



SEPTEMBER 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.**

September 1, 2026: Lego Build with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Build the world of your dreams, using your imagination and an assortment of Legos.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 2, 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.**

September 2, 2026: Garden Pinwheels with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Enjoy the whimsy of making a pinwheel that spins, to adorn any space.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 3, 2026: Cooking with Crystal: Mango Salsa: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Yes, you read that correctly! Crystal is back for cooking classes twice a month. Come say hi to her and have fun creating mango salsa from scratch. Yummy!!
- **This activity is open to 10 residents and 4 nonresidents. The cost to attend is \$10.**
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 3, 2026: Adaptive Yoga w/ Kristen: 5:30 - 6:20 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.**

September 4, 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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September 5, 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.

September 8, 2026: Sun Squad: Create Thank You Cards for the Gala: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Meet in the Irby Ranch Community Room
- We will be creating thank you cards for all the donors/sponsors for the upcoming Sunflower Hill Gala. We will have stickers and stamps, 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.

September 8, 2026: “No Labor” Karaoke and Dance Party with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Why work when you can sing? Come sing your favorite songs and cheer on the other singers.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 9, 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.
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September 9, 2026: Trippy and Dizzy Diptychs with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Choose to do 2 or 3 paintings separately that will be put together to create one image.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 10, 2026: Adaptive Yoga w/ Kristen: 5:30 - 6:20 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.**

September 11, 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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September 14, 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.

September 14, 2026: Fun with VIP Staff: Planting: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Come have fun planting seeds and having a discussion about plants.
- 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

September 14, 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.

September 15, 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! Let's figure it out together... jigsaw puzzles, word searches, crossword puzzles, and more.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 16, 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.
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September 16, 2026: Summertime Fireflies with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Paying homage to the last days of summer, we'll light the sky with these fireflies.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 17, 2026: Cooking with Crystal: Pizza Pockets: 4:00 - 5:00 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Yes, you read that correctly! Crystal is back for cooking classes twice a month. Come say hi to her and have fun making some yummy pizza pockets.
- **This activity is open to 10 residents and 4 nonresidents. The cost to attend is \$10.**
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September 17, 2026: Adaptive Yoga w/ Kristen: 5:30 - 6:20 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.**

September 18, 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.

- **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 or at (925)-980-0024.**

September 18, 2026: End of Summer BBQ Potluck + Bocce/Ping Pong w/ Annie: 5:00 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Come enjoy the outdoors celebrating the end of summer with a yummy barbecue and fun games afterwards. Hamburgers and hot dogs will be provided. Please sign up to bring a side dish to share (salad, beans, fruit, chips, dip, cookies...) If you want a suggestion of what to bring, please ask Annie,
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 21 2026: Outdoor Sports Night with Annie and Friends: 5:15 - 6:15 PM

- This is an in-person activity.
- Location: Irby Ranch Courtyard
- Come outside and join us playing a variety of sports games. We will be having this activity one day each month with Annie and volunteers Brian and Reed. Please let Annie know if there is a specific sport that you would like to play. This month we plan to play soccer and basketball, but are open to any other activity you may be interested in.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 22, 2026: Elephant Appreciation Day Story Time with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Join us for stories about Piggy and Gerald, Babar, and other elephant friends.

- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 23, 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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September 23, 2026: Mystery Art Activity with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Stop by for a fun mystery activity.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

September 24, 2026: Adaptive Yoga w/ Kristen: 5:30 - 6:20 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.

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September 25, 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.

September 25, 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.
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September 25 , 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, September 25 | **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, and a night outside learning how to square dance: Swing your partner, Do-si-do, circle left/circle right....
- **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.

September 28, 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.

September 28, 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**
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- 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.

September 29, 2026: Learning with Sunflower Hill: All About The Weather: 3:30 - 4:30 PM

- This is an in person activity.

Location: Irby Ranch Community Room

- Join us to learn about different types of weather, appropriate clothing choices, and build vocabulary through interactive and hands-on activities.
- **Note:** A parent or support staff is required to attend and assist during activities if the attending participant requires extra support.

September 30, 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.
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September 30, 2026: Crocheted Bookmarks with Adama: 5:30 - 6:30 PM

- This is an in-person activity.
- Location: Irby Ranch Community Room
- Save the page with your bookmark, woven with your own hands.
- Sunflower Hill does not provide 1:1 support staff and participants are required to bring their own support if needed.

All September activities will be held in person.

If you are interested in participating in a Sunflower Hill activity, please contact:

Annie, Programs Lead, at annie@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 <https://sunflowerhill.org/programs/irby-ranch/> to register.



Scan the QR code to register: