

**Sunflower Hill**

Newsletter

June 30, 2020

Virtual Summer Camps!

**PLAYFUL DRAMA
CAMP****MOVE & GROOVE
CAMP****GARDEN COOKING
CAMP****Camps begin July 14****Signup Today!**

Hello Sunflower Hill Supporter!

We hope you and your loved ones are finding joy in the simple moments and are staying healthy!

SOFO Fun!

We just wrapped up the [Alameda County Fair](#) Sun's OUT Fun's OUT Virtual Run/Walk, benefiting Sunflower Hill! We are sincerely grateful to all of our sponsors, fundraisers, participants, and donors, and are thrilled to share that we raised over \$40,000! Thank you for sharing your pictures and videos and for helping us raise awareness about the event and activities! We loved seeing how our community of supporters engaged with this experience on social media! We are grateful to the Alameda County Fair for its partnership in bringing this virtual event to life! On behalf of everyone at Sunflower Hill, thank you for supporting our mission and vision!

Announcing New Virtual Summer Camps!

Mark your calendar for the weeks of July 13th through August 7th for our Virtual Summer Camps! From Yoga and Dance, to Playful Drama, and Cooking with fresh Garden Produce - our virtual camps are designed for adults 18 years or older who have an intellectual and/or developmental disability. Our Teachers have been working hard these past few weeks creating fun and engaging camp sessions. [Learn more about each camp and signup today!](#) Space is limited - we hope you will join us!

Wishing you a summer of fun, new experiences!

Warmly,

Edie Nehls, Executive Director



Sunflower Hill at Irby Ranch Update

Sunflower Hill at Irby Ranch construction is nearly complete! We can't wait to meet our residents and watch them enjoying a game of basketball, pickle ball, volleyball, or badminton! We are excited about all of the special elements that are a part of this residential community that will make this feel like an extraordinary home. We look forward to welcoming our first residents later this summer! Check out the [most recent pictures](#) of Sunflower Hill at Irby Ranch!



Produce Box Sales to Resume Soon

Produce Box sales will be starting again very soon! With the transition from our spring to summer crops, we've focused all of our Garden efforts on produce donations to our local nonprofits. Now that our summer crops are starting to ripen, we will soon be offering our gorgeous boxes of organic produce for sale each week. Each week's list of Produce Box items is posted on our [website](#) every Monday. All proceeds

Virtual Summer Camps!

PLAYFUL DRAMA CAMP

Grab your favorite bag of chips and join Teacher Becca for a mid-week class designed to activate your inner movie star!

MOVE & GROOVE CAMP

Join Teachers Edie & Sarah for a virtual mid-day Yoga, Movement, and Dance Party for All Levels Class.

GARDEN COOKING CAMP

Join Teacher Abby to expand your kitchen skills and discover new recipes with garden fresh ingredients!

New! Virtual Summer Camps!

Beginning the week of July 13, 2020, we will be offering 4-week virtual summer camps! Our camps, designed especially for adults with developmental disabilities, will get campers moving, grooving, learning, and trying something new! From Move & Groove Yoga and Movement Camp, to Playful Drama Camp, to Garden Cooking Camp - we've got an engaging way for campers to stay engaged and grow this summer! Space is limited - [learn more about each camp and signup today!](#)



Free Online Activities Archive Updated

Beginning July 1, 2020 we will be offering new, online activities on Monday's (Garden Update), and Wednesday's and Friday's (Movement and Meditation Activities). If you're looking for additional activities, our video archive contains over 65 online activity videos created since the Shelter-in-Place order went into effect in March 2020. We've reorganized the videos into categories for better searching. Now you can

go to furthering the mission and vision of Sunflower Hill.

easily view all yoga videos, arts & crafts videos, activity challenges, and more! Check out our [Online Activities archive](#) today!



Produce Donations

We remain committed to providing fresh, organic produce to our local nonprofits who serve those who are most vulnerable in our community. With over 900 pounds of produce donated this year to organizations like [Culinary Angels](#), [Shepherd's Gate](#), and [Tri-Valley Haven](#), the Sunflower Hill Garden continues to be a space that gives back to the community. We're thankful to be stewards of this land and offer support to our community.

Make a Donation Today!



Thank you!

We hope you [participated in and enjoyed](#) the Sun's OUT Fun's OUT Virtual Run/Walk this past week. We're grateful to the [Alameda County Fair](#) for their partnership and support! We would also like to thank our sponsors, participants, fundraisers, and donors for their generous time and support that enables us to continue to provide programming and residential opportunities for adults with developmental disabilities.

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