



Sunflower Hill

APRIL 2024

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.

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



April 1, 2024: Uno Hour and Board Game Social with Tina: 4 - 5 PM

- o This is an in-person activity.
- o Location: Meet at Irby Ranch Community Room
- o Let's have fun together and play a few rounds of Uno. Please feel free to bring your own board game to enjoy with friends.
- o If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- o **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



April 2, 2024: Thoughtful Tuesday: World Autism Awareness Day: 4 - 5 PM

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

- Tuesday March 2 is World Autism Awareness Day. Let's celebrate influential people in our society who have Autism. We will celebrate and discuss our own differences and how they make us unique.
- Light refreshments will be provided.



April 3, 2024: 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.**



April 3, 2024: Irby Ranch Easter Egg Hunt: 5 - 6 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Easter isn't Easter without a fun Easter egg hunt! Search for eggs with friends, and even get the chance to hide eggs around the Irby Ranch courtyard for your friends to find!
- Light refreshments will be provided.



April 4, 2024: Enter the Alameda County Fair Art Submission: 3:30 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Last year our succulent pots were a huge hit at the Alameda County Fair. It was so much fun to go together as a group and see all of your amazing creations. This year we will be entering the art submissions again and will be painting gourds that were grown in the Sunflower Hill garden.
- You will receive 2 tickets for entry at the Alameda County Fair for your submission.



April 4, 2024: Adaptive Yoga with Jennifer T. And Scott T.: 5:15 - 6:05 PM

- This is an in-person activity.
- Location: Irby Ranch Fitness Room.
- Kristen will be out today so come enjoy adaptive yoga led by Jennifer Thomas and Scott Tessler.
- Please reach out to Jennifer Thomas and Scott Tessler with any questions you may have.



April 5, 2024: 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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April 8, 2024: Basketball, Bocce, and Kubb with Tina: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Enjoy the outside and have some fun! We will play basketball, bocce ball, and a Swedish outdoor game called Kubb. This is a fun and easy game to learn. If the weather is poor we will move indoors for fun activities.
- If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



April 9, 2024: Group A: Cooking Class: Italian Pasta Salad: 4:30 - 5:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4 non-residents.
- This class is offered twice: once for Group A and once for Group B. Sign-ups are limited to one participant per round of cooking class. Please choose Group A or Group B when registering.
- Spend time cooking with friends as we come together to make...Italian pasta salad!



April 10, 2024: Crochet Group with Tina and Kathy: 3 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Maker's Space
- Welcome to our little group of creativity. This is an ongoing activity, every other Wednesday. You can bring your own or learn with us. After registering, please email Tina at tconmy@hceb.org to inform if you're bringing your own supplies or if you plan on borrowing supplies during the hour. If you are borrowing from us, please inform in the email if it's knitting or crocheting you want to do. Email should be sent at least the day before the activity. Thank you and see you there!
- If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



April 10, 2024: Fitness Class with Keith: 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 Keith directly at keithcaraveo@gmail.com or at (925)-980-0024.**



April 10, 2024: Spring-Themed Bingo Social: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- End the week with friends and with our favorite game...spring themed Bingo! We will have prizes for all winners. Everyone will get a chance to win.
- Light refreshments will be provided.



April 11, 2024: Pet Therapy + Coloring Hour: 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 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. Spring themed coloring pages will be provided.



April 11, 2024: 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-plus years. Her class will include a fun variety of yoga positions in both standing and floor positions. No prior yoga experience is needed.
- **Please contact parent Rosemary Kirbach via email at rosemarykirbach@yahoo.com to register or with any questions.**
- 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.

- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**



April 12, 2024: Coffee Hour: Walk to Starbucks: 3 - 4 PM

- This is an in-person activity.
- Location: Meet at Irby Ranch Community Room
- End the week with a lovely walk and a yummy cup of coffee, tea, or hot chocolate from Starbucks!
- Please be sure to budget around \$5 - \$10 for a tasty drink or pastry from Starbucks.



April 12, 2024: Fitness Class with Keith: 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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April 13, 2024: Picnic Potluck Brunch at Irby Ranch: 10 - 11 AM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Let's spend Saturday morning enjoying the sunshine and each other's company with a picnic potluck brunch at the Irby Ranch Courtyard. We will hang out and eat brunch together outside.
- o Please feel free to bring some yummy breakfast or brunch treats to share with friends.



April 15, 2024: Walk and Community Clean Up with Tina: 4 - 5 PM

- o This is an in-person activity.
- o Location: Meet at Irby Ranch Community Room
- o Keep your community clean by picking up trash in the area surrounding Irby Ranch. We will enjoy a nice walk together while also lending a hand to our community.
- o If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- o **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



April 16, 2024: Group B: Cooking Class: Italian Pasta Salad: 4:30 - 5:30 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4 non-residents.
- o This class is offered twice: once for Group A and once for Group B. Sign-ups are limited to one participant per round of cooking class. Please choose Group A or Group B when registering.

- Spend time cooking with friends as we come together to make...Italian pasta salad!



April 17, 2024: Idea Committee at Irby Ranch: 3:30 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Do you have ideas about activities you would like to see at Irby Ranch? Come to this 30 minute idea committee meeting with Olivia to discuss and share your thoughts as a group. All ideas are welcome.



April 17, 2024: Fitness Class with Keith: 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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April 17, 2024: Spring Fever Art Activity: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Spring is in full swing. Let's make some spring themed arts and crafts to help decorate

the community room. I can't wait to see all of your beautiful creations!

- Light refreshments will be provided.



April 18, 2024: Special Olympics x Sunflower Hill x TRadd Walking Club: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Come join us as we get some healthy movement in with our walking club. This walking club is being led by Special Olympics, TRadd, and Sunflower Hill. We will be starting our walk at Irby Ranch.
- As a reminder, if you have not attended in the past you will sign up for this activity using THIS LINK: <https://bit.ly/TRADDWalks>
- If you have attended our walking club in the past, you will not need to sign the waiver, but will need to reach out to Olivia to let her know you will be attending (925-785-3101).



April 18, 2024: 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-plus years. Her class will include a fun variety of yoga positions in both standing and floor positions. No prior yoga experience is needed.
- **Please contact parent Rosemary Kirbach via email at rosemarykirbach@yahoo.com to register or with any questions.**
- 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.

- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**



April 19, 2024: Fitness Class with Keith: 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.
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April 19, 2024: FRI-YAY! Spring Fling Potluck and Dance: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Dress to the nines for the Spring Fling Dance! End the week with some yummy food shared with friends and some fun dancing.
- Please feel free to dress up for this dance. Any attire fancy or casual is welcome and encouraged.



April 20, 2024: Earth Day Celebration at Sycamore Grove Park: 10 - 11:30 AM

- This is an in-person activity.
- Location: Meet at Independence Park parking lot (2798 Holmes Street, Livermore, CA 94550).
- There is no Planet B...so it's best we take good care of this one! Come celebrate Earth Day at Sycamore Grove Park through arts and crafts, guided nature walks, and volunteer projects.



April 22, 2024: Disney Trivia with Tina: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- How much do you know about Disney? Let's test your knowledge during this fun Disney trivia hour. It will be a mixed trivia hour, and can be songs, or general Disney facts.
- If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



April 23, 2024: Group A: Cooking Class: Rainbow Fried Rice: 4:30 - 5:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4 non-residents.
- This class is offered twice: once for Group A and once for Group B. Sign-ups are limited to one participant per round of cooking class. Please choose Group A or Group B when

registering.

- Spend time cooking with friends as we come together to make...rainbow fried rice!



April 24, 2024: Crochet Group with Tina and Kathy: 3 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Maker's Space
- Welcome to our little group of creativity. This is an ongoing activity, every other Wednesday. You can bring your own or learn with us. After registering, please email Tina at tconmy@hceb.org to inform if you're bringing your own supplies or if you plan on borrowing supplies during the hour. If you are borrowing from us, please inform in the email if it's knitting or crocheting you want to do. Email should be sent at least the day before the activity. Thank you and see you there!
- If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



April 24, 2024: 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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(925)-577-7667.



April 24, 2024: Karaoke Social: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Cheer on our talented friends as we come together to sing karaoke individually or in groups! This is a great way to sing your favorite songs while also enjoying everyone else's great vocals!
- Light refreshments will be provided.



April 25, 2024: Jam Session with Olivia and Jennifer T.: 4 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Our jam session was such a hit a few months ago that we had to bring it back for round two. We will spend a fun half an hour playing and listening to music with friends.
- Feel free to bring an instrument if you wish to share it with friends!
- Light refreshments will be provided.



April 25, 2024: 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-plus years. Her class will include a fun variety of yoga positions in both standing and floor positions. No prior yoga experience is needed.
- **Please contact parent Rosemary Kirbach via email**

at rosemarykirbach@yahoo.com to register or with any questions.

- 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.
- **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**



April 26, 2024: 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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April 26, 2024: FRI-YAY! Bring-Your-Own-Dinner and Movie Night at Irby Ranch: 5:30 - 7:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Take a break from your busy day and end the week with some yummy dinner and a fun movie night at Irby Ranch. We will be watching...Wonka!



April 29, 2024: Walk to The Meadowlark Dairy with Tina: 3:30 - 4:30 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Start the week off on a yummy note with a frozen treat from The Meadowlark Dairy. We will be walking down as a group to the Meadowlark Dairy.
- o Please budget \$5 - \$7 for a frozen treat!
- o If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- o **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



April 30, 2024: Group B: Cooking Class: Rainbow Fried Rice: 4:30 - 5:30 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4 non-residents.
- o This class is offered twice: once for Group A and once for Group B. Sign-ups are limited to one participant per round of cooking class. Please choose Group A or Group B when registering.
- o Spend time cooking with friends as we come together to make...rainbow fried rice!

All April activities will be held in person.

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

Olivia, Programs Coordinator, at olivia@sunflowerhill.org

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

Scan the QR code to register:

