

JANUARY

2026

Activity Calendar



Sunflower Hill

SUN	MON	TUE	WED	THU	FRI	SAT
<div><p>Happy New Year 2026</p></div> <div>Scan the QR Code to Register!</div> <div></div>				1  Olivia Out of Office	2 Olivia Out of Office Fitness Class w/ Keith 4 - 5 PM	3 
4 	5 Bring-Your-Own-Dinner + Cozy Movie Night 5:15 - 7 PM	6 Learning with Olivia Week Career + Interest Exploration 4 - 5 PM	7 Fitness Class w/ Keith 4 - 5 PM New Years Resolutions Vision Boards with Adama 5:30 - 6:30 PM	8 Irby Ranch Trivia Hour: Music, General Knowledge, Movies + TV 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	9 Fitness Class w/ Keith 4 - 5 PM Irby Ranch Farmer's Market 3:30 - 4:30 PM Friday Night Live! Live Performances, Dinner Provided, Hands on Activities and More! 5:30 - 8 PM	10 
11 	12 Musical Chairs and Dancing Hour with HCEB 4 - 5 PM Martial Arts with Pallen Martial Arts 5 - 6 PM	13	14 Fitness Class w/ Keith 4 - 5 PM Martin Luther King Peace Wreath with Adama 5:30 - 6:30 PM	15 DIY Bookmark Decorating 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	16 Irby Ranch Community Room Closed 12 - 4 PM Fitness Class w/ Keith 4 - 5 PM	17 
18 	19  Happy Martin Luther King Jr. Day Sunflower Hill Offices Closed	20 Uno Hour Social with HCEB 4 - 5 PM	21 Fitness Class w/ Keith 4 - 5 PM Peace Doves with Adama 5:30 - 6:30 PM	22 Fun with VIP: All about Hygiene! 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	23 Ready Set Roll! Board Game Hour with HCEB 12 - 1 PM Fitness Class w/ Keith 4 - 5 PM	24 
25 	26 Pet Therapy and Coloring Hour 4 - 5 PM Martial Arts with Pallen Martial Arts 5 - 6 PM	27 Paper Mosaic Art with HCEB 4 - 5 PM	28 Fitness Class w/ Keith 4 - 5 PM Spa Night with Adama 5:30 - 6:30 PM	29 Walk to Starbucks with HCEB 3:30 - 4:30 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	30 Fitness Class w/ Keith 4 - 5 PM	31 

Sunflower Hill Led Activities
HCEB Led Activities
Parent/Resident Led Activities
SAHA Led Activities

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/programs/irby-ranch/>

*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.

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