



NOVEMBER 2025

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 3, 2025: Pilates and Picnic with Crystal: 11:30 AM - 1:00 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Join us for a relaxing morning of movement and connection! ☀️ Instructor Crystal will lead a 30-minute Pilates session focused on gentle stretching and mindful movement—perfect for all experience levels. After class, stay to enjoy a laid-back picnic lunch outdoors surrounded by great company and fresh air. Bring your mat, your lunch, and your good vibes for this fun, feel-good event!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 3, 2025: Pallen Martial Arts Workshop: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Price: \$15
- Come join Master Bobby Pallen as he puts on an exciting martial arts workshop for participants. See below for more information on Bobby Pallen and his martial arts programs.
 - I'm **Bobby Pallen**, founder of **Pallen's Martial Arts in Dublin, CA**. For decades, our family has helped students unlock focus, confidence, and strength. Today, we're proud to offer our **Adaptive Martial Arts and Fitness Program** designed for children as young as 4 years old through adults with diverse abilities.

Martial arts is more than kicks and punches—it's a proven pathway to growth in:

-  **Cognitive Development** – sharpen focus, memory, and problem-solving
-  **Physical Fitness** – improve balance, mobility, and overall health
-  **Anti-Bullying Tools** – build courage and assertiveness
-  **Emotional Intelligence** – learn discipline, empathy, and resilience
-  **Mindset & Confidence** – gain pride through earned achievements

We've seen **complete transformations**—students who once struggled with confidence or coordination now thriving in regular classes, even earning their **black belts**.

- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.
- You must register for a spot and pay the \$15 in order to attend.

November 4, 2025: Cooking Class: Pinwheel Appetizers: 4:00 -5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Cost: \$10 to attend. If you need assistance please reach out to Olivia at programs@sunflowerhill.org
- Class size is restricted to 12 participants. There are 8 spots for residents and 4 spots for nonresidents.
- Spend time in the kitchen sharpening up your cooking skills as we come together to make...pinwheel appetizers!

November 5, 2025: Museum on Main Art Workshop: 2:30 - 3:30 PM

Join us at the Museum on Main in downtown Pleasanton for a special art workshop! This engaging activity will give participants the chance to explore their creativity and enjoy making art together in a welcoming, community space.

 **Date:** Wednesday, November 5

 **Time:** 2:30 – 3:30 PM

 **Location:** Museum on Main, Downtown Pleasanton

This workshop will be led by Museum on Main staff and is a wonderful opportunity to connect, create, and have fun with art. You need to email Olivia in order to sign up. **This activity is open to the first 15 people to register (participants and staff included). You will register by emailing Olivia with your name and the support staff who will be joining you if support is needed.**

November 5, 2025: 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 or at (925)-577-7667.**

November 5, 2025: Corny Cornucopias with Adama: 5:30 - 6:30PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get into the fall and cozy season spirit as we come together to create what is known as the “horn of plenty,” and dress them up with corn kernels while sharing fun Thanksgiving jokes.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 6, 2025: 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, 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 14, 2025: Ready Set Roll Board Game and Chat Time with Tina: 11 AM- 12 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Nowhere to be? GREAT! Let's get talking and gaming together! Join me for a fun hour of board games, while we chat about everything on your mind - friends, goals or just the weather! It's a great way to build social skills and enjoy some gaming together!
- **You must sign up for this activity by Wednesday November 5th.**
- 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 Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

November 7, 2025: 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 or at (925)-577-7667.**

November 8, 2025: Morning Sun Squad: Bagel Bar + Crayon Sorting for the Crayon

Initiative: 9 - 10 AM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us for a fun and colorful volunteer morning as we partner with **The Crayon Initiative** from Danville! Our Sun Squad will be helping to sort and organize donated crayons, giving them new life to be melted down and remade into bright, cheerful crayon sets that will be sent out to 200 children's hospitals. This is a wonderful opportunity to give back, get hands-on, and see the creative impact our efforts can make. Plus—it's a weekend morning, so we'll have **bagels** to keep us fueled while we work! Come ready to roll up your sleeves, sort some crayons, and spread a little color and kindness. 🎨✨
- Participants are required to bring their own support if needed.

November 10, 2025: Learning with Olivia: Culinary Tips and Tricks: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get ready to build confidence in the kitchen and learn some everyday culinary tips and tricks. In this educational and hands-on session, we'll learn about everyday cooking skills like measuring, mixing, chopping, and learning how to follow simple recipes.

November 12, 2025: 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 or at (925)-980-0024.**

November 12, 2025: Pilgrim Hats and Hand Turkeys with Adama: 5:30-6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- It's time to get creative and festive as we decorate pilgrim hats and add our own handmade turkeys and colorful feathers.
- Participants are required to bring their own support if needed.

November 13, 2025: Sing 2! Movie Afternoon Bring-Your-Own-Snacks or Dinner: 3 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come kick back and enjoy an afternoon showing of *Sing 2!* Bring your own snacks or dinner, get comfy, and sing along (if you want!) with your favorite animated stars. It's a perfect way to relax, laugh, and hang out with friends.
- 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 Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

November 13, 2025: 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, 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 14, 2025: 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 or at (925)-980-0024.**

November 14, 2025: Irby Ranch Farmers Market: 3:30 - 4:30 PM

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

- Welcome back to Farmer's Market Friday at Irby Ranch. Get ready to enjoy some yummy produce picked from the Sunflower Hill garden.
- Mark your calendars and get ready for a fun and fruitful activity.
- Be sure to bring your tote bag to collect any produce.

November 14, 2025: Friday Night Live at Sunflower Hill Irby Ranch: 5:30 - 8:00 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, November 14 | 5:30 - 8:00 PM
 -  **Where:** Irby Ranch Community Room
 -  **Cost:** \$25 (includes dinner and activities)
- We are still finalizing the event schedule for this evening but be sure to keep an eye out for the fun activities we schedule! Expect yummy food and awesome activities.
- Register for winter Friday Night Live events [here](#).

November 17, 2025: Ride BART! Join to Get Discounts and More: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- **Ride BART with Confidence:** Attention; Parents, caregivers and the whole I/DD community; Join us for a fun and informative session with BART Vice President Melissa Hernandez. Learn about BART's Role in the Region, explore available discount fare programs, and get help signing up. Come connect, learn, and ride with us. This is a perfect opportunity to connect directly with the people making all the decisions - at the end of the hour there will be time for a Q&A. **HCEB will be providing drinks and snacks during the activity.** Please spread the word and don't hesitate to reach out to Tina if you have any questions.

- 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 Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

November 18, 2025: Cooking Class: Holiday Sides: 4:00 -5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Cost: \$10 to attend. If you need assistance please reach out to Olivia at programs@sunflowerhill.org
- Class size is restricted to 12 participants. There are 8 spots for residents and 4 spots for nonresidents.
- Spend time in the kitchen sharpening up your cooking tools as we come together to make...holiday sides!

November 19, 2025: 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 or at (925)-577-7667.**

November 19, 2025: Thanksgiving Paper Feast with Adama: 5:30-6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- What's on the menu for our thanksgiving paper feast art creation...turkey, mashed potatoes, veggies, and pumpkin pie! Come ready to create a fun paper filled thanksgiving feast.
- Participants are required to bring their own support if needed.

November 20, 2025: Fun VIP Staff: Dance-A-Thon: 4 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get ready to groove and move at our Dance-a-thon! Join us for a high- energy, non-stop dance party where you can show off your best moves, and have a blast with friends. Whether you're a seasoned dancer or just here to have fun, this event is all about celebrating music, rhythm, and the joy of dancing. Let's turn up the beat and dance the day away!
- 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

November 20, 2025: 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, 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 21, 2025: 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 or at (925)-577-7667.**

November 21, 2025: Roll for Inclusion Board Game Night at Sunflower Hill, Bring Your Own Dinner: 5:00 - 7:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get ready for a night of fun and connection as **Roll for Inclusion** joins us at Irby Ranch! This special evening will bring together Irby residents and members of our local community for a lively **board game night** filled with laughter, teamwork, and friendly competition. Roll for Inclusion will be bringing a variety of **inclusive and adapted board games** — from classic favorites to creative new finds — designed so everyone can participate, no matter their experience or ability level. Their games are intentionally chosen to promote creativity, collaboration, and connection through play.

Whether you're a seasoned gamer or just looking for a fun way to spend the evening, there will be something for everyone. Come ready to roll the dice, make new friends, and enjoy a relaxed night of inclusive fun and community! ♟️ ✨

- Bring-your-own dinner to enjoy while we play some awesome games together.

November 24, 2025: 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.

November 25, 2025: Craft Hour with Tina: 3:00 - 4:00 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Get into the fall spirit with a fun and festive craft hour! Join Kathy and Tina to create a special Thanksgiving or autumn-themed project — perfect for the season! Come get crafty, cozy, and creative with us! Want to know what we're making? Reach out to Tina for more details a few weeks before the activity.
- 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 Tina Conmy at tconmy@hceb.org.
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

November 26, 2025: 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 or at (925)-980-0024.**

November 26, 2025: Netflix Movie Night with Adama: 5:30 - 7:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come chill with us and enjoy a cozy evening of cinema and a holiday inspired popcorn bar.
- Participants are required to bring their own support if needed.

All November 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

Scan the QR code to register:

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

