



JUNE 2023

COMMUNITY/NON-RESIDENTS

ACTIVITIES AND DESCRIPTIONS



June 1, 2023: Thoughtful Thursday – 4 – 5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- It's Pride month! Let's get together to learn more about why we celebrate Pride, and important people in our history and today that have made a difference in the LGBTQ community.



June 1, 2023: Adaptive Yoga w/ Kristen – 5:15 - 6:05 PM

- This is an in-person activity
- Location: Irby Ranch Fitness Room
- Join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10 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 if you have questions and to register.**
- 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.



June 2, 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.**



June 2, 2023: Picnic at the Park– 5:30-7 PM

- This is an in-person activity
- Location: Meet at the Irby Ranch Courtyard
- It's time to start enjoying the warm weather by heading downtown for a fun picnic get together at the Lions Wayside Park (on the corner of Neal and First Street). Everyone will bring their own dinner to eat at the park. We will be right around the corner from the Meadowlark Dairy so be sure to budget \$5 for a treat or bring your Meadowlark Dairy token good for one free frosty if you want one!
- After meeting in the Irby Ranch Courtyard, we will walk over to the park together.



June 5, 2023: Bingo Night – 4:30 - 5:30 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.



June 7, 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.**



June 7, 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...pesto pasta salad!



June 8, 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 t
- therapy dogs. Feel your stress and anxiety melt away as you pet the therapy dogs!



June 8, 2023: Adaptive Yoga w/ Kristen – 5:15 - 6:05 PM

- This is an in-person activity
- Location: Irby Ranch Fitness Room
- Join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10 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 if you have questions and to register.**
- 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.



June 9, 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.**



June 9, 2023: Fire Drill Practice with Jodee Ayers- 4-5 PM

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

- Join Lizeth and visitor Jodee Ayers who will help us understand the meeting point in case of emergency, while we also run the fire alarm and practice with her.
- **For more information about this activity, please email Lizeth directly at lduarte@hceb.org**



June 12, 2023: Hike at Pleasanton Ridge – 5 - 7 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.



June 13, 2023: Stained Glass Sidewalk- Chalk Art

- This is an in-person activity
- Location: Irby Ranch Community Room
- Please join Lizeth for summer stained glass sidewalk chalk art and music while we enjoy some beverages and chat about summer plans.
- **For more information about this activity, please email Lizeth directly at lduarte@hceb.org**



June 14, 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.**



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

- This is an in-person activity
- Location: Irby Ranch Fitness Room
- Join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10 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 if you have questions and to register.**
- 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.



June 16, 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.**



June 16, 2023: Fri-YAY! Just Dance Party! - 5:30 - 6:30 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- Join us as we move and groove into the end of the week with a Just Dance Party! Come hang out with friends and show everyone the best dance moves you've got. Ain't no party like a Just Dance Party!



June 17, 2023: Scavenger Hunt at the Pleasanton's Farmer's Market 10:00 AM-12:30 PM

- This is an in-person activity
- Location: Meet at the Irby Ranch Courtyard
- You may have gone to the Pleasanton Farmers Market before, but have you ever done a scavenger hunt at the Pleasanton Farmers Market? Now's your chance!
- After meeting in the Irby Ranch Courtyard, we will walk to the Farmer's Market together.



June 20, 2023: Music Therapy with Lizeth: 4-5 PM

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



June 21, 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.**



June 21, 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...build your own kabobs!



June 22, 2023: Rainbow Art Activity- 4-5 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- June is Pride month and the rainbow flag is a symbol of lesbian, gay, bisexual, transgender, and queer pride. We will come together to make our very own rainbow art!



June 22, 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 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 if you have questions and to register.**
- 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.



June 23, 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.
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June 23, 2023: FRI-YAY! Movie and Bring your own Dinner – 5:30 – 7:30 PM

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

- Celebrate the end of the week by bringing your own dinner and enjoying a fun movie with friends!
- Tonight's movie will be *Spiderman*.



June 26, 2023: Dessert Run to Meadowlark Dairy - 4 – 5 PM

- This is an in-person activity
- Location: Meet in the Irby Ranch Courtyard
- Group meets between 3:45 - 4 PM
- Group will leave for Meadowlark Dairy at 4 PM
- 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; tokens available for those who need them.



June 27, 2023: Spanish with Lizeth

- This is an in-person activity
- Location: Irby Ranch Community Room
- Hola amigos! This is your opportunity to learn basic Spanish and enjoy learning about new topics from Lizeth's culture.
- **For more information about this activity, please email Lizeth directly at lduarte@hceb.org.**



June 28, 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.**



June 28, 2023: Karaoke Night- 5:30 PM- 7 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- It's time for Karaoke night at Irby Ranch! Sing songs with a partner, as a group, or by yourself, and show all of your friends your best vocal skills!



June 29, 2023: Adaptive Yoga w/ Kristen – 5:15 - 6:05 PM

- This is an in-person activity
- Location: Irby Ranch Fitness Room
- Join Kristen Stewart who has taught adaptive yoga at Walnut Creek Specialized Recreation for the past 10 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 if you have questions and to register.**
- 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.



June 30, 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**



June 30, 2023: FRI-YAY! Ice Cream and Game Social- 5:30-6:30 PM

- This is an in-person activity
- Location: Irby Ranch Community Room
- What's better than ice cream, games, and friends?? It's time to celebrate the end of the week by enjoying some frozen treats, some fun games, and good company!

June 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 **Olivia**, Residential Activities Coordinator, at olivia@sunflowerhill.org.

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