



SEPTEMBER 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.

September 3, 2025: 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.**

September 3, 2025: Fashion Show and Tell with Adama: Bring your Favorite Fashion Piece!:

5:30-6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Strut your stuff on the catwalk! Wear your favorite outfit, t-shirt, dress, shoes, hat, or whatever you love to wear the most. Strike a pose and tell us what you like about it, where you got it, and why it means so much to you.

September 4, 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.**

September 5, 2025: 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**

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September 8, 2025: Glow-In-The-Dark Bracelet Making with Tina: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come and get crafty with Tina and make your own glowing bracelet! Pick your favorite colors, shine bright, and take home a fun accessory that lights up the evening. Let's get glowing together!
- 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.**

September 9, 2025: Cooking Class: Spaghetti Night: 4 - 5 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 cooking with friends as we come together to make...spaghetti!

September 10, 2025: 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.**

September 10, 2025: Art with Adama: 5:30-6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Get your creative juices flowing! Enjoy another fun filled evening with Adama, where we will explore a new art activity using different materials and techniques, and let your imagination run wild!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 11, 2025: Fall Themed Bingo Night: 4 – 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come play a few rounds of Fall Bingo with friends. Everyone will win a prize!

September 11, 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.**




September 12, 2025: 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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September 12, 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.





September 12, 2025: Friday Night Live at Sunflower Hill Irby Ranch: 5:30 - 8 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, September 12 | 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 fall Friday Night Live events [here](#).

September 15, 2025: Learning with Olivia: Exercise for Everyone: 4 - 5 PM

- This month, we're getting up and moving in ways that everyone can enjoy! Exercise can look different for each person, and together we'll explore fun and accessible movements that help us stay active and energized. From gentle stretches to movement with music, this session will be all about having fun while moving our bodies at our own pace.

Participants will:

-  Try out simple exercises that can be done seated or standing
-  Explore movement that builds strength, balance, and flexibility
-  Have fun with music-inspired activities that get us moving together
-  Build confidence in finding ways to exercise that feel good

- **Note:** A parent or support staff is required to attend and assist if the participant needs additional support.

If you have any questions, please contact Olivia Christensen. We look forward to seeing you there!

September 16, 2025: Family Trees and Autumn Leaves with Adama: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Celebrate a new season and the ones we love. Bring a collection of leaves and photos of those closest to you (family members, friends, pets, etc...), and we'll create a family tree that tells the story of our roots.
- **Note:** A parent or support staff is required to attend and assist if the participant needs additional support.

September 17, 2025: Ready, Set, Roll! Board Games and Chat Time with Tina: 11AM - 12 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Nowhere to be? GREAT! Let's get talking and game! 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!
- 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.**

September 17, 2025: 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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September 18, 2025: Dance-A-Thon with Paola and Shannon from VIP: 4 - 5 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

September 18, 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.

- o 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.
- o **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**

September 19, 2025: Fitness Class with Keith: 4 - 5 PM

- o This is an in-person activity.
- o Location: Irby Ranch Courtyard/ Fitness Room
- o Join Coach Keith 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 Keith.
- 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.**
- o **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.**

September 22, 2025: Irby Ranch Mad Hatter's Potluck and Gala with Adama: 4 - 6 PM

- o This is an in-person activity.
- o Location: Irby Ranch Community Room
- o Come dressed to impress! Bring your favorite dish and enjoy a meal with guests. We'll design a fun or fancy hat to wear at the gala, take photos, and dance the night away.
- o **Note:** A parent or support staff is required to attend and assist if the participant needs additional support.

September 23, 2025: Cooking Class: Baked Quesadillas: 4 - 5 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 cooking with friends as we come together to make...quesadillas!

September 24, 2025: 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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September 25, 2025: Bring-You-Own Snack or Dinner and Afternoon Disney Movie with Tina: 3 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Bring something to eat, settle in, and watch a Disney favorite (more to come on what movie it is) on the big screen. It's the perfect way to relax, get comfy, and enjoy a cozy

afternoon with classic characters and great stories!

- 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.**

September 25, 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.**

September 26, 2025: 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.

September 29, 2025: 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.

All September 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

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



Scan the QR code to register: