



MAY 2023 ACTIVITIES AND DESCRIPTIONS

COMMUNITY/Non-RESIDENTS



May 1, 2023: Dessert Run to Meadowlark Dairy - 4 – 5 PM

- This is an in-person activity
- Location: Meet Sunflower Hill Staff in the Courtyard
- Meet the group between 3:45 PM to 4 PM
- Group will leave for Meadowlark Dairy at 4 PM
- Come join us as we walk to the Meadowlark Dairy and participants can treat themselves to a frozen treat
- Be sure to budget \$5 for your treat or bring your Meadowlark Dairy token good for one free frosty; for those who need it tokens available



May 2, 2023: Music Therapy with Lizeth – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Join Lizeth for a music therapy class where we will sing, dance, read (lyrics and/or pictures) and discover why some people say that music is life!
- **For more information about the activity, please email Lizeth directly at lduarte@hceb.org**



May 3, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.

- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159.**



May 4, 2023: Thoughtful Thursday – 4 – 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- It's Asian American and Pacific Islander Heritage Month! Let's get together to learn more about why we celebrate and important people in our history and today that have made a difference in the AAPI and larger community.



May 4, 2023: Adaptive Yoga w/ Kristen – 5:15 - 6:05 PM

- This is an in-person activity
- Location: Irby Ranch Fitness 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 needed.
- **Please contact parent Rosemary Kirbach via email at rosemarykirbach@yahoo.com to register or with any questions.**
- Limit: 8 Participants
- There is a \$10 fee to participate - Please Venmo Rosemary \$10 per class attended @Rosemary-Kirbach. If you can't pay please reach out to Rosemary for accommodation.



May 8, 2023: Bingo Night – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Come hang out with us as we play a few rounds of Bingo!
- We will have light refreshments to enjoy.



May 9, 2023: DIY Mother's Day Crafting with Lizeth – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Join Lizeth to create your very own DIY Mother's Day craft with some fun music.
- **For more information about the activity, please email Lizeth directly at lduarte@hceb.org**



May 10, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.
- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159.**



May 10, 2023: Cooking Class with Abby and Crystal – 5 - 6 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Join staff to work together as a team to make **parfaits!**



May 11, 2023: Pet Therapy – 4 – 4:30 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!



May 11, 2023: Adaptive Yoga w/ Kristen – 5:15 - 6:05 PM

- This is an in-person activity
- Location: Irby Ranch Fitness 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 needed.
- **Please contact parent Rosemary Kirbach via email at rosemarykirbach@yahoo.com to register or with any questions.**
- Limit: 8 Participants
- There is a \$10 fee to participate - Please Venmo Rosemary \$10 per class attended @Rosemary-Kirbach. If you can't pay please reach out to Rosemary for accommodation.



May 12, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.
- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159**



May 15, 2023: Bring your own Dinner and Movie Social – 5 – 7 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Bring your own dinner and join us to watch "*Spirited Away*" together



May 16, 2023: Personal Hygiene Workshop with Lizeth – 4 – 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Personal hygiene comprises various day-to-day activities such as bathing, brushing teeth, and washing hands. In this activity, we will learn with games and videos the proper way to handle these day-to-day tasks; we are never too old to re-learn!
- **For more information about the activity, please email Lizeth directly at lduarte@hceb.org**



May 17, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.
- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159**



May 18, 2023: Adaptive Yoga w/ Kristen – 5:15 - 6:05 PM

- This is an in-person activity
- Location: Irby Ranch Fitness 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 needed.
- **Please contact parent Rosemary Kirbach via email at rosemarykirbach@yahoo.com to register or with any questions.**
- Limit: 8 Participants

- There is a \$10 fee to participate - Please Venmo Rosemary \$10 per class attended @Rosemary-Kirbach. If you can't pay please reach out to Rosemary for accommodation.



May 19, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.
- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159**



May 20, 2023: Spring Carnival - 1 - 3 PM

- This is an in-person activity
- Location: Irby Ranch Community Room/Courtyard/Makerspace/Fitness Room
- Join residents and community members at Irby Ranch for a fun Spring Carnival! Play games, eat food, listen to music, and meet new friends.
- Please budget \$5-10 for food or drinks.
- **RSVP here:**
<https://sunflowerhill.salsalabs.org/springcarnivalsfhreach2023/index.html?page=register>



May 21, 2023: Puzzle Piece Athletics Fitness Class – 12:30 – 1:30 PM

- This is an in-person activity.
- Location: Irby Ranch Fitness Room/Courtyard
- Come join **Michael** and/or **James**, certified fitness trainers from **Puzzle Piece Athletics**, and workout. Bring your water bottles and towel.



May 22, 2023: Hike at Pleasanton Ridge – 4 - 6 PM

- This is an in-person activity
- Location: Foothill Staging Area at Pleasanton Ridge Regional Park
- Join us as we take a nice hike in the Pleasanton Ridge!
- Be sure to wear breathable clothing, good walking shoes, and bring your own water, trail snacks, and sunscreen.
- Residents are in charge of their own transportation to and from the Pleasanton Ridge Regional Park.



May 23, 2023: Learn Spanish with Lizeth – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Hola Amigos! Join Lizeth to learn basic Spanish and talk about other topics related to her culture.
- **For more information about the activity, please email Lizeth directly at lduarte@hceb.org**



May 24, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.
- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159**



May 24, 2023: Cooking Class with Abby and Crystal – 5 - 6 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Join staff to work together as a team to make **cowboy caviar!**



May 25, 2023: Adaptive Yoga w/ Kristen – 5:15 - 6:05 PM

- This is an in-person activity
- Location: Irby Ranch Fitness 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 needed.
- **Please contact parent Rosemary Kirbach via email at rosemarykirbach@yahoo.com to register or with any questions.**
- Limit: 8 Participants
- There is a \$10 fee to participate - Please Venmo Rosemary \$10 per class attended @Rosemary-Kirbach. If you can't pay please reach out to Rosemary for accommodation.



May 26, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.
- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat about the activity, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159**



May 26, 2023: Fri-YAY! Courtyard Games - 5 - 6 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard
- Join us for games in the Courtyard. Snacks and drinks provided.



May 28, 2023: Hagemann Ranch Open House – Rancho Day – 2 - 5 PM

- This is an in-person activity
- Location: Hagemann Ranch, 455 Olivina Ave., Livermore
- Visit Hagemann Ranch and join the festivities for Rancho Day. Participants are responsible for their own transportation and event itinerary – Sunflower Hill staff will not be in attendance.
- **This is a community event. Please visit www.lhg.org for more information.**



May 30, 2023: Tech Tutoring with Lizeth – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Iris our Tech volunteer will be teaching the group how to use tablets, cell phones, and computers, and answering any questions related to technology.
- **For more information about the activity, please email Lizeth directly at lduarte@hceb.org**



May 31, 2023: Fitness Class with Dave – 4 - 5 PM

- This is an in-person activity
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Dave as he goes 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 Dave.
- Activity is subject cancellation depending on the weather and availability.
- **For more information, to register, and to be included in the group chat about the**

activity, please contact Coach Dave directly at dlewsports@comcast.net or at (925) 980-6159

May activities will be held in-person.

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

Abby, Programs Director, at abby@sunflowerhill.org.

Or, go to

<https://sunflowerhill.salsalabs.org/sunflowerhillatirbyranchmay2023programscommunity?page=register>

to register.