



## Sunflower Hill

# FEBRUARY 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 [here](#).**

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

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### February 2, 2026: Valentines Day Bingo with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join the Valentine's fun! Grab a Bingo card full of happy hearts and sweet surprises. When you see or hear one, mark it off. Make 5 in a row—across, down, or diagonal—and excitedly call out "Bingo!" Smile big, cheer loud, and enjoy the love and laughter!
- 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 Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

## February 2, 2025: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5 - 6 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](mailto: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.

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### ★ 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.

### February 3, 2026: Get Ready for Special Olympics! Bocce and Basketball Hour: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Bocce and basketball are some of the upcoming sports in the Special Olympics. It's time to make sure anyone who is participating is getting good practice! Come spend time playing bocce and basketball with friends. Anyone is welcome to join, not just Special Olympics athletes.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### February 4, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

### February 4, 2026: Groundhog Paper Bag Crafts with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Will the groundhog see his shadow? How much longer is winter? Let's figure out the

answer to these questions and make some cute creations with this fun Groundhog Day activity.

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

### **February 5, 2026: Paper Mache Craft, Coloring Pages, and Word Search with Michelle: 4:00 - 5:00 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join us for a fun-filled hour of creativity and connection! Enjoy time together as we color, do word searches, and decorate magnets. We'll have smooth, relaxing music playing to help everyone feel at ease as we create and unwind. Go at your own pace, share some smiles, and enjoy this peaceful, joyful time.
- 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 Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### **February 5, 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](mailto: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.**




### February 6, 2026: Irby Ranch Farmer's Market Friday: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- As the new year begins we are able to share more yummy produce from the Sunflower Hill Garden! Come bring a bag to collect some fresh food for the week ahead.

### February 6, 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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### February 6, 2026: 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, February 6 | 5:30 - 8:00 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, some fun magic shared by a local magician, and end the night with games together.
- **Please note that this event is currently sold out. Our Spring registration for Friday Night Live events in March, April, and May will be opening soon.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### February 9, 2026: Movie Day with Michelle: 4:00 - 5:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come enjoy the movie Luca with us! Relax, watch a fun and heartwarming story, and enjoy a cozy night together. Grab a seat, sit back, and let's enjoy the movie!
- 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 Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### February 11, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

**February 11, 2026: Create Valentine's Day Cards and Gift Bags with Adama: 5:30 - 6:30 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- It's the thought and creativity that counts! Give the gift of a kind word and a tasty treat to show the ones you love that you care.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

**February 12, 2026: Chinese New Year Craft with Michelle: 4:00 - 5:00 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join the celebration and come have fun at our Chinese New Year craft event! We'll be making a bright lantern craft to celebrate the Year of the Horse, a symbol of energy, strength, and good luck. Lanterns represent light, hope, and good fortune, helping guide us into a happy New Year. Let's create, celebrate, and welcome lots of luck 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 Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

**February 12, 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](mailto: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.**

### **February 13, 2026: Night to Shine Pre Party Photo Opportunity with Friends: 4 - 4:45 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Night to Shine is back and our pre party is sure to be a hit! Come enjoy some yummy refreshments and take photos with groups of friends prior to attending Night to Shine at Blue Oaks Church. As a reminder, Night to Shine is NOT a Sunflower Hill led event. In order to sign up to attend Night to Shine you can do so [here](#). Registration closes on January 26th.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### **February 17, 2026: Karaoke Hour: Sing Your Heart Out! : 4:00 - 5:00 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come sing your heart out! Grab the microphone and let your voice shine. Sing loud, have fun and be a star!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### **February 18, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

#### **February 18, 2026: Lunar New Year Disco Ball with Adama: 5:30 - 6:30 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bring in the Lunar New Year with the glitz and glimmer of sparkly glitter and shiny aluminum foil upon a glowing moon.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

#### **February 19, 2026: Fun with VIP Staff: We are all Unique Like a Snowflake!: 4:00 - 5:00 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- This activity is the perfect opportunity for participants to share and understand how they are all unique and different from one another! We will complete engaging worksheets, play games, make crafts, and more!
- 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](mailto:shannon@visionaryindependence.com)

### February 19, 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](mailto: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.**

### February 20, 2026: Valentines Day Bingo Part 2 with Michelle: 2:30 - 3:30 PM PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join the Valentine's fun! Grab a Bingo card full of happy hearts and sweet surprises. When you see or hear one, mark it off. Make 5 in a row—across, down, or diagonal—and excitedly call out "Bingo!" Smile big, cheer loud, and enjoy the love and laughter!
- 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 Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### February 20, 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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### **February 23, 2026: Nature Walk with Michelle: 3:00 - 4:00 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Step outside and feel the excitement of a 30-minute nature walk! Enjoy fresh air, gentle movement, and the chance to see birds, trees, and flowers along the way. It's a fun and relaxing time to explore, stretch your legs, and enjoy the beauty of nature 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 Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### **February 23, 2026: 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.

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

## **February 24, 2026: Learning with Olivia: Understanding Different Appointments: Scheduling and Attending 4:00 - 5:00 PM**

- This is an in person activity.

**Location:** Irby Ranch Community Room

- Kick off the week with our engaging monthly *Learning with Olivia* series. This session will focus on understanding appointments and scheduling, an important life skill that comes up often in everyday adulthood. Participants will learn what it means to schedule something, why appointments are important, and how planning ahead helps things run smoothly.
- This session will explore common real life appointments such as doctor and dentist visits, haircuts, dinner reservations, flights, and other scheduled commitments. Participants will also learn the importance of being on time, how to prepare ahead of time, and what to do if plans change.
- Throughout the activity, participants will take part in interactive experiences that include:
  -  Worksheets designed to help participants identify different types of appointments and understand their purpose.
  -  Hands on activities focused on reading schedules, understanding start times, and practicing what it means to arrive on time.
  -  Discussion and role play activities centered around how to schedule an appointment, what to do if you are running late, and how to cancel or reschedule if you can no longer attend.

- These activities are designed to build independence, confidence, and comfort navigating everyday responsibilities in a supportive and low pressure environment.
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.
- If you have any questions, please contact Olivia Christensen. We can't wait to see you there!

### February 25, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

### February 25, 2026: Mount Rushmore and Me with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- In honor of a belated President's Day, we'll pay homage by creating our own monument that includes our face as one of the greats.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring

their own support if needed.

### February 26, 2026: Board Games and Trivia with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join the fun with board games and trivia all wrapped in a Valentine's Day theme! Enjoy heart-filled games, sweet questions, and lots of laughs. It's a fun and festive way to play, relax, and celebrate 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 Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### February 26, 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](mailto: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.**

### February 27, 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.

**Scan the QR code to register:**

- 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**

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All February 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](mailto:olivia@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 <https://sunflowerhill.org/programs/irby-ranch/> to register.

