

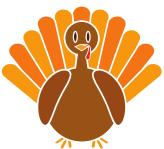
NOVEMBER

2025



Sunflower Hill

Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
 Scan the QR Code to Register for Events! 						1 
2 	3 Pilates and Picnic with Crystal 11:30 - 1 PM Martial Arts Workshop with Pallen Martial Arts: \$15 Cost 4 - 5 PM	4 Cooking Class: Pinwheel Appetizers 4 - 5 PM	5 Museum on Main Art Workshop 2:30 - 3:30 PM Fitness Class w/ Bri 4 - 5 PM Corny Cornucopias with Adama 5:30 - 6:30 PM	6 Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	7 Ready Set Roll: Board Games and Chat Time with Tina 11 am - 12 pm Fitness Class w/ Bri 4 - 5 PM	8 Morning Sun Squad: Bagel Bar + Crayon Sorting for the Crayon Initiative 9 - 10 AM
9 	10 Learning with Olivia Week 1: Culinary Tips and Tricks 4 - 5 PM	11  Happy Veteran's Day- Sunflower Hill Offices Closed	12 Fitness Class w/ Keith 4 - 5 PM Make-Your-Own Pilgrim Hats and Hand Turkeys with Adama 5:30 - 6:30 PM	13 Sing 2! Movie Afternoon Bring-Your-Own Snacks or Dinner with Tina 3 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	14 Fitness Class w/ Keith 4 - 5 PM Friday Night Live: Dinner + Fun Activities 5:30 - 8 PM	15 
16 	17 Ride BART! Join to Get Discounts and More 4 - 5 PM	18 Cooking Class: Holiday Sides 4 - 5 PM	19 Fitness Class w/ Bri 4 - 5 PM Thanksgiving Paper Feast with Adama 5:30 - 6:30 PM	20 Fun with VIP Staff: Dance-A-Thon 4 - 4:30 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	21 Fitness Class w/ Bri 4 - 5 PM Roll for Inclusion Board Game Night at Sunflower Hill Bring-Your-Own-Dinner 5:15- 7:15 PM	22 
23 	24 Pet Therapy and Coloring Hour with Adama 4 - 5 PM	25 Craft Hour with Tina 3 - 4 PM	26 Fitness Class w/ Keith 4 - 5 PM Netflix Movie Night with Adama 5:30 - 7 PM	27 happy thanksgiving Sunflower Hill Offices Closed	28 Sunflower Hill Offices Closed	29 

Sunflower Hill Led Activities
HCEB Led Activities
Parent/Resident Led Activities
SAHA Led Activities

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/programs/irby-ranch/>

*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.