



Sunflower Hill

MAY
2024

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.



May 1, 2024: 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.**



May 1, 2024: Walk to The Meadowlark Dairy: 6 - 7 PM

- o This is an in-person activity.
- o Location: Meet at Irby Ranch Community Room
- o Start the week off on a yummy note with a frozen treat from The Meadowlark Dairy. We will be walking down as a group and will be meeting in the community room.
- o Please budget \$5 - \$7 for a frozen treat!



May 2, 2024: Arts and Crafts: Spring Carnival Decorations: 4 - 5 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Our Sunflower Hill Spring Carnival is coming up, and we need your creative help to make some awesome carnival decorations!
- o Light refreshments will be provided.



May 2, 2024: 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 **IMPORTANT INFORMATION REGARDING ADAPTIVE YOGA: Due to growing interest in adaptive yoga, this activity has been moved from the fitness room to the community room. The current time remains the same, 5:15 - 6:05 PM. 12 week sessions for yoga are being offered and the first 12 week session will be from May 2, 2024 to August 1, 2024. Kristen will be out on Thursday June 27 and Thursday July 4. 12 week sessions are to be paid in full, in advance via cash, check**

or Venmo.

- There are still a few spots left for the first 12 week session. You may sign up and pay for the 12 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.**



May 3, 2024: 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.**



May 3, 2024: FRI-YAY! Basketball and Bocce Hangout: 5 - 6 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Time to show off your skills in bocce and basketball! Let's end the week together and have fun playing games outdoors with friends.



May 6, 2024: Uno Hour and Board Game Social with Tina: 4 - 5 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o It is the first Monday of the month, which means it's our Uno hour and board game social! Our primary game will be Uno, but all are welcome to bring a game of their choice to share with others.
- o Please remember to have a parent or support staff attend to assist during activities.
- o If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- o **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



May 7, 2024: Group A: Cooking Class: Mini Quiches: 4:30 - 5:30 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4 non-residents.
- o 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.
- o Spend time cooking with friends as we come together to make...mini quiches!



May 8, 2024: Crochet Group with Tina and Kathy: 3 - 4 PM

- o This is an in-person activity.
- o Location: Irby Ranch Maker's Space
- o Welcome to our little group of creativity. This is an ongoing activity, every other

Wednesday. You can bring your own or learn with us. After registering, please email Tina at tconmy@hceb.org to inform if you're bringing your own supplies or if you plan on borrowing supplies during the hour. If you are borrowing from us, please inform in the email if it's knitting or crocheting you want to do. Email should be sent at least the day before the activity. Thank you and see you there!

- 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.**



May 8, 2024: 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.**



May 8, 2024: Pictionary Hour: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come play a few rounds of Pictionary with friends. We will split up into a few teams

and learn how to play Pictionary before diving into the game!

- Light refreshments will be provided.



May 9, 2024: Pet Therapy + Coloring Hour: 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.



May 9, 2024: 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.
- **IMPORTANT INFORMATION REGARDING ADAPTIVE YOGA: Due to growing interest in adaptive yoga, this activity has been moved from the fitness room to the community room. The current time remains the same, 5:15 - 6:05 PM. 12 week sessions for yoga are being offered and the first 12 week session will be from May 2, 2024 to August 1, 2024. Kristen will be out on Thursday June 27 and Thursday July 4. 12 week sessions are to be paid in full, in advance via cash, check or Venmo.**
- There are still a few spots left for the first 12 week session. You may sign up and pay for the 12 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.**



**May 10, 2024: FRI-YAY! Do-It-Yourself Flower Bouquets for Friends and Family:
3 - 4 PM**

- This is an in-person activity.
- Location: Meet at Irby Ranch Community Room
- Make your own flower bouquets for a special friend or family member. Flowers and mason jars will be provided from the Sunflower Hill Garden!
- Light refreshments will be provided.



May 10, 2024: 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.**



**May 13, 2024: Friendship Day and Bracelet Making with Tina and Jennifer T.:
4 - 5 PM**

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o How should we treat our friends, and how can we be proactive in keeping the friendships in our life? Tina and Jennifer T. Will lead a fun and engaging brainstorming activity all about friendship. After, you will make friendship bracelets to keep for yourself or to give to a friend of your choice. Yarn for bracelets will be provided for this activity.
- o Please remember to have a parent or support staff attend to assist during activities.
- o If you have any questions please reach out to Tina Conmy at tconmy@hceb.org.
- o **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**



May 14, 2024: Group B: Cooking Class: Mini Quiches: 4:30 - 5:30 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4 non-residents.
- o 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.
- o Spend time cooking with friends as we come together to make...mini quiches!



May 15, 2024: 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.**



May 15, 2024: Bring-Your-Own-Dinner and Oakland A's Watch Party: 5 - 7 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- We have supported our Golden State Warriors so why not support another local team. Come gather with friends to eat dinner and watch the Oakland A's game together. This is a bring-your-own dinner activity. Don't worry, for all of our San Francisco Giants fans, we will have a Giants watch party next month!



May 16, 2024: Special Olympics, Sunflower Hill, and TRadd Walking Club: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Come join us as we get some healthy movement in with our walking club. This walking

club is being led by Special Olympics, TRadd, and Sunflower Hill. We will be starting our walk at Irby Ranch.

- As a reminder, if you have not attended in the past you will sign up for this activity using THIS LINK: <https://bit.ly/TRADDWalks>
- If you have attended our walking club in the past, you will not need to sign the waiver, but will need to reach out to Olivia to let her know you will be attending (925-785-3101).



May 16, 2024: 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.
- **IMPORTANT INFORMATION REGARDING ADAPTIVE YOGA: Due to growing interest in adaptive yoga, this activity has been moved from the fitness room to the community room. The current time remains the same, 5:15 - 6:05 PM. 12 week sessions for yoga are being offered and the first 12 week session will be from May 2, 2024 to August 1, 2024. Kristen will be out on Thursday June 27 and Thursday July 4. 12 week sessions are to be paid in full, in advance via cash, check or Venmo.**
- There are still a few spots left for the first 12 week session. You may sign up and pay for the 12 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.**



May 17, 2024: 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.**



May 17, 2024: FRI-YAY! Carnival Sidewalk Chalk Hour: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Our Sunflower Hill Spring Carnival is being held on Saturday May 18 from 2 - 4 PM. In order to get Irby Ranch into the carnival spirit, we will be holding a sidewalk chalk hour the night beforehand. We will be drawing on the sidewalks outside and around Irby Ranch to help decorate these areas for the carnival.
- Light refreshments will be provided.



May 18, 2024: Sunflower Hill Spring Carnival: 2 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Our Sunflower Hill Spring Carnival is back! Come together with friends and family to enjoy some awesome carnival activities. We will have a shaved ice truck with shaved ice available for purchase, a photo wall, face painting, a magician, lawn games, popcorn, and much more!
- Please be sure to register online using this link:
<https://sunflowerhill.salsalabs.org/springcarnival2024?page=register>



May 20, 2024: Create a Flower with Tina: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- To kick off the summer, let's create a flower crown in true summer spirit. Real flowers will be used during this activity, but people are more than welcome to cut out paper flowers to use instead.
- Please remember to have a parent or support staff attend to assist during activities.
- 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.**



May 21, 2024: Group A: Avocado Toast: 4:30 - 5:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4

non-residents.

- 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.
- Spend time cooking with friends as we come together to make...avocado toast!



May 22, 2024: Crochet Group with Tina and Kathy: 3 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Maker's Space
- Welcome to our little group of creativity. This is an ongoing activity, every other Wednesday. You can bring your own or learn with us. After registering, please email Tina at tconmy@hceb.org to inform if you're bringing your own supplies or if you plan on borrowing supplies during the hour. If you are borrowing from us, please inform in the email if it's knitting or crocheting you want to do. Email should be sent at least the day before the activity. Thank you and see you there!
- 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.**



May 22, 2024: 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.



May 22, 2024: Bingo Social: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- End the week with friends and with our favorite game...Bingo! We will have prizes for all winners. Everyone will get a chance to win.
- Light refreshments will be provided.



May 23, 2024: Thoughtful Thursday: All About Memorial Day: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Monday May 27 is Memorial Day. Memorial Day is a holiday that honors and mourns the US personnel who died while serving in the United States Armed Forces. Come learn more about why we celebrate Memorial Day!
- Light refreshments will be provided.



May 23, 2024: 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.

- **IMPORTANT INFORMATION REGARDING ADAPTIVE YOGA: Due to growing interest in adaptive yoga, this activity has been moved from the fitness room to the community room. The current time remains the same, 5:15 - 6:05 PM. 12 week sessions for yoga are being offered and the first 12 week session will be from May 2, 2024 to August 1, 2024. Kristen will be out on Thursday June 27 and Thursday July 4. 12 week sessions are to be paid in full, in advance via cash, check or Venmo.**
- **There are still a few spots left for the first 12 week session. You may sign up and pay for the 12 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.**



May 24, 2024: 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.**



May 24, 2024: FRI-YAY! Picnic Dinner at Lions Wayside Park: 5:15 - 7 PM

- This is an in-person activity.
- Location: Meet at Irby Ranch Community Room
- Sunny picnics are the best way to end the week. Hang out with friends at Lions Wayside Park as we enjoy a picnic. We will walk down to the park from Irby Ranch. If you plan on bringing your food, please be sure to bring it in a Tupperware and be sure to bring your own utensils. If you plan on picking up food downtown to eat at the park, make sure you bring your own money for food.



May 28, 2024: Group B: Avocado Toast: 4:30 - 5:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Spots are reserved for up to 8 residents and 4 non-residents.
- 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.
- Spend time cooking with friends as we come together to make...avocado toast!



May 29, 2024: Board Game Social with Tina: 3 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Spend an hour playing board games with friends and Tina. Board games will be provided, but if you have a game you would like to bring and share with friends, please do!



May 29, 2024: 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.**



May 29, 2024: Bring-Your-Own-Dinner and Movie Night: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bring-your-own-dinner and come hang out with friends as we have a movie night and watch...The Sandlot!



May 30, 2024: Guess the Song Music Trivia: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- It's time for some fun and lighthearted competition as we split up into two teams and play music trivia. We will listen to songs (lyrics will be available) and guess the song title!

- Light refreshments will be provided.



May 30, 2024: 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.
- **IMPORTANT INFORMATION REGARDING ADAPTIVE YOGA: Due to growing interest in adaptive yoga, this activity has been moved from the fitness room to the community room. The current time remains the same, 5:15 - 6:05 PM. 12 week sessions for yoga are being offered and the first 12 week session will be from May 2, 2024 to August 1, 2024. Kristen will be out on Thursday June 27 and Thursday July 4. 12 week sessions are to be paid in full, in advance via cash, check or Venmo.**
- There are still a few spots left for the first 12 week session. You may sign up and pay for the 12 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.**



May 31, 2024: 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.**
-

All May activities will be held in person.

If you are interested in participating in a Sunflower Hill activity, please contact:

Olivia, Programs Coordinator, at olivia@sunflowerhill.org

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

Scan the QR code to register:

