celebrates mountains and we too will pay homage by creating our own mountain scape while listening to cool music.

- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 12, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Bri
- Activity is subject to cancellation depending on the weather and availability.
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August 12, 2026: Build Your Own Cardboard Pizza with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Using cardboard and other materials, we'll build a pizza with all the fixings, from scratch.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 13, 2026: Outdoor Water Games with Annie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard

- Let's beat the heat with some fun outdoor water games and activities, like water balloon toss, sponge relay, and more. Warning: you might get wet! We will also have some "dry" games set up if you don't like the water.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 13, 2026: Adaptive Yoga w/ Kristen: 5:15 - 6:05 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10-plus years. Her class will include a fun variety of yoga positions in both standing and floor positions. No prior yoga experience is needed.
- **You may sign up and pay for the 10 week session by emailing the yoga instructor, Kristen Stewart, kstewart.benevides@gmail.com, or by text/call at 408-306-2517.**
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August 14, 2026: Fitness Class with Keith: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Keith as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
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(925)-980-0024.

August 14 , 2026: Roll for Inclusion Board Game Night: 5:30 - 7:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Roll for Inclusion is back for a very fun board game night at Sunflower Hill Irby Ranch. Thanks to a grant from Stanford Health Care Tri-Valley, Sunflower Hill will be hosting once a month *FREE* board game nights led by Roll for Inclusion. Roll for Inclusion is a nonprofit that connects and engages people via accessible board games for all. They will be providing all of the board games and Sunflower Hill will be hosting the events at Irby Ranch in the Community Room and Courtyard. Light snacks and refreshments will be available but please note we will not be providing a full dinner.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 17, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:00 - 6:00 PM

- This is an in person activity
- Location: Irby Ranch Courtyard/Fitness Room
- Price: \$20. Can be Venmoed to <https://venmo.com/u/Bobby-Pallen> **Pallen Martial Arts is vendorized by the Regional Center of the East Bay!**
- We're proud to offer martial arts classes twice a month at Sunflower Hill. These are the perfect opportunity for individuals of all abilities to build confidence, strength, focus, and life skills. **To register please email pallens.info@gmail.com**
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- Teaches real-life self-defense and anti-bullying tools
- Supports personal growth with adaptive belt rankings
- **RCEB Vendor** — funding may be available

Students thrive here — many transition into regular classes, earn belts, and discover strengths they didn't know they had.

August 18, 2026: Learning with Sunflower Hill: Basic Problem Solving Skills: 3:30 - 4:30 PM

- This is an in person activity.
Location: Irby Ranch Community Room
- Join us for a fun and interactive learning event focused on identifying problems, determine if they are big or small, and practice strategies for solving them in real-life situations. This activity is designed to be supportive, engaging, and a great opportunity to build independence while having fun with friends.
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

August 18, 2026: Origami Buddies with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Animals and other objects are created by bending and folding paper into fun shapes.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 19, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Bri
- Activity is subject to cancellation depending on the weather and availability.
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August 19, 2026: Moving Caterpillar Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Let's get kinetic with these baby butterflies, and all of their moving parts.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 20, 2026: Words and Thinking Skills with Nellie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Participants will spend one hour working on crossword puzzles in a fun, supportive environment designed to promote learning, communication, and problem solving.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 20, 2026: Adaptive Yoga w/ Kristen: 5:15 - 6:05 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10-plus years. Her class will include a fun variety of yoga positions in both standing and floor positions. No prior yoga experience is needed.
- **You may sign up and pay for the 10 week session by emailing the yoga instructor, Kristen Stewart, kstewart.benevides@gmail.com, or by text/call at 408-306-2517.**
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August 21, 2026: Irby Ranch Farmer's Market Friday: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Come bring a bag and collect some fresh food for the week ahead.

August 21, 2026: Fitness Class with Keith: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Keith as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout

exercises.

- There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Keith.
- Activity is subject to cancellation depending on the weather and availability.
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**
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August 21 , 2026: Friday Night Live at Sunflower Hill Irby Ranch: 5:00 - 7:30 PM

- This is an in-person activity.
- Join us for *Friday Night Live*! This monthly program is designed to be engaging, social, and full of fun.
 -  **When:** Friday, August 21 | **5:00 - 7:30 PM**
 -  **Where:** Irby Ranch Community Room
 -  **Cost:** \$25 (includes dinner and activities)
- Come end the week on a fun note as we come together for our Friday Night Live event. We will have a tasty dinner prepared by Culinary Angels, and a summer fun performance from Rebecca, the Bubble Lady.
- **Please note that this event is currently sold out.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 24, 2026: Pet Therapy and Coloring Hour: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Take a break from your day and join us with the **Valley Humane Society** as they bring

in therapy dogs. Feel your stress and anxiety melt away as you pet the therapy dogs.

- For the second half of the hour keep the relaxation going and spend time coloring with friends. Coloring pages will be provided.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 25, 2026: National Banana Split Day with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- We'll make and eat this classic ice cream treat. Yummy in my tummy!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 26, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Bri
- Activity is subject to cancellation depending on the weather and availability.
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**
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August 26, 2026: Campfire Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Imagine we're enjoying the glow of a campfire: gathering all the elements to create a magical faux fire.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 27, 2026: Interactive Roleplay with Nellie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Participants will engage in a structured role-play session to practice functional life and social skills in a safe and supportive environment. Nellie will provide modeling, prompting, coaching, and positive reinforcement to promote skill development, confidence, and the generalization of learned skills to everyday life.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

August 27, 2026: Adaptive Yoga w/ Kristen: 5:15 - 6:05 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10-plus years. Her class will include a fun variety of yoga positions in both standing and floor positions. No prior yoga experience is needed.
- **You may sign up and pay for the 10 week session by emailing the yoga instructor, Kristen Stewart, kstewart.benevides@gmail.com, or by text/call at 408-306-2517.**
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**

August 28, 2026: Fitness Class with Keith: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Keith as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Keith.
- Activity is subject to cancellation depending on the weather and availability.
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Keith directly at keithcaraveo@gmail.com or at (925)-980-0024.**

All August activities will be held in person.

If you are interested in participating in a Sunflower Hill activity, please contact:

Annie, Programs Lead, at annie@sunflowerhill.org

To attend activities at Irby Ranch all participants AND attending caregivers must sign an updated liability waiver. Please find our updated liability waiver [here](#).

Or, go to [Activities at Irby Ranch](#) to register.