



Sunflower Hill

NOVEMBER 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.



November 1, 2024: Puzzle Hour with Crystal 4 - 5 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Have a relaxing afternoon with Crystal + friends with a fun puzzle hour!



November 1, 2024: Fitness Class with Bri: 4 - 5 PM

- o This is an in-person activity.
- o Location: Irby Ranch Courtyard/ Fitness Room
- o Join Coach Bri as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- o There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Bri
- o Activity is subject to cancellation depending on the weather and availability.
- o **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.



November 4, 2024: Uno Monday and Board Game Social with Tina: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Welcome back for our popular 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.
- 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.**



November 5, 2024: Group A: Cooking Class: Carrot Potato Soup 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.
- **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...carrot potato soup!



November 6, 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.**



November 6, 2024: Decorate a Thanksgiving Tree in the Community Room: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- As a way to make the community room feel festive for the upcoming Thanksgiving holiday, we will be decorating a Thanksgiving tree on the wall. Come share what you are thankful for in this fun arts and crafts activity.



November 7, 2024: Field Trip: Tour the Sunflower Hill Garden: 3:45 - 5 PM

- o This is an in-person activity.
- o Location: Sunflower Hill Garden at Hagemann Ranch: 455 Olivina Way, Livermore CA 94550
- o The Sunflower Hill Garden is a very important part of our organization. While some Irby Ranch residents attend the garden weekly with programs, we know not all are able to join in. We would love to offer up a tour for anyone to visit and see the garden. All are welcome to attend.
- o You are required to set up your own transportation to the garden. **Please note that the garden has horses, cats, goats, and ducks.**
- o **If you are unable to arrive right at 3:45, not a problem! Come anytime between 3:45 and 5 PM.**



November 7, 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. 10 week sessions for yoga are being offered and the next 10 week session will be from August 8, 2024 to October 24, 2024. Kristen will be out on Thursday August 29, and Thursday September 19. 10 week sessions are to be paid in full, in advance via cash, check or Venmo.**

- 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.**



November 8, 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.
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November 8, 2024: FRI-YAY! Irby Ranch Soup Swap: 5:30 - 7 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bring a soup, taste a soup! This is our first soup swap. The goal is for as many people to cook and bring soup for friends to try. Everyone who makes a soup will be given the chance to share it with friends. We will have fun sharing and tasting different soup recipes. If you would like to bring the soup recipe to give to friends, please do.
- When you sign up, please note the type of soup you plan on bringing.



November 9, 2024: Matinee Movie at Irby Ranch: 1:30 - 3 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Start the weekend off with an afternoon movie. We will be coming together to watch...The Princess Bride!
- When you sign up please note what breakfast dish you will be bringing for the potluck.



November 12, 2024: Group B: Cooking Class: Carrot Potato Soup 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.
- **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...carrot potato soup!



November 13, 2024: Crochet Group with Tina and Kathy: 3 - 4 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Welcome to our little group of creativity. This is an ongoing activity, and will happen 2 Wednesday's a month. 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.**



November 13, 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.**
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November 14, 2024: Pet Therapy + Coloring Hour with Crystal: 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.



November 14, 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. 10 week sessions for yoga are being offered and the next 10 week session will be from August 8, 2024 to October 24, 2024. Kristen will be out on Thursday August 29, and Thursday September 19. 10 week sessions are to be paid in full, in advance via cash, check or Venmo.**
- 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.
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November 15, 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.
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November 18, 2024: Fall Arts and Crafts with Tina and VIP Team: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come make a surprise fall arts and crafts creation with Tina and the VIP team!
- 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.**



November 19, 2024: Group A: Cooking Class: Thanksgiving Sides: 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.
- **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...Thanksgiving sides!



November 20, 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.**
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November 20, 2024: Thanksgiving Themed Bingo: 5:45 - 6:45 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Play a few rounds of Thanksgiving themed Bingo with friends and win some fun prizes! We will play enough rounds of Bingo that everyone gets a chance to win!



November 21, 2024: Walking Club: Sunflower Hill Turkey Trot: 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. This walking club will be turkey trot themed in honor of the upcoming Thanksgiving holiday!
- 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).



November 21, 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. 10 week sessions for yoga are being offered and the next 10 week session will be from August 8, 2024 to October 24, 2024. Kristen will be out on Thursday August 29, and Thursday September 19. 10 week sessions are to be paid in full, in advance via cash, check or Venmo.**
- 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.**



November 22, 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.
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November 22, 2024: FRI-YAY! Bring-Your-Own-Dinner and Board Game Night: 5:15

- 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- This is the perfect opportunity to eat dinner with friends and sing your heart out! Come sing solo's, duets, and more during our karaoke hour at Irby Ranch. Feel free to bring-your-own dinner to enjoy while listening to your friends sing.



November 23, 2024: Irby Ranch Saturday Morning Market: 9 - 10 AM

- This is an in-person activity.

- o Location: Irby Ranch Makerspace
- o Welcome back to Farmer's Market Friday at Irby Ranch...but we are going to switch it up this month and have it be on a Saturday morning! Get ready to enjoy some yummy produce picked from the Sunflower Hill garden.
- o Mark your calendars and get ready for a fun and fruitful activity.



November 25, 2024: Group B: Cooking Class: Thanksgiving Sides: 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 **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.**
- o Spend time cooking with friends as we come together to make...Thanksgiving sides!



November 27, 2024: Fitness Class with Bri: 4 - 5 PM

- o This is an in-person activity.
- o Location: Irby Ranch Courtyard/ Fitness Room
- o Join Coach Bri as they go through a full-body workout. The workout includes strength improvement, cardio, mobility improvement, and many other workout exercises.
- o There is a \$15 fee to participate – you can pay either cash or Venmo to Coach Bri
- o Activity is subject to cancellation depending on the weather and availability.
- o **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.

All November activities will be held in person.

Scan the QR code to register: 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.

