

September

2025

Activity Calendar



Sunflower Hill

SUN	MON	TUE	WED	THU	FRI	SAT
	1 LABOR DAY 	2	3 Fitness Class w/ Keith 4 - 5 PM Fashion Show and Tell with Adama: Bring Your Favorite Fashion Piece! 5:30 - 6:30 PM	4 Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	5 Fitness Class w/ Keith 4 - 5 PM	6 
7 	8 Glow-In-The Dark Bracelet Making with Tina 4 - 5 PM	9 Cooking Class: Spaghetti Night 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 Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	12 Fitness Class w/ Bri 4 - 5 PM Farmers Market Friday 3:30 - 4:30 Friday Night Live: 5:30 - 8 PM	13 
14 	15 Learning with Olivia: Exercise for Everyone 4 - 5 PM	16 Family Trees and Autumn Leaves with Adama 4 - 5 PM	17 Ready, Set, Roll! Board Games and Chat time w/ Tina 11 AM - 12 PM Fitness Class w/ Keith 4 - 5 PM	18 Dance-A-Thon with Paola and Shannon from VIP 4 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	19 Fitness Class w/ Keith 4 - 5 PM	20 
21 	22 Irby Ranch Mad Hatter's Potluck and Gala with Adama 4 - 6 PM	23 Cooking Class: Baked Quesadillas 4 - 5 PM	24 Fitness Class w/ Bri 4 - 5 PM	25 Bring-Your-Own Snack or Dinner + Afternoon Disney Movie with Tina 3 - 5 PM Adaptive Yoga w/ Kristen 5:15 - 6:05 PM	26 Fitness Class w/ Bri 4 - 5 PM	27 
28 	29 Pet Therapy and Coloring Hour 4 - 5 PM	30	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

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.