



JUNE 2025

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.

June 2, 2025: Learning with Olivia Week 1: Being a Good Friend, Meeting New People, and Creating Healthy Friendships: 4 - 5 PM

- This is an in-person activity.
- This month, we're focusing on *friendship*! Join us for an engaging and hands-on session where we'll explore how to meet new people, be a good friend, and build healthy, supportive relationships. This activity is designed to support participants in building meaningful social connections in a safe and welcoming environment.
- Participants will:
 - 🤝 Practice conversation skills and ways to introduce yourself
 - 💬 Learn how to recognize and respect personal boundaries
 - 💡 Explore what makes a friendship healthy (and what doesn't!)

🎮 Participate in fun games and role-playing activities to build confidence in social settings

- *Note: A parent or support staff is required to attend and assist if the participant needs additional support.*
- If you have any questions, please contact Olivia Christensen. We can't wait to connect with you.

June 3, 2025: Cooking Class: **Group A: Summer Pasta Salad: 4 - 5 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Once 12 participants have signed up (residents and non-residents included), the registration will become unavailable.
- 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. In-person cooking classes cost \$10 to attend.
- **Please only register for one class per session. Do not register for both A and B for each recipe. We want to make sure that everyone has a chance to join in on the cooking fun.**
- Spend time cooking with friends as we come together to make...kabobs!

June 4, 2025: 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.**

June 4, 2025: Karaoke Night: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Hang out with friends and sing loud for all to hear. This karaoke hour is perfect for folks to listen and sing together.
- Support staff is required to attend if the participant requires support.

June 5, 2025: Uno Hour and Board Game Social with Tina: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get ready for a fun filled hour of cards, laughter, and friendly competition. Join us for UNO Hour—where the main event is the classic game of UNO, but that's not all! Whether you're a UNO pro or a first-time player, you'll find a game (or two) that's perfect for you! Feel free to bring your favorite board/card game.
- 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.**

June 5, 2025: 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.**

June 6, 2025: 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.**

June 7, 2025: Walk Downtown + Pleasanton BMX Bike Fest Show: 11:30 - 1 PM


- This is an in-person activity.
- Location: Irby Ranch Community Room
- We're heading downtown to catch the **Pleasanton BMX Bike Show!** Join us for a fun afternoon as we walk together from Irby Ranch to Main Street to watch the exciting


12:00 PM BMX stunt show—featuring high-flying jumps, tricks, and more! This is a great chance to get outside, enjoy the energy of downtown Pleasanton, and experience a thrilling, family-friendly event as a group. Please wear comfy shoes and bring water if needed!

- **Schedule:**

-  **11:30 AM** – Meet at Irby Ranch

-  Walk downtown together

-  **12:00 – 12:45 PM** – Watch the BMX Show

-  Walk back to Irby by **1:00 PM**

- If you have any questions, contact Olivia Christensen. We can't wait to ride into the fun with you!

June 9, 2025: Art with Anis: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Spend your evening with friends as we get creative and make paper cup lighthouses.
- Support staff is required to attend if the participant requires support.

June 10, 2025: Cooking Class: Group B: Summer Pasta Salad: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Once 12 participants have signed up (residents and non-residents included), the registration will become unavailable.
- 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. In-person cooking classes cost \$10 to attend.

- **Please only register for one class per session. Do not register for both A and B for each recipe. We want to make sure that everyone has a chance to join in on the cooking fun.**
- Spend time cooking with friends as we come together to make...kabobs!

June 11, 2025: Fitness Class with Keith: 4 - 5 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.**

June 12, 2025: Pet Therapy + Coloring Hour with Tina: 4 – 5 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.
- Tina Conmy from HCEB will be overseeing this activity.

June 12, 2025: 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.**

June 13, 2025: Fitness Class with Keith: 4 - 5 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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June 16, 2025: Be Creative! Unique Way to Make a Bracelet with Tina and Kathy: 4 - 5 PM

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

- Get ready to put your own twist on bracelet-making! In this creative hour, you'll use pipe cleaners in all colors and a variety of fun beads to design a bracelet that's totally your style. With easy-to-follow steps and endless combinations, you'll craft a one-of-a-kind accessory that's perfect to wear or share. Come for the creativity, stay for the good vibes!
- 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.**

June 17, 2025: Cooking Class: **Group A: Rainbow Fried Rice: 4 - 5 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Once 12 participants have signed up (residents and non-residents included), the registration will become unavailable.
- 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. In-person cooking classes cost \$10 to attend.
- **Please only register for one class per session. Do not register for both A and B for each recipe. We want to make sure that everyone has a chance to join in on the cooking fun.**
- Spend time cooking with friends as we come together to make...kabobs!

June 18, 2025: Fitness Class with Keith: 4 - 5 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.**

June 18, 2025: Bring-Your-Own-Dinner + Outdoor Water Balloon Games: 5 - 6 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us for a fun summer evening outside! We'll start with eating dinner outside with friends, then keep the good times going with a series of light-hearted *water balloon games*—think water balloon tosses, relay races, and other silly challenges that will help us cool off and have fun together. This is not a water balloon fight, so no need to worry about getting soaked—but you *might* get a little splash here and there!
- Come hungry, wear comfy clothes, and get ready to enjoy some laughs in the sun. Questions? Contact Olivia Christensen.

June 19, 2025: 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.**

June 20, 2025: Fitness Class with Keith: 4 - 5 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.**

June 20, 2025: Friday Night Live at Sunflower Hill Irby Ranch: 5:30 - 8 PM

- This is an in-person activity.
- Join us for our first summer series of *Friday Night Live*! This monthly program is designed to be engaging, social, and full of fun.
 -  **When:** Friday, June 20 | 5:30 - 8:00 PM
 -  **Where:** Irby Ranch Community Room
 -  **Cost:** \$25 (includes dinner and activities)
- Yeehaw! Join us for a rootin'-tootin' good time at this month's *Friday Night Live* as we celebrate Rodeo month in Livermore! We'll kick things off with a yummy dinner + ice

cream bar. We will then move into **Rodeo-Themed Bingo**—complete with fun prizes for our lucky winners. Then, get ready to hit the “dance floor” with **a line dancing lesson led by teacher Yvette!** She’ll guide us through a classic rodeo-style routine that’s perfect for all experience levels. Dust off your boots and come dressed in your best western gear for an evening of fun, laughter, and rodeo spirit!

- Find our Summer Friday Night Live event schedule [here!](#)

June 23, 2025: Trader Joe’s Virtual Cooking Class: Minimal Ingredients Maximum Taste:

Trader Joe’s Crunch Wrap Supreme 5 - 6 PM

- This is a virtual activity via google meet.
- Location: Via Google Zoom: <https://us06web.zoom.us/j/81267179229>
- Join us for a fun and interactive culinary adventure with **Trader Joe's Virtual Cooking Classes!** In these sessions, we'll create delicious, affordable meals using only Trader Joe's ingredients. Each recipe is designed with simplicity in mind, featuring **7 ingredients or less** to keep cooking stress-free and budget-friendly.
- Here's how it works:
 - You'll receive a shopping list ahead of time with all the Trader Joe's ingredients you'll need. For this month you can find the shopping list and recipes [here](#).
 - On class day, join us online as we guide you through step-by-step instructions to cook the meal together in real time.
 - By the end of the class, you'll have a tasty, homemade dish to enjoy and add a new recipe to your repertoire!
 - Perfect for busy weeknights, beginner cooks, or anyone looking for easy, flavorful meals. Let's cook, connect, and have some fun—all from the comfort of your own kitchen!
 - These Zoom calls will be recorded if you want to make these recipes again in the future.

June 24, 2025: Cooking Class: **Group B: Build-Your-Own-Kabobs: 4 - 5 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Once 12 participants have signed up (residents and non-residents included), the registration will become unavailable.
- 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. In-person cooking classes cost \$10 to attend.
- **Please only register for one class per session. Do not register for both A and B for each recipe. We want to make sure that everyone has a chance to join in on the cooking fun.**
- Spend time cooking with friends as we come together to make...kabobs!

June 25, 2025: 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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June 25, 2025: Walking Club: Walk to the Meadowlark Dairy: 6 - 7 PM

- This is an in-person activity.

- Location: Irby Ranch Community Room
- The only acceptable place to walk to in the summer??? The Meadowlark Dairy of course! Come join us for our special walking club where we will walk downtown to the Meadowlark Dairy for a yummy and sweet frozen treat. If you have a Free Meadowlark Dairy token, be sure to bring it with you.
- If a client requires 1:1 staff support, their staff support must join on the walk.

June 26, 2025: Pinwheel Crafting Hour with Tina: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us for a fun and creative Pinwheel Crafting Hour! Using scissors, colorful paper, rulers, and more, you'll learn how to make your very own pinwheel—designed just the way you like it. Whether you're going for a classic look or something totally unique. Come ready to cut, fold, and spin up some fun!
- 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.**

June 26, 2025: 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.

June 27, 2025: 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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June 28, 2025: Day at the Alameda County Fairgrounds: 12 - 2 PM

- This is an in-person activity.
- Location: Alameda County Fairgrounds

Time: 12:00 – 2:00 PM

Join us for an exciting afternoon at the Alameda County Fairgrounds! We'll meet at The fair at 12:00 PM to grab a bite to eat, walk around, and explore everything the fair has to offer—from fun exhibits and interactive displays to food stands and more!

Participants are welcome to stay and enjoy the fair beyond 2:00 PM, but please note that Olivia will be leaving at that time.

Helpful Info:

- **Parking:** \$15 — Olivia recommends getting dropped off or caravanning with others to avoid the parking fee.
- **Admission:** \$20 — Don't forget, if you participated in our *Fair Entry Art Activity*, you received two **free admission tickets!** Be sure to bring and use it.

June 30, 2025: Learning with Olivia Week 2: Being a Good Friend, Meeting New People, and Creating Healthy Friendships: 4 - 5 PM

- This is an in-person activity.
 - This month, we're focusing on *friendship!* Join us for an engaging and hands-on session where we'll explore how to meet new people, be a good friend, and build healthy, supportive relationships. This activity is designed to support participants in building meaningful social connections in a safe and welcoming environment.
 - Participants will:
 - 👋 Practice conversation skills and ways to introduce yourself
 - 💬 Learn how to recognize and respect personal boundaries
 - 💡 Explore what makes a friendship healthy (and what doesn't!)
 - 🎮 Participate in fun games and role-playing activities to build confidence in social settings
 - *Note: A parent or support staff is required to attend and assist if the participant needs additional support.*
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- If you have any questions, please contact Olivia Christensen. We can't wait to connect with you.

All June 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

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



Scan the QR code to register: