



September 2026 Newsletter

Dear Sunflower Hill Friends,

Friday Night Live in August brought a burst of joy and wonder as Rebecca Nile - better known as the Bubble Lady - filled the evening with dazzling bubble magic. Her enthusiastic, engaging performance featured bubbles of all sizes from some very unusual types of materials. One highlight of the night: she encased a resident inside a giant bubble!

After the show, families continued the fun with outdoor bubble blowing, an indoor bubble craft, and even a few bubble-gum bubble contests. It was a night of laughter, creativity, and enjoyment for all.

We are excited to announce that Crystal Flores will be back at Irby Ranch to offer two *Cooking with Crystal* classes in September, plus new stretch and movement sessions to keep everyone active and energized. Her classes are always a resident favorite, and we can't wait to welcome her back! Be sure to check out our full [September calendar](#) for even more fun activities and community events.



With Gratitude,
The Sunflower Hill Team



Roll Out the Red Carpet Gala Spirit Award



We are thrilled to announce that the winner of the **2026 Sunflower Hill Spirit Award** is **Austin Frame!**

Austin was one of the very first residents to move into Irby Ranch in October 2020, and his joy, kindness, and contagious happiness have been a bright light in our community ever since. His enthusiasm, generosity, and genuine care for others embody the very spirit of Sunflower Hill.

“Austin always comes to Irby programs with excitement and joy, and he's always willing to lend a helping hand to those around him. He says hi to all of his friends at program, which puts a smile on my face, his face, and his friends' faces. If there's an activity that requires singing or dancing, you can bet that Austin is part of it. He's generally the first and last on the dance floor. It's always such a joy to have Austin at our programs.”

- *Olivia Christensen, Programs Manager*

“Austin is ALWAYS happy. He has the best smile and jolly, contagious laugh. Any time he is participating in an activity he is helpful with anything that needs to be done. Every week he comes to the yoga class early to move the chairs and get the room ready for the

teacher and class. He is the best example of joy and sunshine! Every time I see him, I smile.”

- Annie Turner, Programs Lead

We are honored to recognize Austin for the positivity he brings to Irby Ranch and for the meaningful impact he has on the Sunflower Hill community. **We invite you to join us at the Gala as we celebrate Austin and this truly well-deserved award.**

Saturday, October 3, 2026

5:30-10:00 PM

The Club at Castlewood

707 Country Club Circle, Pleasanton

Buy Your Gala Tickets Today!

Ticket sales close on Monday, September 14

2026 Fall Hands-On Garden Group Registration



Fall Hands-On Garden Group
REGISTRATION NOW OPEN!

Join us for a fun and interactive fall time in the garden! Sunflower Hill's *Hands-On Garden Program* offers engaging outdoor activities for individuals with intellectual and developmental disabilities to enjoy alongside their support staff. Each session includes gardening tasks like planting and harvesting, garden-themed crafts, sensory exploration, and a yummy treat to end our session – all tailored to promote connection, creativity, and community.

The session will run **every Thursday from 1:00 to 2:30 PM, beginning September 17 through November 19.**

Register for Fall Hands-On Garden Program

925 Gives: Give Where You Live



Sunflower Hill is proud to participate in **925 Gives**, a giving drive culminating on September 25 (9/25) as a regional day of generosity supporting nonprofits across our community presented by **Three Valleys Community Foundation**!

Your gift to Sunflower Hill helps create **affordable housing, meaningful programs, social opportunities, and enriching activities for adults with intellectual and developmental disabilities**. Every donation, large or small, helps us create a more inclusive community where everyone has the opportunity to thrive.

We hope you'll consider making a gift to Sunflower Hill during [925 Gives](#) and help us reach our fundraising goal!

Donate to Sunflower Hill's 925 Gives Campaign

Lafayette Res Run for Education



2026 Lafayette Res Run Shirt Design by Irby Ranch Resident Robby Houghton

Sunflower Hill is thrilled to participate in this year's [Lafayette Res Run for Education](#), and we're especially proud that Irby Ranch Resident **Robby Houghton** designed the **official race shirt** - a creative, joyful reflection of community spirit. Participants who join the **Sunflower Hill team** for the run will receive a **10% registration discount**, making it even easier to support local schools while celebrating inclusion, wellness, and fun.

Sunday, October 18, 2026

5k: 8am, **10k:** 8:15am, **2-mile:** 8:45am

Downtown Lafayette, CA

Register for the Sunflower Hill Lafayette Res Run Team

Garden News



Late summer is upon us, and the garden is still thriving. Cherry tomatoes are going strong, sweet peppers are changing from green to vibrant reds and oranges, and figs are being harvested each week. The garden team has been clearing our first squash plantings, spreading compost, and seeding fall crops.

The first round of cabbage and cauliflower is now in the ground, mulched with straw and covered with shade cloth to protect them from the ongoing heat. In the greenhouse, bok choy, collard greens, and kale seedlings are slowly growing and getting ready for fall planting.

Vote for Sunflower Hill in "Best of Dublin"



**WE'VE BEEN
NOMINATED!**

**BEST CHARITABLE ORGANIZATION
BEST SERVICES FOR ELDERLY & DISABLED PERSONS**

Vote for us at: www.bestofdublinca.com VOTE THROUGH 9/11/2026

We're excited to share that **Sunflower Hill** has been nominated for the **Best of Dublin** contest in the categories of [Best Charitable Organization](#) and [Best Services for Elderly and Disabled Persons](#)! This recognition reflects the impact of our programs and the continued support of our community. Now we need your help! Please take a moment to vote for Sunflower Hill in **BOTH** categories by **September 11th**, and help spread the word by sharing the voting links with your friends, family, colleagues, and networks. Every vote counts, and your outreach can make a big difference in spotlighting the critical work we're doing together.

Vote for us as "Best Charitable Organization"

Vote for us as "Best Services for Elderly and Disabled Persons"

Irby Ranch Activities

September 2026 Activity Calendar						
SUN	MON	TUE	WED	THU	FRI	SAT
1 SEPT Lego Build with Adams 5:30 - 6:30 PM		2 Fitness Class with Iri 4:00 - 5:00 PM Garden Pinwheels with Adams 5:30 - 6:30 PM	3 Cooking with Crystal Mingo Sales 4:00 - 5:00 PM Adaptive Yoga with Kristen 5:30 - 6:20 PM	4 Fitness Class with Keith 4:00 - 5:00 PM	5 Saturday Morning Stretch with Crystal 9:00 - 10:00 AM	
6 Mushroom	7 LABOR DAY	8 Sun Squad: Create Thank you Cards for the Gala 4:00 - 5:00 PM "No Labor" Karaoke and Dinner Party 5:30 - 8:30 PM	9 Fitness Class with Iri 4:00 - 5:00 PM Trippy and Dirty Dignytch with Adams 5:30 - 6:30 PM	10 Adaptive Yoga with Kristen 5:30 - 6:20 PM	11 Fitness Class with Keith 4:00 - 5:00 PM	12 Butterfly
13 Pumpkin	14 Movement Monday with Crystal 10:00 - 11:00 AM Puzzles with Iri 4:00 - 5:00 PM Marital Arts with Palen 5:00 - 6:00 PM	15 Puzzles Galore with Adams 5:30 - 6:30 PM	16 Fitness Class with Iri 4:00 - 5:00 PM Summertime Fireflies with Adams 5:30 - 6:30 PM	17 Cooking with Crystal: Pizza Potluck 4:00 - 5:00 PM Adaptive Yoga with Kristen 5:30 - 6:20 PM	18 Fitness Class with Keith 4:00 - 5:00 PM End of Summer BBQ Potluck + Bocce & Ping Pong Tournament 5:00 - 6:30 PM	19 Mushroom
20 Pumpkin	21 Outdoor Sports Night with Annie 5:15 - 6:15 PM	22 Elephant Appreciation Day Story Time with Adams 5:30 - 6:30 PM	23 Fitness Class with Iri 4:00 - 5:00 PM Mystery Art Activity with Adams 5:30 - 6:30 PM	24 Adaptive Yoga with Kristen 5:30 - 6:20 PM	25 Irby Ranch Farmer's Market 9:30 - 4:30 PM Pumpkin Patch 10:00 - 11:00 AM Friday Night Live Live Performance, House Potluck, House on Activities and More! 6:00 - 7:00 PM	26 Pumpkin
27 Butterfly	28 Pet Therapy and Coloring Hour 4:00 - 5:00 PM Marital Arts with Palen 5:00 - 6:00 PM	29 Learning with Sunflower Hill: All About the Weather 5:30 - 6:30 PM	30 Fitness Class with Iri 4:00 - 5:00 PM Crocheted Bookmarks with Adams 5:30 - 6:30 PM	*If a participant requires 1:1 support to engage in an activity, 1:1 is required to bring their 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.		

Featured Upcoming Activities:

- **Saturday Morning Stretch with Crystal**
September 5, 9:00-10:00 AM

Movement Monday with Crystal
September 14, 10:00-11:00 AM

These new classes - together with Crystal's popular cooking classes - will be offered each month.

- **End of Summer BBQ Potluck**
September 18, 5:00-6:30 PM

Celebrate the end of summer gathering with friends at our BBQ potluck plus bocce and ping pong tournament!

- **Outdoor Sports Night with Annie**
September 21, 5:15-6:15 PM

This monthly activity series will spotlight one or two different outdoor adventures each time. Annie, together with volunteers Brian and Reed, will guide the fun. Participants are invited to tell us what outdoor activities they would like to learn more about.

Register for Irby Ranch Activities

[Donate to Sunflower Hill](#)