



Sunflower Hill

JULY  
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.

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## July 1, 2025: Learning with Olivia Week 1: Daily Hygiene Activities and Staying Healthy: 4 - 5 PM

- This month, we're focusing on health and hygiene! Join us for a fun and interactive session where we'll learn how to take care of our bodies and stay healthy each day. This activity is designed to support participants in building confidence and independence in their personal care routines.
- Participants will:
  - 🪥 Learn about daily hygiene habits like brushing teeth, washing hands, and showering.
  - 🧺 Learn how to keep clothes and personal spaces clean
  - 🍎 Explore how healthy choices (like sleep, food, and water) affect how we feel

🎲 Participate in games, role-playing, and hands-on activities to reinforce healthy habits.

- **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!

### **July 2, 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](mailto:brimusgrove22@gmail.com) or at (925)-577-7667.**

### **July 2, 2025: Jam Session with Olivia and Jennifer T.: 5:30 - 6 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Our jam session was such a hit last year that we had to bring it back for round two. We will spend a fun half an hour playing and listening to music with friends.
- Feel free to bring an instrument if you wish to share it with friends!

### **July 3, 2025: 4th of July Crafts with Tina: 4 - 5 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Are you ready for a fun and festive crafting hour with Tina? We will be making collage fireworks using paint, paper, and Q-Tips. Join us for this colorful hour of fun to get into the 4th of July spirit!
- 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](mailto:tconmy@hceb.org).
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

### **July 3, 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](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.**

### **July 7, 2024: Songs from 13 Jr. Performed by Pleasanton Youth Theater Company: 4 - 5 PM**

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Enjoy some incredible songs performed by the 13 Jr group from the Pleasanton Youth Theater Company. This will be a fun and relaxing activity where you will get to listen and enjoy music!

## July 8, 2025: Dublin Leprechauns Baseball Game: 6 - 9 PM

- This is an in-person activity.
- Location:
  
- Join us on **Tuesday, July 8** for a fun evening at the **Dublin Leprechauns Baseball Game!** We'll enjoy the game together as a community while cheering on our local team.

Sunflower Hill is excited to be a sponsor for this event and has received 50 **free tickets** for individuals with intellectual or developmental disabilities. These complimentary tickets must be reserved in advance.

Please note:

- 🎫 Complimentary tickets are for individuals with I/DD only.
- 👤 Caregivers or support staff must purchase their own tickets online (approx. \$13). [Click here to buy a ticket](#)
- 💰 Bring money if you'd like to buy food or drinks at the game.
- 🧥 Be sure to dress warm — it can get chilly in the evening!
- ⌚ Ticket pickup will be at **Irby Ranch on**
  - **Monday July 7** from **9 AM - 12 PM and 5 PM - 6:30 PM**
  - **Tuesday July 8, 5-6:30 PM.**
- Reserve your free tickets [here](#)

This is not a staffed Sunflower Hill event — if a participant needs support to attend independently, a caregiver or staff member must be present.

We can't wait to see you at the game! 🎉

### July 9, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

### July 9, 2025: Bring-Your-Own-Dinner + Bingo Night: 5 - 6 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Enjoy a night of fun and games with bingo night at Irby Ranch. Play a few rounds of Bingo and win some fun prizes!

### July 10, 2025: 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.

- o Tina Conmy from HCEB will be overseeing this activity.

### **July 10, 2025: 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 **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.**
- o **Disclaimer: This activity is a parent/resident/community organized offering. This activity is NOT run by Sunflower Hill Staff.**

### **July 11, 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.**
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## July 14, 2025: Learning with Olivia Week 2: Daily Hygiene Activities and Staying Healthy: 4 - 5 PM

- This month, we're focusing on health and hygiene! Join us for a fun and interactive session where we'll learn how to take care of our bodies and stay healthy each day. This activity is designed to support participants in building confidence and independence in their personal care routines.
- Participants will:
  - ✂ Learn about daily hygiene habits like brushing teeth, washing hands, and showering.
  - 🧼 Learn how to keep clothes and personal spaces clean
  - 🍎 Explore how healthy choices (like sleep, food, and water) affect how we feel
  - 🎮 Participate in games, role-playing, and hands-on activities to reinforce healthy habits.
- **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!

## July 15, 2025: Cooking Class: Patriotic Parfaits: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Current spots are 8 residents and 4 nonresidents.
- 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. In-person cooking classes cost \$10 to attend.

- **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...patriotic parfaits!

### **July 16, 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](mailto:brimusgrove22@gmail.com) or at (925)-577-7667.**

### **July 17, 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](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.**

### **July 18, 2025: Irby Ranch Farmers Market Friday with Victoria: 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. This is the first of 2 farmers market events that we will have in July.
- Mark your calendars and get ready for a fun and fruitful activity.
- Be sure to bring your tote bag to collect any produce.

### **July 18, 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](mailto:brimusgrove22@gmail.com) or at (925)-577-7667.**

### **July 18, 2025: Friday Night Live at Sunflower Hill Irby Ranch: 5:30 - 8 PM**

- This is an in-person activity.
- Join us for our first summer series of *Friday Night Live!* This monthly program is designed to be engaging, social, and full of fun.

- 📅 **When:** Friday, July 18 | 5:30 - 8:00 PM
- 📍 **Where:** Irby Ranch Community Room
- 💰 **Cost:** \$25 (includes dinner and activities)

- **Game on!** 🏀🏈⚾️

Join us for a *Friday Night Live* full of laughs, games, and team spirit! Come dressed in your favorite sports team gear — hats, jerseys, shirts, you name it — and get ready for a night of active fun and hilarious entertainment. We'll kick things off with an **outdoor sports hour**, featuring basketball, bocce, axe throwing, ping pong, cornhole, and more! Whether you're a fierce competitor or just in it for the fun, there's something for everyone to enjoy. After we've worked up some energy, we'll head inside for a **lively improv class** led by a special guest instructor Lynda. Get ready to unleash your creativity, play some silly games, and share lots of laughs with friends!

- Let's rally together for a night of movement, laughter, and fun!
- Find the rest of our Summer Friday Night Live event schedule [here!](#)

### July 21, 2025: Bring-Your-Own-Dinner + Movie Night with VIP: 4:30 - 6 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Spend your evening with friends and enjoy eating your dinner + watching a movie in the Irby Ranch Community Room.
- VIP team will be leading this activity.

### July 23, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

#### **July 25, 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](mailto:keithcaraveo@gmail.com) or at (925)-980-0024.**

## July 28, 2025: Virtual Popcorn Chat: Book Club: The Chronicles of Narnia: The Lion the Witch and the Wardrobe: 4 - 5 PM

- This is a virtual activity via google meet.
- Location: [Via Google Zoom](#)
- **Do you like to read and discuss books with friends?**  
Join us for our first **virtual book club** event! You'll have the entire month to read our selected book, and then we'll come together on Zoom to discuss it and share our thoughts.
- This month's book is:  
 *The Chronicles of Narnia: The Lion, the Witch and the Wardrobe* by C.S. Lewis
- Whether it's your first time reading it or a return to a favorite classic, we can't wait to hear what you think. All reading levels are welcome!
- Let us know if you have any questions — happy reading!

## July 29, 2025: Cooking Class: Bruschetta Dip: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Class size is restricted to 12 participants. Current spots are 8 residents and 4 nonresidents.
- 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. In-person cooking classes cost \$10 to attend.
- **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...bruschetta dip!

### July 30, 2025: Irby Ranch Farmers Market: 3 - 4 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. This is the second of 2 farmers market events that we will have in July.
- Mark your calendars and get ready for a fun and fruitful activity.  
**Scan the QR code to register:**
- Be sure to bring your tote bag to collect any produce.

### July 31, 2025: Creative Movement with Tina: Taught by Kody and Sailor: 4 - 5 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Are you ready to get some fun movement in and learn some awesome dance moves? Kody and Sailor will be teaching basic moves for anyone who loves to dance! Come have fun with hip hop dancers Kody and Sailor from the supporting staff- VIP.
- 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](mailto:tconmy@hceb.org).
- **Disclaimer: This activity is offered through HCEB. This activity is NOT run by Sunflower Hill Staff.**

All July 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](mailto:olivia@sunflowerhill.org)

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

