



Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
Scan the QR Code to Register for Events! Sunflower Hill Led Activities Parent/Resident Led Activities 						1 
2 	3 Puzzles Galore with Adama 4:00 - 5:00 PM	4 Sensory Splash Night at LARPD 6:00 - 8:00 PM	5 Fitness Class w/ Bri 4 - 5 PM Fly High Kites with Adama 5:30 - 6:30 PM	6 Cooking with Annie: Quesadillas 4:00 - 5:00 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	7 Fitness Class w/ Keith 4 - 5 PM Concert in the Park 5:30 - 8:30 PM	8 
9 	10 Fun with VIP: Sanitation Station 4:00 - 5:00 PM Martial Arts with Pallen 5:00 - 6:00 PM	11 Coffee Social with Nellie 4:00 - 5:00 PM National Mountain and Hip Hop Day with Adama 5:30 - 6:30 PM	12 Fitness Class w/ Bri 4:00 - 5:00 PM Build Your Own Cardboard Pizza with Adama 5:30 - 6:30 PM	13 Outdoor Water Games with Annie 4:00 - 5:00 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	14 Fitness Class w/ Keith 4 - 5 PM Roll for Inclusion 5:30 - 7:30 PM	15 
16	17 Martial Arts with Pallen 5:00 - 6:00 PM	18 Learning with Sunflower Hill: Basic Problem Solving Skills 3:30 - 4:30 PM Origami Buddies with Adama 5:30 - 6:30 PM	19 Fitness Class w/ Bri 4 - 5 PM Moving Caterpillar Craft with Adama 5:30 - 6:30 PM	20 Words and Thinking Skills with Nellie 4:00 - 5:00 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	21 Irby Ranch Farmer's Market 3:30 - 4:30 PM Fitness Class w/ Keith 4 - 5 PM Friday Night Live! Live Performances, Dinner Provided, Hands on Activities and More! 5 - 7:30 PM	22 
23 	24 Pet Therapy and Coloring Hour 4 - 5 PM	25 National Banana Split Day with Adama 5:30 - 6:30 PM	26 Fitness Class w/ Bri 4 - 5 PM Campfire Craft with Adama 5:30 - 6:30 PM	27 Interactive Roleplay with Nellie 4:00 - 5:00 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	28 Fitness Class w/ Keith 4 - 5 PM	29
30 	31	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 https://sunflowerhill.org/communities/irby-ranch/				<u>*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.</u> <u>**Registration is required to participate in Sunflower Hill Activities at Irby Ranch.</u>