



Sunflower Hill

*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.

JANUARY 2026

ACTIVITIES AND DESCRIPTIONS

We are updating our annual liability waivers. To attend activities at Irby Ranch you 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.

January 2, 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.**

January 5, 2026: Bring-Your-Own-Dinner and Cozy Movie Night: 5:15 - 7:00 PM

- This is an in-person activity.
- Location: Community Room
- Finish off the evening with friends by enjoying a yummy dinner brought from home and a fun movie! **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

January 6, 2026: Learning with Olivia: Career and Interest Exploration: 4:00 - 5:00 PM

- This is an in-person activity.
- **Location:** Irby Ranch Community Room
- Kick off the week with our engaging monthly Learning with Olivia series. This session will focus on Career Exploration, with activities centered around learning about different types of jobs, career paths, and personal interests related to work. This hands-on unit will help participants explore a variety of careers while identifying their own interests, strengths, and skills that connect to different job opportunities.
- Throughout the activity, participants will take part in interactive experiences that include:
 - 📝 Worksheets designed to help participants explore job interests, preferences, and strengths.
 - 🎨 Creative activities that encourage participants to express what types of jobs they are curious about and why.
 - 🤝 Hands-on and discussion based activities focused on learning about different work environments, job roles, and skills used in the workplace.
- These activities are designed to build confidence, self awareness, and comfort talking

about jobs and future work possibilities in a supportive and low pressure environment.

- **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!

January 7, 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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January 7, 2026: New Years Resolutions Vision Boards with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- The new year is all about creating and setting attainable and fun goals! We will find images that represent our goals to help focus and get excited for the year ahead.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

January 8, 2026: Irby Ranch Trivia Hour: Music, General Knowledge, Movies, plus TV: 4-5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get ready for some fun + lighthearted competition as we have a trivia hour at Irby Ranch! Topics covered will include music, general knowledge, movies and television, and more! Come see how much you know through fun challenges.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

January 8, 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.**

January 9, 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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January 9, 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.

January 9, 2026: Friday Night Live at Sunflower Hill Irby Ranch: 5:30 - 8:00 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, January 9 | 5:30 - 8:00 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. For this event we will be having a cheer team come to perform a cheerleading routine and teach you all a routine! This is a perfect way to show some spirit and learn some awesome moves. Dinner will be included and we will be doing more fun activities following the cheer routine.**
- Register for winter Friday Night Live events [here](#).

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

January 12, 2026: Musical Chairs and Dance with HCEB: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get into the musical spirit with some musical chairs and dancing with HCEB.
- Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
- 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.**

January 12, 2025: Martial Arts Class with Coach Cedric from Pallen Martial Arts:

5:30 - 6:30 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.

January 14, 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.**

January 14, 2026: Martin Luther King Peace Wreath with Adama: 5:30 - 6:30PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- In honor of Martin Luther King, we will create a wreath symbolizing unity and equality.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

January 15, 2026: DIY Bookmark Decorating: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Make unique and creative bookmarks out of car stock and magazine cutouts. We will laminate the bookmarks together to make them last longer.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

January 15, 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.**

January 16, 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.
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January 20, 2026: Uno Hour Social with HCEB: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Spend the hour enjoying the Uno card game with friends.
- Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
- 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.**

January 21, 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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January 21, 2026: Peace Doves with Adama: 5:30 - 6:30PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- The image of the dove celebrates our freedom and hope for humanity. We will be creating our own peace doves together.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

January 22, 2026: Fun with VIP Staff: All About Hygiene 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- For this fun activity with VIP you will be coming together to learn all of the important, necessary, and exciting things about hygiene! Activities included will be fun worksheets

and hands on activities that will teach participants all about healthy hygiene.

- 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

January 22, 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.**
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January 23, 2026: Ready Set Roll Board Games Day Time with HCEB: 12:00 - 1:00 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Nowhere to be? GREAT! Let's get talking and gaming together! Join for a fun hour of board games, while we chat about everything on your mind - friends, goals or just the weather! It's a great way to build social skills and enjoy some gaming together!
- Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

January 23, 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.
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January 26, 2026: Pet Therapy + 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.

January 26, 2025: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:30 - 6:30 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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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

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- 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.

January 27, 2026: Paper Mosaic Art with HCEB: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come make beautiful art out of paper! This is a fun way to take something so simple

like colorful paper, and make something unique and creative.

- Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

January 28, 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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January 28, 2026: Spa Night with Adama: 5:30 - 6:30PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Treat yourself to a manicure and indulge in other self care offerings. If you love relaxing and laying low, this spa night at Irby Ranch is the perfect opportunity to have a low key night and let your stress float away!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

January 29, 2026: Walk to Starbucks with HCEB: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Enjoy the crisp winter weather and a yummy drink as we get together to walk to Starbucks. If you plan to get a drink at Starbucks, please bring your own money.
- Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
- 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.**

January 29, 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.
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January 30, 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.**

All January activities will be held in person.

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.

Scan the QR code to register:

