

# March

# 2026

# Activity Calendar



Sunflower Hill

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 Indoor Quiet "Baseball" with Michelle 4 - 5 PM  Martial Arts with Pallen Martial Arts 5 - 6 PM	3 Learning with Olivia: Traffic Safety + Mini Walk 3:30 - 4:30	4 Fitness Class w/ Keith 4 - 5 PM  Spring 4-Ward/Daylight Savings Clock with Adama 5:30 - 6:30 PM	5 Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	6 Fitness Class w/ Keith 4 - 5 PM Irby Ranch Farmer's Market 3:30 - 4:30 PM Friday Night Live! Live Performances, Dinner Provided, Hands on Activities and More! 5 - 7:30 PM	7 
8 	9 Scavenger Hunt and Nature Walk with Michelle 4 - 5 PM	10 Cooking Class with Julia Ford: Paninis and Protein Balls 4 - 5 PM	11 Fitness Class w/ Keith 4 - 5 PM  St. Patrick's Day Decorations with Adama 5:30 - 6:30 PM	12 St. Patrick's Day Craft with Michelle 4 - 5 PM  Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	13 Fitness Class w/ Keith 4 - 5 PM	14 
15 	16 Valley Humane Society Walking Field Trip 3:30 - 4:30 PM  Martial Arts with Pallen Martial Arts 5 - 6 PM	17 St. Patricks Day Bingo with Sunflower Hill + LARPD 3:30 - 4:30 PM  <b>HAPPY ST. PATRICK'S DAY</b>	18 Fitness Class w/ Keith 4 - 5 PM  Adama's St. Patrick's Day Themed Birthday Party 5:30 - 6:30 PM	19 Fun with VIP: Popcorn and Movie Day 4 - 5 PM  Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	20 Fitness Class w/ Keith 4 - 5 PM  Bring Your Own Dinner + Warriors Watch Party 5 - 6:30 PM	21 
22 	23 Pet Therapy and Coloring Hour 4 - 5 PM  Palm Sunday Trees with Adama 5:30 - 6:30 PM	24 Stress Ball Craft with Michelle 4 - 5 PM	25 Fitness Class w/ Keith 4 - 5 PM  Music Mends Minds Drum Circle 5:45 - 6:45 PM	26 Zippy Library Truck Drop-In Outreach Event: Get Library Cards, Books, Play Games 3 - 5 PM  Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	27 Meditation Activity with Michelle 1 - 2 PM  Fitness Class w/ Keith 4 - 5 PM	28 
29 	30 All About Recycling with Michelle 3 - 4 PM	31	Sunflower Hill Led Activities HCEB Led Activities Parent/Resident Led Activities SAHA Led Activities			
						Scan the QR Code to Register for Events! 

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.