



Sunflower Hill

DECEMBER 2025

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 you 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.

December 1, 2025: Decorate the Community Room for the Holidays: 3:00 -5:00 PM

- This is an in-person activity.
- Location: Community Room
- Come make the Community Room a fun and festive environment for all by decorating it for the holidays. We will be filling the Community Room with joy and cheer with Christmas, Hanukkah, Kwanzaa decorations and more! If you have decorations that you would like to bring to help decorate you are more than welcome to!

December 2, 2025: Persian Rhythm and Bells with HCEB led by Naz: 4:00 - 5:00 PM


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

- Step into the world of music, movement, and bright jingling bells! Naz leads a lively blend of Persian dance flair and Zumba style energy that is made for all abilities. Tie on your waist bells (provided for you during the activity), follow the beat, and enjoy a cheerful, confidence-boosting dance experience where everyone can shine. Let's move, laugh, and make some noise together!
- Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
- If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

December 3, 2025: Museum on Main Art Workshop: 2:30 - 3:30 PM

Join us at the Museum on Main in downtown Pleasanton for a special art workshop! This engaging activity will give participants the chance to explore their creativity and enjoy making art together in a welcoming, community space.

 **Date:** Wednesday, December 3

 **Time:** 2:30 – 3:30 PM

 **Location:** Museum on Main, Downtown Pleasanton

This workshop will be led by Museum on Main staff and is a wonderful opportunity to connect, create, and have fun with art. You need to email Olivia in order to sign up. **This activity is open to the first 15 people to register (participants and staff included). You will register by emailing Olivia with your name and the support staff who will be joining you if support is needed.**

December 3, 2025: 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.**

December 3, 2025: Santa's Elves Hats with Adama: 5:30 - 6:30PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come get into a festive mood by creating fun Elf and Santa hats made with yarn and other materials of your choosing.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 4, 2025: Christmas Bingo with Tina: Win Prizes! 4:00-5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Christmas Bingo Theme! You can win small prizes (candy). There will be fun festive music playing. A coloring station will also be available.
- Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
- You must register to join. There are a maximum of 7 spots for non residents.
- If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.

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December 4, 2025: 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.
- **There will be no cost for the two Adaptive Yoga classes in December. If you have any questions, please email the yoga instructor, Kristen Stewart, kstewart.benevides@gmail.com, or 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.**

December 5, 2025: 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.
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December 5, 2025: Friday Night Live at Sunflower Hill Irby Ranch: 5:30 - 8:00 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, December 5 | 5:30 - 8:00 PM
 - 📍 **Where:** Irby Ranch Community Room
 - 💰 **Cost:** \$25 (includes dinner and activities)
- Holiday setlist from Serenading Strummers, Festive Activities and More!
- Our December Friday Night Live event is sold out but you can register for January and February Friday Night Live events [here](#).
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 6, 2025: Watch the Hometown Holiday Parade: 4:30 - 6:30 PM

- This is an in-person activity.
- Meet at Irby Ranch at 4:30 to walk downtown for the parade at 5:00 PM
- Support Pleasanton and learn about local businesses by walking downtown to watch the Hometown Holiday parade in downtown Pleasanton. Be sure to dress warm as it will be a chilly evening.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 8, 2025: Sun Squad: Crayon Sorting for the Crayon Initiative: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us for a fun and colorful afternoon as we partner with **The Crayon Initiative** from

Danville! Our Sun Squad will be helping to sort and organize donated crayons, giving them new life to be melted down and remade into bright, cheerful crayon sets that will be sent out to 200 children's hospitals. This is a wonderful opportunity to give back, get hands-on, and see the creative impact our efforts can make. Come ready to roll up your sleeves, sort some crayons, and spread a little color and kindness. 🎨✨

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

December 8, 2025: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:30 - 6:30 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.

◆ Ready for More Training?

We offer **free consultations and trial classes** so you can meet our team and experience the impact firsthand.

Book Your Trial:

<https://calendly.com/pallens-info/trial-class-limitless-abilities-adaptive-teens-adults>

📍 **Pallen's Martial Arts – Dublin, CA**

Phone: (925) 361-7372

Email: pallens.info@gmail.com

December 9, 2025: Hot Cocoa Bar and Walk to Candy Cane Lane: 5:30 - 7:00 PM

- This is an in-person activity.
- Meet at Irby Ranch at 5:30. We will start our walk around 6:00 PM.

- Enjoy local lights and tasty hot chocolate with our hot chocolate bar and walk to Candy Cane Lane. We will be meeting at Irby Ranch to drink hot chocolate at 5:30 PM and will start our walk to Candy Cane Lane around 6:00 PM to see some beautiful holiday lights.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 10, 2025: 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.**

December 10, 2025: Christmaskwanzakkah Greeting Cards with Adama: 5:30 - 6:30PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Personalize your very own greeting cards to send to your friends and family for any or all of the winter holidays.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring

their own support if needed.

December 11, 2025: Fun with VIP Staff: Holiday Frame Decorating: 4 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Celebrate the holiday season by creating your own festive photo frame. Participants will design and decorate personalized frames to showcase a favorite photo or give as a thoughtful handmade gift. This fun, creative activity encourages self-expression and adds a touch of holiday cheer to any home.
- 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

December 12, 2025: Ready Set Roll Memory Game and More with Tina: 11 AM- 12 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Nowhere to be? GREAT! Let's get talking and gaming together! Join me for a fun hour of board games, while we chat about everything on your mind - friends, goals or just the weather! It's a great way to build social skills and enjoy some gaming together!
- **You must sign up for this activity by December 10th.**
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- If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
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December 12, 2025: 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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December 15, 2025: All about Hanukkah: Play Dreidel, Latke Tasting, and Learn to Write Your Name in Hebrew: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come learn all about Hanukkah. Play the Dreidel game, enjoy a tasty Latke bar with different toppings, and learn to write your name in Hebrew.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 16, 2025: Holiday Craft with Tina: 3:00 - 4:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get into the spirit of the season with our festive Holiday Craft Hour! We'll create simple, colorful crafts full of sparkle and cheer—perfect for decorating or gifting. Come enjoy a relaxed, friendly atmosphere where everyone can get creative, have fun, and take home a handmade holiday treasure! As you craft, you might use items like

scissors, glue, and other hands-on supplies!

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December 16, 2025: Potluck, White Elephant Gift Exchange, and Sugar Cookie Decorating: 5:00-6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bring your favorite holiday dish to share. We will have a white elephant gift exchange so bring a fun gift (\$15 max) to exchange with your friends. We will end the evening with decorating festive sugar cookies.
- If you are interested in joining but not able to bring a gift, please reach out to Olivia and we can support you.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 17, 2025: 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.
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December 17, 2025: Pipe Cleaner Christmas Trees with Adama: 5:30 - 6:30PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bend, weave, and bead ornately decorated Christmas trees on canvas.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 18, 2025: 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.
- **There will be no cost to the two Adaptive Yoga classes in December. If you have any questions, please email the yoga instructor, Kristen Stewart, kstewart.benevides@gmail.com, or text/call at 408-306-2517.**
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December 19, 2025: Fitness Class with Bri: 4:00 - 5:00 PM

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December 22, 2025: Pet Therapy + 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.

December 22, 2025: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:30 - 6:30 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!**
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Phone: (925) 361-7372

December 23, 2025: Christmas Movie and Candied Popcorn Activity with Adama: 5:30 - 7:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come watch a Christmas themed movie with Adama to get into the holiday spirit.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 29, 2025: New Years Countdown Bingo: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bingo is always a fun way to countdown to the new year! Come hang out with friends and play some Bingo as a way to get ready for New Years Eve in a few days time.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

December 31, 2025: Fun with VIP Staff: New Years Eve Potluck and Holiday Dance Party: 5:30 - 7:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Ring in the new year with a New Years Eve potluck and dance party led by VIP staff members. Celebrate the end of 2025 and get excited for the start to 2026 with some awesome friends.
- 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 Amar at amar@visionaryindependence.co

Scan the QR code to register:

Most December activities will be held in person.

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

Olivia, Programs Manager, at olivia@sunflowerhill.org

To attend activities at Irby Ranch you must sign an updated liability waiver. Please find our updated liability waiver [here](#).

Or, go to <https://sunflowerhill.org/programs/irby-ranch/> to register.

