



Sunflower Hill

APRIL 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.

April 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.**

April 1, 2026: April Fools Day Easter Egg Hunt and Art with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come have a great time at our April Fool's themed Easter Egg hunt and a silly rabbits art activity. The perfect mix of fun and festivities.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 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.**

April 6, 2026: Presentation by Pleasanton Garbage Services with Michelle: 3:00 - 4:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- The Pleasanton Garbage Services will be coming to Sunflower Hill Irby Ranch to give a presentation about how to correctly dispose of garbage to help best keep our earth and community clean!
- If you have any questions please reach out to Michelle May at mmay@hceb.org
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by**

Sunflower Hill Staff.

April 7, 2026: Learning with Olivia: Real Life Spending and Understanding Needs vs Wants:

3:30 - 4:30 PM

- This is an in person activity.
Location: Irby Ranch Community Room
- Get ready to become a smart spender! In this activity, we'll learn the difference between **needs vs. wants** and how to make choices when spending money. Participants will engage in different activities that help them understand what it means to save and what it means to spend.
- **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!

April 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.**
- **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 8, 2026: Cool Hot Air Balloons with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- The weather is just right to take flight on these crafty hot air balloons.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 9, 2026: Bird Feeder Craft with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- As the spring weather continues you will see lots of birds outside. We will create some awesome bird feeder crafts together.
- 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 Michelle May at mmay@hceb.org
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

April 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.**

April 10, 2026: Team Building: Marshmallow Building Challenge with Michelle: 3 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come join us for the Marshmallow Challenge! In this activity, you'll work together to build the tallest tower you can using simple materials—with a marshmallow on top! It's a fun way to get creative, solve problems, and enjoy some laughs with your neighbors. No experience is needed—just bring your imagination and team spirit! Come see how tall your tower can grow. We hope to see you there! 😊
- 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 Michelle May at mmay@hceb.org
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

April 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.
- 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 13, 2026: The Vine Livermore Field Trip: 4:00 - 6:30 PM

- This is an in-person activity.
- Location: Vine Theater in Livermore: 1722 First Street, Livermore CA 94550
- Come spend a fun night at the cinema as we take a field trip to the Vine Cinema and Alehouse in Livermore California to watch the new Super Mario Galaxy Movie. Tickets will be \$7 a person (for each participant and staff who attends) and you will need to bring exactly \$7 per ticket to the theater so Olivia can pay for the tickets altogether. You will need to provide your own transportation to this event and if you would like to purchase snacks at the movie you will need to bring your own money to do so.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 14, 2026: Cooking Class with Teacher Julia Ford: 4-5 PM:

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Cooking classes are back with new teacher Julia Ford. Julia has experience as a culinary teacher at a local high school and is excited to bring her cooking experience to share with you all.
- **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.

April 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.**
- **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 15, 2026: Art with Adama: Van Gogh Sunflowers Group Art Project: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- We will be creating Vincent Van Gogh's Classic "Sunflower's Group Painting" This group painting will be featured at the **APAPA Tri-Valley Asian Heritage Celebration**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 16, 2026: Fun with VIP Staff: Making Fruit and Yogurt Parfaits: 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 make some tasty fruit parfaits as a yummy afternoon snack!
- 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

April 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.**

April 17, 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.

April 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.

- 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 17 , 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, April 17 | 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 members from Girl Jam Ukulele group who will be performing an underwater themed setlist.
- **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.

April 20, 2026: Board Games and Cards with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come enjoy a fun and relaxing time playing board games and card games with your neighbors. Whether you like classics like UNO, checkers, or other games, there will be something for everyone. It's a great chance to laugh, socialize, and enjoy some friendly competition. We hope to see you there! 😊

- 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 Michelle May at mmay@hceb.org
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

April 20, 2025: 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.

April 21, 2026: Walking Club + Earth Day - Community Trash Pick Up: 3:30 - 4:30 PM

- This is an in person activity.
Location: Irby Ranch Community Room and in the Community
- Earth Day is a chance to appreciate and spread love in our community. For our walking club this month we will get the opportunity to get healthy movement while also giving back to the community. We will pick up trash to help beautify the surrounding neighborhoods.
- **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!

April 22, 2026: Earth Day - Let's Get Planting with Michelle: 3:00 - 4:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come plant something small and grow something big—join us in making our Earth a little greener together! 🌻

- 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 Michelle May at mmay@hceb.org
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

April 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.**
- **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 22, 2026: Earth Day Finger Painting Paper Plate Globes with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- You got the whole world in your hands and it's time to get our craft on! We will be making beautiful finger painted paper globes.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 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.**

April 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.**

April 27, 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.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 27, 2025: 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.

April 28, 2026: Sun Squad: Autism Awareness Month to Irby Community: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- April is Autism Awareness month and we want to spread joy to the surrounding Irby Ranch community! For this fun activity we will be dropping off little notes and flowers from the garden to the neighborhood houses that surround Sunflower Hill at Irby Ranch! Let's bring a bit of joy, sunshine, and happiness to our friendly neighbors.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 29, 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.

April 29, 2026: April Showers Art Activity with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- We will make flittering raindrops and cheery umbrellas to keep us dry.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

April 30, 2026: Disaster Preparedness with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us for Disaster Preparedness 101, a helpful training where you can learn how to stay safe and prepared if a natural disaster happens. During this session, residents will learn in small groups about different types of natural disasters and what steps to take to stay safe. We'll talk about simple ways to be ready and how to respond if an emergency occurs. Being prepared can make a big difference. Come learn, ask questions, and gain important information to help keep you and your neighbors safe. Everyone is welcome! 🧡
- 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 Michelle May at mmay@hceb.org
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

April 30, 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.

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

All April 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: