



July 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. Please find our updated liability waiver [here](#).

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

July 1, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri 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 Bri
- 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 Bri directly at brimusgrove22@gmail.com or at (925)-577-7667.**

July 1, 2026: 4th of July Fireworks Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- "Poppin' Paper Fireworks": Bring your own empty paper towel roll to create these fun and colorful fireworks, just in time for the holiday!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 2, 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, 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.**

July 6, 2026: Soccer Hour: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- If you've been watching any of the recent World Cup/FIFA soccer matches, you know how exciting the sport can be. Come and kick around a soccer ball and learn some

new skills with Brian, one of our new volunteers who loves to play and coach soccer. We may also have time to watch a portion of a FIFA game on TV.

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

July 6, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:00 - 6:00 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**
- **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.

★ 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.

July 7, 2026: Sun Squad: Sorting Crayons for the Crayon Initiative with Adama:

5:30 - 6:30 PM

- This is an in-person activity.
- **Location:** Irby Ranch Community Room.
- Summer is the perfect time to help out in the community. For our Sun Squad volunteer event this month we will be sorting crayons for the Crayon Initiative. The Crayon Initiative is a nonprofit that melts down old crayons and makes them into new crayons to donate to 200+ children's hospitals. They need OUR help to sort crayons into their correct colors!
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

July 8, 2026: Exceptional Needs Registry Presentation with the Pleasanton PD: 3:00 - 4:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- The Pleasanton Police Department has created an Exceptional Needs Registry for I/DD residents. This tool grants officers swift access to vital information, enabling them to provide improved assistance in various situations, including individuals who are lost, found, or in need of immediate help.
- This presentation, from Officer Montgomery of the Pleasanton Police Department, will help you learn more about this registry and ask any questions you may have before completing the registration form. This is open to anyone, so please invite anyone you know with I/DD. We encourage parents to come and ask questions.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring

their own support if needed.

July 8, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri 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 Bri
- 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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July 8, 2026: Giggly Jelly Fish Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us on an undersea adventure making our very own lifelike and sting free jellyfish.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 9, 2026: Ice Cream Social with Nellie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Start in Irby Ranch Community Room
- We will meet in the Community Room. We'll start with a quick icebreaker, then take a walk to Meadowlark Dairy for some delicious ice cream. **You will need to bring your own money to purchase ice cream.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 9, 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, 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.**

July 10, 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.
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- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**
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July 10 , 2026: Roll for Inclusion Board Game Night: 5:30 - 7:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Roll for Inclusion is back for a very fun board game night at Sunflower Hill Irby Ranch. Thanks to a grant from Stanford Health Care Tri-Valley, Sunflower Hill will be hosting once a month *FREE* board game nights led by Roll for Inclusion. Roll for Inclusion is a nonprofit that connects and engages people via accessible board games for all. They will be providing all of the board games and Sunflower Hill will be hosting the events at Irby Ranch in the Community Room and Courtyard. Light snacks and refreshments will be available but please note we will not be providing a full dinner.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 13, 2026: Fun with VIP Staff: National Geographic Movie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- We will meet and watch an educational National Geographic movie. Afterwards, we will answer questions and discuss the movie together.
- 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

July 13, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:00 - 6:00 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**
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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.

July 14, 2026: "Let's Talk About It" with Nellie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us as we come together to explore and talk about our feelings. Visuals, sensory tools, and music will be available to help everyone feel comfortable and supported.

Bring yourself - just as you are! We offer lots of sunshine, encouragement, and a judgment-free space for sharing and connection.

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

July 15, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri 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 Bri
- 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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July 16, 2026: Walk to Starbucks with Nellie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Group chat at Starbucks. We'll meet in the Community Room to plan our walk to Starbucks. We'll enjoy a refresher or favorite drink while spending time together chatting about our goals, interests, and upcoming plans. **You will need to bring your own money to buy a drink.** Please come ready to share, connect, and enjoy good coffee.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 16, 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, 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.**

July 17, 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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July 20, 2026: Cooking Class with Annie: Summer Salads: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come put your cooking skills to the test and create some yummy summer fruit and pasta salads.
- **This activity is open to 10 residents and 4 nonresidents. The cost to attend is \$10.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 21, 2026: Learning with Sunflower Hill: Healthy Eating and Balanced Meals: 3:30 - 4:30 PM

- This is an in person activity.
Location: Irby Ranch Community Room
- Join us for a fun and interactive learning event focused on healthy eating, balanced meals and food groups. We will apply what we've learned to create our own balanced meal. This activity is designed to be supportive, engaging, and a great opportunity to build independence while having fun with friends.
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

July 21, 2026: Story Time with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bring your appetite and your listening ears to enjoy a good book and a snack.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 22, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri 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 Bri
- 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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July 22, 2026: Ice Cream Dreams Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Use your imagination and taste the rainbow by building the tallest (pretend) ice cream EVER!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 23, 2026: Communication Skills with Nellie: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- We will be practicing responding to “Wh” questions such as who, what, where, when, why and how. Participants can earn points by answering questions and sharing their ideas. It’s a fun way to build communication skills, learn new things and gain confidence.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 23, 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, 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.**

July 24, 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 or at (925)-980-0024.**

July 27, 2026: Pet Therapy and 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.

July 29, 2026: Fitness Class with Bri: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard/ Fitness Room
- Join Coach Bri 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 Bri
- 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 Bri directly at brimusgrove22@gmail.com or at (925)-577-7667.**

July 29, 2026: Sunset Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Sunsets on the Horizon: Bask in the glow of the setting sun with these lovely mixed media sunset collages.

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

July 30, 2026: Beaded Gourd Shakers Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Just in time for our drum circle at Friday Night Live, we'll handcraft our own instruments from nature and other found objects.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

July 31, 2026: Irby Ranch Farmer's Market Friday: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Come bring a bag to collect some fresh food for the week ahead.

July 31, 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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July 31 , 2026: Friday Night Live at Sunflower Hill Irby Ranch: 5:00 - 7:30 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, July 31 | **5:00 - 7:30 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, and a musical performance from the Drum Circle.
- **Please note that this event is currently sold out.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

All July activities will be held in person.

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

Annie, Programs Lead, at annie@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](#).

You can register for programs here:

<https://www.zeffy.com/en-US/ticketing/sunflower-hill-july-2026-non-residents-registration>