

# JUNE 2026

## ACTIVITIES AND DESCRIPTIONS



Sunflower Hill

\*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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### **June 1, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:00 - 6:00 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.

### **June 2, 2026: Bring Your Own Dinner and Surprise Movie Night with Adama: 5:30 - 7:00 PM**

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

- Come enjoy a fun and relaxing evening with friends in the Irby Ranch Community Room. Bring your own dinner, get cozy, and enjoy a fun surprise movie together!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### June 3, 2026: Fitness Class with Bri: 4:00 - 5:00 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](mailto:brimusgrove22@gmail.com) or at (925)-577-7667.**

### June 3, 2026: June Bugs with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Did you know that shiny June bugs emerge from the soil at the end of spring and beginning of summer? Join us as we create our very own sparkly bugs from the ground up using fun craft materials and creativity!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### June 4, 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.**

### June 5, 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.**
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### June 8, 2026: Baseball Clinic with the Dublin Leprechauns: 4:00 - 5:30 PM

- This is an in person activity.

- **Location:** Irby Ranch Community Room.
- Do you love baseball? Do you want to learn some fun tips and tricks from some of the best local baseball players?? This is your chance! A few members from the Dublin Leprechauns baseball team will be hosting a clinic at Irby Ranch where they will teach you all some fun baseball skills so that you can practice them all together. This activity is for anyone and you do not need prior baseball experience to attend!
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

### June 9, 2026: Karaoke with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- It's time to choose your favorite tune and sing your heart out at karaoke night! Sit back and enjoy listening to friends perform, step out of your comfort zone with a solo song, or grab a friend and sing a fun duet together.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### June 10, 2026: Fitness Class with Bri: 4:00 - 5:00 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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activity, please contact Coach Bri directly at [brimusgrove22@gmail.com](mailto:brimusgrove22@gmail.com) or at (925)-577-7667.

### June 10, 2026: Flag Day with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Celebrate Flag Day by designing and creating your very own flag! You can make a classic stars and stripes flag, represent your homeland, or invent a completely unique design using fun colors and shapes.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### June 11, 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.**
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### June 12, 2026: Irby Ranch Farmer's Market Friday: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- There will be fresh picked yummy produce from the Sunflower Hill Garden! Come bring a bag to collect some fresh food for the week ahead.
- This is a free activity!

### June 12, 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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### June 12, 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, June 12 | **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 a musical performance from Dream Achievers (a group of musicians from Friends with Special Needs). We will also have some outside activities to choose from and a fun art project in our Makerspace.

- **There are still a few spots open for our June Friday Night Live. Sign up through [this link!](#)**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### **June 16, 2026: Sun Squad: Sorting Crayons for the Crayon Initiative: 4:00 - 5:00 PM**

- This is an in person activity.
- **Location:** Irby Ranch Community Room.
- Summer is the perfect time to help out in the community. For our Sun Squad volunteer event this month we will be sorting crayons for the Crayon Initiative. The Crayon Initiative is a nonprofit that melts down old crayons and makes them into new crayons to donate to 200+ children's hospitals. They need OUR help to sort crayons into their correct colors!
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

### **June 17, 2026: Fitness Class with Bri: 4:00 - 5:00 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
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### June 17, 2026: Board Game Nights at Sunflower Hill with Roll for Inclusion: 5:30 - 7:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Roll for Inclusion is back for a very fun board game night at Sunflower Hill Irby Ranch. Thanks to a grant from Stanford Health Care Tri-Valley, Sunflower Hill will be hosting once a month **FREE** board game nights led by Roll for Inclusion. Roll for Inclusion is a nonprofit that connects and engages people via accessible board games for all. They will be providing all of the board games and Sunflower Hill will be hosting the events at Irby Ranch in the Community Room and Courtyard. Light snacks and refreshments will be available but please note we will not be providing a full dinner.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### June 18, 2026: Fun with VIP Staff: Dessert Festival: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Do you love a sweet treat and do you love making or sharing desserts with friends? This dessert festival is for you! This activity is the perfect opportunity to bring a yummy treat to share with friends and also to try other people's tasty creations. **When you register online please be sure to note what dessert you will be bringing to the event and also be sure to make note of any dietary or food restrictions that you might have.**
- 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)

### June 18, 2026: Father's Day Craft with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us as we create thoughtful handmade gifts to celebrate dads or any other special people in our lives. This heartfelt craft activity is a fun way to show appreciation through creativity.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

### June 19, 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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### June 22, 2026: Pet Therapy and 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.

### **June 22, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts: 5:00 - 6:00 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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### **★ Why Families Love Our Program**

- Builds focus, confidence, and emotional resilience
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- 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.

**June 23, 2026: Learning with Sunflower Hill: Dining Out and Basic Restaurant Etiquette:  
4:00 - 5:00 PM**

- This is an in person activity.  
**Location:** Irby Ranch Community Room
- Join us for a fun and interactive learning event focused on dining out skills and basic etiquette. Participants will practice important everyday social skills such as using polite manners, having conversations at the table, and feeling more confident in restaurant settings. This activity is designed to be supportive, engaging, and a great opportunity to build independence while having fun with friends.
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

**June 25, 2026: Adaptive Yoga with 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**

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**June 26, 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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**June 30 , 2026: Cooking Class with Annie and Adama: No Bake Cookies: 4:00 - 5:00 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come put your cooking skills to the test and create something truly yummy as you come to cooking class led by Annie and Adama **to make no-bake cookies.**
- **This activity is open to 10 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.

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All June activities will be held in person.

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

**Annie** at [annie@sunflowerhill.org](mailto:annie@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:**

