

JANUARY

2026

Activity Calendar



Sunflower Hill

SUN

MON

TUE

WED

THU

FRI

SAT



Scan the
QR Code to
Register!



1



Olivia Out of
Office

2 Olivia Out of
Office

Fitness
Class
w/ Keith
4 - 5 PM

3



4



Bring-Your-Own-
Dinner + Cozy
Movie Night
5:15 - 7 PM

5

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

MLK DAY
Happy Martin
Luther King Jr.
Day
Sunflower Hill
Offices Closed

20

21

Uno Hour
Social with
HCEB
4 - 5 PM
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

28

Paper Mosaic Art
with HCEB
4 - 5 PM
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

31

Fitness Class
w/ Keith
4 - 5 PM



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/](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.**