



MAY 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.

May 1, 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.

May 1, 2026: Spring Fling with LARPD: 5:30 - 7:30 PM

- This is an in-person activity.
- Location: 4444 East Avenue, Livermore CA 94550
- Come hang out at the Livermore Rec Center for an evening of springtime fun and activities. LARPD and Sunflower Hill will be putting on a joint Spring Fling event. There will be games, crafts, snacks, and more! Register through [this link](#) to attend. You will need to provide your own transportation to and from this event.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

May 4, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5 - 6 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.

May 5, 2026: Learning with Olivia: Communication and Active Listening: 3:30 - 4:30 PM

- This is an in person activity.
Location: Irby Ranch Community Room
- Come learn how to communicate with people in the best way possible. This Learning with Olivia activity will focus on active listening, asking good questions, keeping the conversation flowing, and more!
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

May 6, 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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May 6, 2026: Mother's Day Paper Bouquets with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- In honor of our moms and any other special women in our lives, come hand craft a lovely paper bouquet just in time for their special day.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

May 7, 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.**

May 8, 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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May 12, 2026: Walking Club: Make Your Own Trail Mix and Walk to Shadow Cliffs: 3:30 - 4:30 PM

- This is an in person activity.
Location: Irby Ranch Community Room and in the Community
- As the springtime heat and sun amps up, our walking club will focus on balanced nutrition and healthy movement. We will start our activity by having everyone make their own to-go bag of trail mix as the perfect source of energy. We will walk and eat our snacks as we enjoy the outdoors.
- **Note:** A parent or support staff is required to attend and assist during activities if the

attending participant requires extra support.

- If you have any questions, please contact Olivia Christensen. We can't wait to see you there!

May 13, 2026: Fitness Class with Bri: 4 - 5 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.**

May 13, 2026: Alameda County Fair Submission Activity with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get ready for the fair with this fun mystery art activity!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

May 14, 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.**

May 15, 2026: Irby Ranch Farmer's Market Friday: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- As the new year begins we are able to share more yummy produce from the Sunflower Hill Garden! Come bring a bag to collect some fresh food for the week ahead.

May 15, 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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May 15 , 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, May 15 | **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 will have a line dance teacher coming to teach some western line dances. Dress up in your favorite western gear!
- **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.

May 18, 2026: Pet Therapy + Coloring Hour: 5:00 - 6:00 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.

May 19, 2026: Cardboard Flower Bouquets: 4:00 - 5:00 PM

- This is an in person activity.
- **Location:** Irby Ranch Community Room.
- Cardboard flower bouquets are a fun and easy way to make your own take home bouquets! We will poke holes into cardboard and stick little flowers into the holes, making for the cutest flower bouquet craft.
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

May 20, 2026: Fitness Class with Bri: 4 - 5 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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May 20, 2026: Veinte De Mayo with Adama: 5:30 - 6:30 PM

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

- Paying homage to Cinco De Mayo, we will celebrate by creating fun Mexican inspired crafts.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

May 21, 2026: Fun with VIP Staff: Cartoon Trivia: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come hang out with members from the VIP team and partake in some fun cartoon themed trivia.
- 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

May 21, 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.**

May 22, 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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May 22, 2026: Sunflower Hill Board Game Nights with Roll for Inclusion: 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.

May 26, 2026: Cooking Class with Annie and Olivia: Build-Your-Own Wraps: 4:00 - 5:00 PM

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

- We will be making several varieties of wraps: cucumber and cream cheese, turkey and cheese and others.
- **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.

May 27, 2026: Fitness Class with Bri: 4 - 5 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.**

May 27, 2026: Memorial Day Flags with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Design and decorate your own Memorial Day themed flag as a show of gratitude to the Veterans.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

May 28, 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.**

All May activities will be held in person.
Scan the QR code to register:

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

Olivia, Programs Manager, at olivia@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](#).

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

