



## Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
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<p>Scan the QR Code to Register for Events!</p> 				<p>Sunflower Hill Led Activities HCEB Led Activities Parent/Resident Led Activities SAHA Led Activities</p>		<p>1 Olivia Out of Office Puzzle Hour with Crystal 3 - 4 PM</p> <hr/> <p>Fitness Class w/ Bri 4 - 5 PM</p>	<p>2</p> 
<p>3</p>  <p>Daylight Saving Time Ends!</p>	<p>4</p> <p>Uno Monday and Board Game Social with Tina 3 - 4 PM</p>	<p>5 <b>Group A</b></p> <p>Cooking Class: Carrot Potato Soup 4:30- 5:30 PM Limited spots available Sign up for one week: Group A or B</p>	<p>6 Fitness Class w/ Keith 4 - 5 PM</p> <hr/> <p>Decorate a Thanksgiving Tree in the Community Room 5:30 - 6:30 PM</p>	<p>7 Field Trip: Tour the Sunflower Hill Garden 3:45 - 5 PM</p> <hr/> <p>Adaptive Yoga w/ Kristen 5:15 - 6:05 PM</p>	<p>8 Fitness Class w/ Keith 4 - 5 PM</p> <hr/> <p>FRI-YAY! Irby Ranch Soup Swap 5:30 - 7 PM</p>	<p>9</p> <p>Matinee Movie at Irby Ranch 1:30 - 3 PM</p>	
<p>10</p> 	<p>11</p>  <p>Happy Veterans Day! Sunflower Hill Offices Closed</p>	<p>12 <b>Group B</b></p> <p>Cooking Class: Carrot Potato Soup 4:30- 5:30 PM Limited spots available Sign up for one week: Group A or B</p>	<p>13</p> <p>Crochet Group with Tina and Kathy 3 - 4 PM</p> <hr/> <p>Fitness Class w/ Bri 4 - 5 PM</p>	<p>14 Olivia Out of Office Pet Therapy and Coloring Hour with Crystal 4 - 5 PM</p> <hr/> <p>Adaptive Yoga w/ Kristen 5:15 - 6:05 PM</p>	<p>15 Olivia Out of Office</p> <hr/> <p>Fitness Class w/ Bri 4 - 5 PM</p>	<p>16</p> 	
<p>17</p> 	<p>18</p> <p>Fall Arts and Crafts with Tina and VIP Team 4 - 5 PM</p>	<p>19 <b>Group A</b></p> <p>Cooking Class: Thanksgiving Sides 4:30- 5:30 PM Limited spots available Sign up for one week: Group A or B</p>	<p>20</p> <p>Fitness Class w/ Keith 4 - 5 PM</p> <hr/> <p>Thanksgiving Themed Bingo 5:45 - 6:45 PM</p>	<p>21</p> <p>Walking Club: Sunflower Hill Turkey Trot! 4 - 5 PM</p> <hr/> <p>Adaptive Yoga w/ Kristen 5:15 - 6:05 PM</p>	<p>22</p> <p>Fitness Class w/ Keith 4 - 5 PM</p> <hr/> <p>FRI-YAY! Bring-Your-Own Dinner + Board Game Night 5:15 - 6:15 PM</p>	<p>23</p> <p>Irby Ranch Saturday Morning Market 9 - 10 AM</p>	
<p>24</p> 	<p>25 <b>Group B</b></p> <p>Cooking Class: Thanksgiving Sides 4:30- 5:30 PM Limited spots available Sign up for one week: Group A or B</p>	<p>26</p>	<p>27</p> <p>Fitness Class w/ Bri 4 - 5 PM</p>	<p>28 Happy Thanksgiving!</p>  <p>Sunflower Hill Offices Closed</p>	<p>29</p> <p>Sunflower Hill Offices Closed</p>	<p>30</p> 	

Please refer to the Activity Outline for more details.

The date, time, and location of activities is subject to change.

Please check the community cork board for more activities led by residents and caregivers

To register, go to

<https://sunflowerhill.org/communities/irby-ranch/irby-ranch-resident-portal/>

\*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.