

JUNE

2025

Activity Calendar



Sunflower Hill

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 Learning with Olivia Week 1: Being a Good Friend, Creating Healthy Friendships, and Meeting New People 4 - 5 PM	3 Group A Cooking Class: Summer Pasta Salad 4 - 5 PM Limited spots available Sign up for one week: Group A or B	4 Fitness Class w/ Bri 4 - 5 PM Karaoke Night 5:15 - 6:15 PM	5 Uno Hour and Board Game Social with Tina 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	6 Fitness Class w/ Bri 4 - 5 PM	7 Walk Downtown + Pleasanton BMX Bike Fest Show 11:30 - 1 PM
8 	9 Art with Anis 4 - 5 PM	10 Group B Cooking Class: Summer Pasta Salad 4 - 5 PM Limited spots available Sign up for one week: Group A or B	11 Fitness Class w/ Keith 4 - 5 PM	12 Pet Therapy and Coloring Hour with Tina 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	13 Fitness Class w/ Keith 4 - 5 PM	14 
15 	16 Be Creative! Unique Way Make a Bracelet with Tina 4 - 5 PM Olivia Out of Office	17 Group A Cooking Class: Rainbow Fried Rice 4 - 5 PM Limited spots available Sign up for one week: Group A or B	18 Fitness Class w/ Keith 4 - 5 PM Bring-Your-Own-Dinner + Outdoor Water Balloon Games 5 - 6 PM	19 Adaptive Yoga w/ Kristen 5:15 - 6:05 PM JUNE TEENTH Sunflower Hill Offices Closed	20 Fitness Class w/ Keith 4 - 5 PM Friday Night Live! Live Performances, Dinner Provided, Hands on Activities and More! 5:30 - 8 PM	21 
22 	23 Trader Joe's Virtual Cooking Class Minimal Ingredients, Maximum Taste: Trader Joe's Crunch Wrap Supreme 5 - 6 PM Zoom Link: https://us06web.zoom.us/j/82241907781	24 Group B Cooking Class: Rainbow Fried Rice 4 - 5 PM Limited spots available Sign up for one week: Group A or B	25 Fitness Class w/ Bri 4 - 5 PM Walking Club: Walk to the Meadowlark Dairy 6 - 7 PM	26 Pinwheel Crafting Hour with Tina 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	27 Fitness Class w/ Bri 4 - 5 PM	28 Field Trip: Day at the Alameda County Fairgrounds 12 - 2 PM
29 	30 Learning with Olivia Week 2: Being a Good Friend, Creating Healthy Friendships, + Meeting New People 4 - 5 PM	 <p>Scan the QR Code to Register for Events!</p> <p>Sunflower Hill Led Activities HCEB Led Activities Parent/Resident Led Activities SAHA Led Activities</p>				

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

To register, go to

<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.