November 2026

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.

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.

November 2, 2026: Movement Monday with Crystal: 10:00 - 11:00 AM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Kickstart your week with high energy and joy. This lively class combines dynamic stretching with fun, rhythmic movements to boost your heart rate and mood. We move to upbeat music to build strength, coordination, and confidence.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 3, 2026: Sun Squad: Decorate placemats for Thanksgiving Community Dinner: 3:30 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- We will be decorating placemats for a Community Thanksgiving Dinner, held in November in Dublin. We will have stickers and other craft supplies, however, we welcome everyone to use their drawing/coloring talents.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 3, 2026: Turkey Time Origami with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come together to get creative and make some very simple turkey origami and decoration, and Thanksgiving themed folded objects.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 4, 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 or at (925)-577-7667.

November 4, 2026: Fall Wall Decorations with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- In honor of the Thanksgiving holiday at the end of November, this activity will be focused on creating fall and holiday inspired decorations either for your apartment or to decorate the Community Room.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 5, 2026: Cooking with Crystal: Chocolate Chip Cookies: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Let's kick off the holiday season with a classic baked treat! Using our skills from previous cooking classes, we'll work together in teams to carefully measure ingredients to mix up a batch of delicious chocolate chip cookies to share!
- **This activity is open to 10 residents and 4 nonresidents. The cost to attend is $10.**
- **If you have any difficulty with the payment, please contact Olivia or Annie directly as we have scholarships available.**
- **Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed. This is very important to help with the flow and organization of the activity.**

November 5, 2026: Adaptive Yoga w/ Kristen: 5:30 - 6:15 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 6, 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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November 7, 2026: Saturday Morning Stretch with Crystal: 9:00 - 10:00 AM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Start your weekend with peace and comfort. This relaxing stretch class focuses on gentle movements to release tension from the week. We use slow, floor-based stretches and deep breathing to calm the mind and body.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 9, 2026: Fun with VIP: Thankful Turkeys : 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come spend some time with VIP staff cutting out paper turkeys and making window decor.
- 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 9, 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**
- **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.

⭐ 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.

November 10, 2026: Lego Build Hour with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Just in time for Thanksgiving, this activity will give you the chance to build food inspired Lego creations using your imagination as well as an assorted variety of Legos!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 11, 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.**

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November 11, 2026: Leaf and Light Sun Catchers with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- As the season changes from summer to fall, there might be less light, but there are definitely more falling leaves! We will capture both in a creative way before they disappear during winter.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 13, 2026: Irby Ranch Farmer's Market Friday: 3:30 - 4:30 PM

- This is an in-person activity.
- Location: Irby Ranch Makerspace
- Come bring a bag and collect some fresh food for the week ahead.

November 13, 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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November 13 , 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, November 13| **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. A member from East Bay Vivarium will be coming to showcase a variety of animals, including snakes, lizards, turtles, frogs, bugs and more. The show is educational but also funny and will be a fun way to learn more about animals. **Please note that this event is currently sold out.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 16, 2026: Explore the Livermore Elephants with Olivia: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Meet at Stockmen's Park, 29 South Livermore Ave, Livermore
- Join us for a special outing to explore the beautiful elephant art exhibit in Livermore! Participants will have the opportunity to admire the colorful, life sized elephant sculptures, learn about the inspiration behind the artwork, and discover how art can help raise awareness about wildlife conservation. Come enjoy a fun and creative experience while exploring this unique exhibit in our community!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 16, 2026: Martial Arts Class with Coach Cedric from Pallen Martial Arts:

5:30 - 6:30 PM - PLEASE NOTE TIME CHANGE!!

- 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**
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- 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.

November 17, 2026: Puzzles Galore with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Teamwork makes the dream work! As the weather cools down this puzzle hour is the perfect time to get cozy together with jigsaw puzzles, word searches, and Crosswords!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 18, 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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November 18, 2026: Beaded Corn on the Cob Craft with Adama: 5:30 - 6:30 PM

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

- These beaded corn on the cobs are color and delicious enough to eat or hand as a key chain or purse charm!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 19, 2026: Cooking with Crystal: Chinese Chicken Salad: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- As the holidays roll around, so do family recipes. Scott Tessler has shared his recipe with us for his favorite Chinese chicken salad. We'll shred cabbage, grate carrots, chop celery and pull chicken to mix with a tasty vinegar based dressing and topped with crunchy chow mein noodles. YUM!
- **This activity is open to 10 residents and 4 nonresidents. The cost to attend is $10.**
- **If you have any difficulty with the payment, please contact Olivia or Annie directly as we have scholarships available.**
- **Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed. This is very important to help with the flow and organization of the activity.**

November 19, 2026: Adaptive Yoga w/ Kristen: 5:30 - 6:15 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 20, 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.
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November 23, 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.

November 24, 2026: Holiday Movie with Adama: 5:30 - 7:00 PM

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

- For those who are sticking around for the Thanksgiving time, join us for a Thanksgiving themed movie!
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

November 30, 2026: Learning with Olivia:Giving Back! All About Volunteering: 3:30-4:30 PM

- This is an in person activity.
- Location: Irby Ranch Community Room
- November is all about giving thanks and giving back! Join Olivia for a fun and interactive activity focused on the importance of helping others and making a difference in our community. Participants will learn what it means to volunteer, explore different ways to give back, and discover how even small acts of kindness can make a big impact. Together, we'll celebrate the joy of helping others and spreading kindness!
- Sunflower Hill does not provide 1:1 support staff and 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

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 Non-Resident Program Registration to register.