September 2025 Activity Calendar



Sunflower Hill Offices Closed 8 Glow-In-The Dark Bracelet Making with Tina 4 - 5 PM 10 Fitness Class W/ Bri 4 - 5 PM Art with Adama: 5:30 - 6:30 PM 11 Fall Themed Bingo Night 4 - 5 PM Art with Adama: 5:30 - 6:30 PM Art with Adama: 5:30 - 6:30 PM 12 Fitness Class W/ Bri 4 - 5 PM Farmers Market Friday 3:30 - 4:30 Friday Night Live: 5:15 - 6:05 PM 14 15 16 17 Ready, Set, Roll! Board Games and With Paola and	THU FRI SAT	WED	TUE	MON	SUN
Glow-In-The Dark Bracelet Making with Tina 4 - 5 PM 14 15 Learning with Learning with Learning with Learning with Live: 5:30 - 6:30 PM Cooking Class: Spaghetti Night 4 - 5 PM Art with Adama: 5:30 - 6:30 PM Fall Themed Bingo Night 4 - 5 PM Farmers Market Friday 3:30 - 4:30 Friday Night Live: 5:30 - 8 PM 17 Ready, Set, Roll! Board Games and with Paola and	Adaptive Yoga w/ Kristen sorite ece! PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM Fitness Class w/ Keith 4 - 5 PM Fitness Class w/ Keith 4 - 5 PM	w/ Keith 4 - 5 PM Fashion Show and Tell with Adama: Bring Your Favorite Fashion Piece!	2	LABOR *DAY Sunflower Hill Offices	
Ready, Set, Roll! Board Games and with Paola and	Fall Themed Bingo Night 4 - 5 PM Farmers Market Friday 3:30 - 4:30 Friday Night Live:	Fitness Class w/ Bri 4 - 5 PM Art with Adama:	Cooking Class: Spaghetti Night	Glow-In-The Dark Bracelet Making with Tina	7
Olivia: Exercise for Everyone 4 - 5 PM Leaves with Adama 4 - 5 PM Chat time w/ Tina 11 AM - 12 PM Leaves with Adama 4 - 5 PM Fitness Class w/ Keith 4 - 5 PM Fitness Class w/ Kristen 5:15 - 6:05 PM Fitness Class w/ Kristen 5:15 - 6:05 PM	Roll! S and Tina PM Adaptive Yoga M Kristen Dance-A-Thon with Paola and Shannon from VIP 4 - 5 PM Adaptive Yoga W / Kristen	Ready, Set, Roll! Board Games and Chat time w/ Tina 11 AM - 12 PM Fitness Class w/ Keith	Family Trees and Autumn Leaves with Adama	Learning with Olivia: Exercise for Everyone	14
21 Irby Ranch Mad Hatter's Potluck and Gala with Adama 4 - 6 PM Cooking Class: Baked Quesadillas 4 - 5 PM Punpkin Spice Punpkin Spice 23 Cooking Class: Baked Quesadillas 4 - 5 PM Pitness Class W/ Bri 4 - 5 PM Adaptive Yoga W/ Kristen 5:15 - 6:05 PM Sing-Your-Own Snack or Dinner + Afternoon Disney Movie with Tina 3 - 5 PM Adaptive Yoga W/ Kristen 5:15 - 6:05 PM	Bring-Your-Own Snack or Dinner + Afternoon Disney Movie with Tina 3 - 5 PM Adaptive Yoga w/ Kristen Bring-Your-Own Snack or Dinner + Afternoon Disney Movie with Tina 4 - 5 PM	Fitness Class w/ Bri	Cooking Class: Baked Quesadillas	Irby Ranch Mad Hatter's Potluck and Gala with Adama	Punpkin
Pet Therapy and Coloring Hour 4 - 5 PM Pet Therapy and Coloring Hour 4 - 5 PM Please refer to the Activities Please refer to the Activity Outline for more *If a participant requires 1:1 supports *	ctivities Led Activities (Resident Led ctivities Led Activities Led Activities	Activiti HCEB Led Ac Parent/Resid Activiti SAHA Led Ac		Pet Therapy and Coloring Hour	28

Scan the QR Code to Register for Events!



Please refer to the Activity Outline for mor 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/irbyranch/ *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.