



## Sunflower Hill

# MARCH 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.

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### March 2, 2026: Indoor Quiet "Baseball" with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Love baseball but not the noise? **Silent Baseball** is a fun, low-key way to enjoy the game. It's quiet, easygoing, and welcoming. Come hang out, play some "baseball", and have a great time!
- 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](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

## March 2, 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](mailto: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.

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### ★ 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.

### March 3, 2026: Learning with Olivia: Traffic Safety and Mini Walk: 3:30 - 4:30 PM

- This is an in person activity.  
**Location:** Irby Ranch Community Room
- Join us for a fun and interactive Learning with Olivia session focused on **community safety and awareness**. Together, we will explore important safety signs that help keep us safe in our neighborhoods, such as stop signs, crosswalk signs, and pedestrian signals. Participants will complete short, engaging worksheets to review what different signs mean and how to respond to them safely.
- After our indoor learning time, we will head out on a mini neighborhood walk around Irby Ranch to spot real-life safety signs in action. This hands-on experience allows participants to practice identifying signs, discussing safe choices, and building confidence while navigating their community.
- This activity promotes independence, observation skills, and real-world safety awareness—all while enjoying fresh air and movement together.
- **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!

### March 4, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

### **March 4, 2026: Spring 4-Ward/Daylight Savings Clock with Adama: 5:30 - 6:30 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Instead of turning back the hands of time, we'll create our own fashion forward clock necklaces!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### **March 5, 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](mailto: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.**

### **March 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.
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### March 6, 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.

### March 6, 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, March 6 | **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 an incredibly fun and engaging board game night put on by members from Roll for Inclusion!
- **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.

### March 9, 2026: Scavenger Hunt/Nature Walk with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Step outside and join the fun! Our **Scavenger Hunt** is full of little surprises and outdoor smiles. Wander, look around, and discover fun things along the way. Let the adventure begin!
- 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](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### March 2, 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](mailto: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.

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### ★ **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.

### **March 10, 2026: Cooking Class with Teacher Julia Ford: 4-5 PM: Panini's and Protein Balls**

- 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.
- We will be making yummy paninis and protein balls together. **This activity is open to**

**8 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.

### **March 11, 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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### **March 11, 2026: St. Patrick's Day Decorations with Adama: 5:30 - 6:30 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- In preparation for St. Patrick's Day and Adama's birthday celebration, we will create fun St. Patrick's Day decor for the big holiday!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### March 12, 2026: St. Patrick's Day Craft with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come celebrate **St. Patrick's Day** with us! Join our craft time to make something green, lucky, and fun. We'll color, create, and share some smiles 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](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### March 12, 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](mailto: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.**

### March 13, 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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### **March 16, 2026: Valley Humane Society Walking Field Trip: 3:30 - 4:30 PM**

- This is an in-person activity.
- Location: Meet at Irby Ranch Community Room
- Come take a walking field trip down to the Valley Humane Society. We are lucky to have them bring volunteers to our space each month that taking the trip to them will be a fun change. Come explore their facility + see what sweet animals they have on site.
- We will be walking to the Valley Humane Society at 3:35 so please try to meet at the Community Room by 3:30.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### **March 16, 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](mailto: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.

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### ★ **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.

### **March 17, 2026: St. Patrick's Day Bingo with Sunflower Hill and LARPD: 3:30 - 4:30 PM**

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- To get into the St. Patrick's Day spirit we will play a few rounds of St. Patrick's Day themed Bingo and have some festive prizes to win. Wear green in an effort to be lucky

during the games!

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

### **March 18, 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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### **March 18, 2026: Adama's St. Patrick's Birthday Celebration: 5:30 - 6:30 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Today we will delight in celebrating Adama's birthday and her favorite holiday St. Patrick's Day. Wearing green is encouraged!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### **March 19, 2026: Fun with VIP Staff: Popcorn and Movie Day: 4:00 - 5:00 PM**

- This is an in-person activity.

- Location: Irby Ranch Community Room
- Come enjoy a relaxing day with our VIP staff team as you enjoy tasty popcorn and watching The Many Adventures of Winnie the Pooh!
- 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](mailto:shannon@visionaryindependence.com)

### March 19, 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](mailto: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.**

### March 20, 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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### March 20, 2026: Bring Your Own Dinner + Warriors Watch Party: 5:00 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bring-your-own-dinner and support our local Bay Area basketball team as we come together to watch the Golden State Warriors take on the Detroit Pistons. Feel free to wear any Warriors gear you might have!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### March 23, 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.

### March 23, 2026: Palm Sunday Trees with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- In honor of Palm Sunday we'll make the foliage of the palm tree to commemorate the season!

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

### March 24, 2026: Stress Ball Craft with Michelle: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Tough days happen, and it's okay to slow down. Join us to create a **Stress Ball** you can squeeze when things feel hard. Come as you are—this is a calm, friendly space just for you.
- 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](mailto:mmay@hceb.org)
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### March 25, 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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**(925)-980-0024.**

**March 25, 2026: Music Mends Minds Drum Circle: 5:45 - 6:45 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Music Mends Minds is a non-profit organization that creates musical support groups for individuals with Neurodegenerative diseases like Alzheimer's, dementia, Parkinson's, traumatic brain injuries, and PTSD. They have recently started venturing into creating musical support groups for a wider range of folks including those with ID/D. Their mission is to use the power of music to improve the quality of life, and foster socialization. They will be putting on a fun and engaging drum circle at Irby Ranch on Monday March 23rd in the Community Room from 5:45 - 6:45 pm. Come enjoy and share the beautiful sounds of music with one another!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

**March 26, 2026: Zippy Library Truck Outreach Event, Get Library Cards, Books, Play Games: 3:00 - 5:00 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
-   **Zippy the Library Truck is Coming to Irby Ranch!**  
- We have a very fun opportunity coming to **Sunflower Hill at Irby Ranch!** The Pleasanton Library will be bringing their very own **Zippy Library Truck** to our Irby Ranch parking lot! Zippy is a mobile library designed to bring library services directly into the community through free, drop-in outreach visits. This is a wonderful opportunity to connect with books, learning, and fun right in our own neighborhood.

- o A typical Zippy pop-up may include:
  - 📖 Books available for checkout on site with a Pleasanton Library card
  - 🎲 Simple games and activities
  - ✂️ A small grab-and-go craft activity
- o This is a **drop-in event**, so participants are welcome to come and go at any time during the visit. The Zippy truck will be on site for 2 hours, but you are not expected to stay for the entire time.
- o We can't wait to see you there for this fun and engaging community experience! 📖✨
- o Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### March 26, 2026: Adaptive Yoga w/ Kristen: 5:15 - 6:05 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o 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](mailto: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.**

### March 27, 2026: Meditation Afternoon with Michelle: 1:00 - 2:00 PM

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

- Take a quiet moment just for you. Join us for an **Introduction to Meditation**, where we'll learn easy ways to breathe, relax, and feel calm together. No experience needed—just come and be comfortable.
- 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](mailto:mmay@hceb.org)
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### **March 27, 2026: Fitness Class with Keith: 4:00 - 5:00 PM**

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### **March 30, 2026: All About Recycling with Michelle: 4:00 - 5:00 PM**

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

- o Come learn all about  **Recycling!** We'll talk about what can be recycled, why it matters, and how we can help take care of our planet—together and at an easy pace.
  - o Please note that HCEB does not provide 1:1 support. You must bring your own support if you need it during this activity.
  - o If you have any questions please reach out to Michelle May at [mmay@hceb.org](mailto:mmay@hceb.org)
  - o **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**
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All March 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](mailto: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:**

