Virtual Dementia Tour
Thursday, March 31: 11:00-2:00

Virtual Dementia Tour (VDT), is a method of building an understanding of dementia by being outfitted with devices to alter your senses while you try to complete common everyday tasks and exercises.

To register for a timeslot, please call 321-452-4341.

Located next to J.C. Penny in the Merritt Square Mall

March 2020
Come visit us:
Monday-Friday 10:00-5:00

Downsizing
Thursday, March 19; 10:00am

Learn how to downsize when your larger home is no longer needed or you are not able to manage the day to day tasks. This is a practical guide to downsizing a family home.

Healthy Snacking Lunch and Learn
Monday March 23: 12:00-1:30

Learn how to snack healthier and avoid energy slumps. Guest speaker is Solaris Dietary Director, Teri Mortier. Lunch is provided/ RSVP required!

RSVP by calling 321-454-2363 or email

Ballroom “Dancercise”
Wednesday, March 11 & 25; 11:00-12:00

Dance your way to fitness with this fun, upbeat workout class! All dance levels and ages are welcome. Please wear flats, not sneakers. Dancercise can be done solo, just bring your smiles.

Japa Meditation
Monday, March 16; 1:00-2:00

Japa Meditation is a form of meditation using mala beads to bring awareness and peace to the self and the world. Mala beads are provided. Please arrive early if you have never participated.

Medication Management and You
Tuesday, March 17; 10:30-11:30

Join us for a lively, interactive discussion about the proper use and management of medication. Valuable for you, loved ones,

Cancer Survivor Support Group
Tuesday, March 3; 11:00-12:30

Caring for someone with cancer can be rewarding, but can take an emotional and physical toll on the caregiver. Come take a break and discuss concerns and know you

FREE Memory Screen
Schedule a memory screen and learn about research opportunities.
Merritt Island Medical Research
For an appointment, call Joshua Mabry at 321-305-5015

Discover the Benefit of Gratitude
Thursday, March 12; 2:00-3:15

Studies have shown that gratitude improves physical, psychological, mental, and emotional health. Find out how to increase happiness, sleep better, and more during this workshop!

Lunch & Learn
Healthy Lunch Options
Monday, March 30; 12:15-1:30
We will discuss and try healthy lunch options and talk about why each item is good nutritionally. Meal planning and preparation is an important part of staying healthy.

Stroke Signs and Symptoms Prevention
March 13: 10:00-10:45
Strokes can be a life threatening event and can turn a life upside down. Come learn the signs and symptoms and how to prevent them.

FREE Movie Friday
Fridays, March 6, 13, 20, 27; 1:00-3:00
March 6: A Beautiful Day in the Neighborhood
March 13: Playing With Fire
March 20: Midway
March 27: Ad Astra

For more information or to reserve a space, please call us at 321-452-4341. Located next to J.C. Penny in the Merritt Square Mall.
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**Medical Equipment Bank**
The Sunflower House maintains a donation based medical equipment bank. We accept donations certain medical equipment. At this time, we need:
- Wheelchairs
- Transport Chairs
- Walkers with Seats
- Shower Chairs/ Benches
- Adult Incontinence Supplies

**Resource Center For Both Seniors and Caregivers**
Providing Caregiver Support through education, training, and respite.
A Senior Gathering Spot: providing a place to meet new friends while enjoying educational, recreational and social experiences.

**Funding provided by:**

**Caregiver Life Transitions**
Second and Fourth Tuesdays 1:30-3:00
The Caregiver Life Transitions program is specifically for individuals who have been caregivers and are now transitioning to life beyond the caregiver years. The support group offers a place to socialize, make new friends, and become an active member of a larger community. As part of this program, the Sunflower House...