OCTOBER 2026 Activity Calendar

Sunflower Hill

SUN	MON	TUE	WED	THU	FRI	SAT
Sunflower Hill Led Activities HCEB Led Activities Parent/Resident Led Activities SAHA Led Activities Scan the QR Code to Register for Events!				1 Cooking with Crystal: Caesar Salad 4:00 - 5:00 PM Adaptive Yoga with Kristen 5:30 - 6:15 PM	2 Fitness Class with Keith 4:00 - 5:00 PM	3 Saturday Morning Stretch with Crystal 9:00 - 10:00 AM
4 	5 Outdoor Sports Night 5:15 - 6:15 PM	6 Let's go Batty for Halloween with Adama 5:30 - 6:30 PM	7 Fitness Class with Bri 4:00 - 5:00 PM	8 Joan's Pumpkin Patch with Annie 3:30 - 5:15 PM Adaptive Yoga with Kristen 5:30 - 6:15 PM	9 Fitness Class with Keith 4:00 - 5:00 PM Board Games with Roll for Inclusion 5:30 - 7:00 PM	10 Walk to Farmers Market with Annie 9:00 - 11:00 AM 
11 	12 Movement Monday with Crystal 10:00 - 11:00 AM Fun with VIP: Pumpkin Painting 4:00 - 5:00 PM Martial Arts with Pallen Martial Arts 5:00 - 6:00 PM	13 Itsy Bitsy Spider Craft with Adama 5:30 - 6:30 PM	14 Fitness Class with Bri 4:00 - 5:00 PM Lego Build with Adama 5:30 - 6:30 PM	15 Cooking with Crystal: Healthy Energy Bars 4:00 - 5:00 PM Adaptive Yoga with Kristen 5:30 - 6:15 PM	16 Irby Ranch Farmer's Market 3:30 - 4:30 PM Fitness Class with Keith 4:00 - 5:00 PM Friday Night Live! Live Performances, Dinner Provided, Hands on Activities and More! 5:00 - 7:30 PM	17 
18 	19 Learning with Olivia: Living Independently and Apartment Basics 3:30 - 4:30 PM	20 Sun Squad: Create cards and placemats for Community Thanksgiving dinner 3:30 - 5:00 PM Puzzles Galore with Adama 5:30 - 6:30 PM	21 Fitness Class with Bri 4:00 - 5:00 PM Halloween Story Time with Adama 5:30 - 6:30 PM	22 Judging for Door Decoration Contest 4:00 - 5:00 PM Adaptive Yoga with Kristen 5:30 - 6:15 PM	23 Fitness Class with Keith 4:00 - 5:00 PM	24 
25 	26 Pet Therapy and Coloring Hour 4:00 - 5:00 PM Martial Arts with Pallen Martial Arts 5:00 - 6:00 PM	27 Halloween Karaoke Costume and Monster Mash with Adama 5:30 - 6:30 PM	28 Fitness Class with Bri 4:00 - 5:00 PM Scary Movie and Candied Popcorn-A-Palooza 5:30 - 7:30 PM	29 Adaptive Yoga with Kristen 5:30 - 6:15 PM	30 Fitness Class with Keith 4:00 - 5:00 PM	31 

Happy Birthday

Jack Nicosia: October 8

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
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.