

Newsletter: July 2023

Come visit us: Monday-Friday Closed Weekends and Holidays


Sunflower House
community caregiver center

a service of
Aging Matters
IN BREVARD

3600 West King Street, Cocoa - 9:00am—3:00pm

& 3125 Fell Road in West Melbourne 9:00 am—2:00pm!

Check out new and ongoing events on calendar of activities on reverse

To receive a Sunflower House newsletter via email,
please contact us at: eschibley@agingmattersbrevard.org

SENIORS AT LUNCH!!!!!!!

Come Join us at 3125 Fell Road in West Melbourne for fellowship and a meal!
Our newest Seniors at Lunch program has started and we would love to see you.

Blood Pressure Clinic Now at 3123 FELL West Melbourne!
First Wednesday each month July 5th 11 am —1 pm

Sea Pines
Rehabilitation Hospital

Sunflower Seed on Merritt Island!

234 East Merritt Island Cswy

I Love My Island and Aging Matters are teaming up to bring Sunflower House Durable Medical Equipment back to Merritt Island! If you or your loved one needs an item such as a wheelchair, cane or walker, short or long term, or have items you no longer need give us a call at: **321.501.3999** for more information!



I Love My Island, Inc.
Supporting Our Island Community

Grandparents Raising Grandchildren

1st Wednesday each month
July 5th 10 am—12 noon
3600 W. King Street Cocoa

Grandparents caring for their grandchildren is among the oldest practices in child rearing with roots embedded in the traditions across many cultures. Those raising grandchildren by chance or by choice are welcome to join us for support and conversation. **RSVP 321.452.4341**

Grandparents Raising Grandchildren of Brevard County, FL Inc.



Mah Jongg

Mondays and Thursdays each week! 12 —3 pm
July 3rd, 6th, 10th, 13th, 17th, 20th, 24th, 27th and 31st
3600 W. King Street, Cocoa

Join a group at SFH to play this face-paced game of tiles and strategy! You don't need to be a "Maven" to join us! **New to the game or need a refresher? Give us a call to schedule some time!**

W. Melbourne Mah Jongg player? Give us a call if you'd like to start a table at 3125 Fell!
RSVP 321.452.4341



Sunflower Ladies Sewing Group

1st and 3rd Fridays each month
July 7th & 21st 11 am — 1 pm
3600 W. King Street, Cocoa

*****Sunflower Ladies Sewing Group is extremely thankful for the recent generous donations of wonderful fabric!*****

We are always looking for new friends to join us for fellowship, sewing, crocheting and or knitting. Completed projects are given to area organizations. Anyone interested in "Bee"ing part of this fun bunch—"Bee" sure to let us know. **RSVP 321.452.4341**



Caring for the Caregiver

2nd Tuesday each month
9:30 am—10:30:am July 11th
*****3125 FELL West Melbourne*****

Jaqueline Daley, MSW leads a support group for caregivers to share gentle conversations and understanding. This group offers a safe place to discuss concerns, stressors, share community resources, promote self care and explore topics only caregivers understand.

RSVP 321.452.4341

Growing Through Grief

3rd Tuesday each month
9:30 am—10:30:am July 18th
*****3125 FELL West Melbourne*****

Nichole Armstrong, MSW leads a support group for meaningful conversations and connections that will help you find your way through grief dynamics. Healing after a loss is sometimes easier when in the company of other bereaved individuals to learn what to expect while grieving and how to brave changes.

RSVP 321.452.4341

VITAS
Healthcare

Halos Are Heavy

2nd Wednesday each month
July 12th 1 pm—2 pm
3600 W. King Street, Cocoa

Regardless of where our loved ones are, many of us are caregiving. They may live with us, in nearby long term care or far away in another city. Each presents it's own challenges. Join us for supportive conversation of how we can take care of ourselves as we care for our loved ones. **RSVP 321.452.4341**

Exercising to Improve Balance & Reduce Risk of Falls

Tuesday afternoons 1 pm—2 pm
July 11th, 18th and 25th
*****3125 FELL West Melbourne*****

Improve your health while having fun! This program gives participants a variety of exercises throughout the hour that helps with balance, core strength and mobility. All levels of physical ability are welcome to join!
RSVP 321.452.4341



Friday Afternoon at the



Every Friday 1 pm—3 pm
3600 W. King Street, Cocoa
& 3125 Fell Road, West Melbourne

July 7: 65

July 14: Sweetwater

July 21: Shazam

July 28: Super Mario Brothers

Alternate: Going in Style

RSVP: 321.452.4341



July 2023 Activities Calendar

AMIB 3600 W King Street, Cocoa and 3125 Fell Road, West Melbourne

S	Mon	Tue	Wed	Thu	Fri	S
2	3 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONFERENCE ROOM	4 CLOSED	5 Sea Pines: Blood Pressure Clinic 11 am—1 pm Grandparents Raising Grandchildren: 10 am—12 pm LARGE CONFERENCE ROOM	6 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONF. ROOM	7 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONFERENCE ROOM FHCP Movie: 65 3600 W. King Cocoa 1 pm – 3 pm L. CONFERENCE ROOM & 3125 Fell Road W. Melbourne	8
9	10 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONFERENCE ROOM	11 VITAS: Caring for the Caregiver 3125 Fell Road 9:30 am—10:30 am Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	12 Halos are Heavy 3600 W. King Cocoa 1 pm –2 pm SMALL CONFERENCE ROOM	13 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONF. ROOM	14 FHCP Movie: Sweetwater 3600 W. King Cocoa 1 pm – 3 pm LARGE CONFERENCE ROOM & 3125 Fell Road W. Melbourne	15
16	17 ALF Med Training 3600 W. King Cocoa 9 am—12 noon LARGE CONFERENCE ROOM Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONFERENCE ROOM	18 VITAS: Growing Through Grief 3125 Fell Road 9:30 am—10:30 am Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	19	20 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONFERENCE ROOM	21 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONFERENCE ROOM FHCP Movie: Shazam 3600 W. King Cocoa 1 pm – 3 pm LARGE CONFERENCE ROOM & 3125 Fell Road W. Melbourne	22
23	24 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONFERENCE ROOM	25 Brevard County DOH: Exercise— 3125 Fell Road 1 pm—2 pm ACTIVITY ROOM	26	27 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONFERENCE ROOM	28 FHCP Movie: Super Mario Brothers 3600 W. King Cocoa 1 pm – 3 pm LARGE CONF. ROOM & 3125 Fell Road W. Melbourne	29
30	31 Mah Jongg— 3600 W. King Cocoa 12 pm-3 pm SMALL CONFERENCE ROOM					

In accordance with the Americans with Disabilities Act and Section 286.26, Florida Statutes, persons needing special accommodations to participate in presentations should contact the Sunflower House at (321)452.4341 at least 7 days prior to the meeting.

A Proud Partner of



Department of
ELDER AFFAIRS
STATE OF FLORIDA



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.

Medical Equipment Bank

The Sunflower House maintains donation-based durable medical equipment banks at 3600 W. King Street, Cocoa, collaboratively with I Love My Island at 234 East Merritt Island Causeway, Merritt Island and at 3125 Fell Road in West Melbourne. We accept and loan out gently used wheelchairs, walkers, and other medical equipment. Our medical equipment bank provides used equipment to individuals in Brevard County for as long as needed. We appreciate you thinking of us and hope we can help you with your durable medical equipment needs. *For questions call 806.3752 in Cocoa, 501.3999 on MI and 452.4341 in WM*

