

Sunflower House 3125 Fell Road West Melbourne

Newsletter: December 2023

Come visit us: Monday-Friday

9 am—3 pm

Closed Weekends and Holidays



Come join us for fellowship and a meal
MONDAY—FRIDAY

Call Lulu at **321.417.4078** to sign up!



Catch Lou Echeverri performing
over lunch on the second
Wednesday
December 13th!

Check out reverse side for our events on calendar
of activities including those at **3600 West King
Street, Cocoa**

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

Mah Jongg at West Melbourne Sunflower House! Friday, December 1st 12:30—3 pm

Interested in joining us 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!**

RSVP 321.452.4341



S. H. I.N.E. Medicare Counseling Wednesday mornings December 5th, 13, 20th and 27th 9 am—12 noon

New to Medicare—or need assistance with your
current Medicare plan? Give us a call to
schedule a zoom call with **Joe** on Wednesdays at
9, 10 or 11 am. Zoom call is set up by
Sunflower House staff—no need to be
"tech savvy"! **RSVP 321.452.4341**



Are You in the Dark about Choices in Senior Living?

**Thursday, December 7th
11 am—Noon**

*****3125 FELL West Melbourne*****

Join Mechelle Taylor of Soter Senior Living and Family
Advocates for an overview of senior
living options outside of the traditional
home and resources to help you navigate
the transition.

RSVP 321.452.4341



Exercising to Improve Balance & Reduce Risk of Falls

**Tuesday afternoons
1 pm—2 pm**

December 5th, 12th and 19th

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



Kelli @ SFR Workshop WILL BE BACK IN JANUARY!

Check our January Newsletter for new date and time!

Living With Loss Second Wednesday

December 13th 1pm—2 pm

Casual gathering for those adapting to life with loss.
Grieving a loved one can be challenging. You don't
need to struggle on your own. Group provides
opportunity to share and support others by offering
encouragement through creative strategize and
insightful discussions to adapt to living life with loss.

Facilitated by Karen McNally, MSW

RSVP 321.452.4341



Caring for the Caregiver 2nd Tuesday each month

December 12th 9:30 am—10:30 am

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.

Growing Through Grief 3rd Tuesday each month

December 19th 9:30 am—10:30:am

Nicole 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



Cancer Support Group Second Friday each month December 8th 1:30 pm — 3 pm

Join us for snacks and comforting conversation while
those affected by cancer discuss cancer-related
questions and concerns to gain support from each
other. Facilitated by healthcare professionals and
cancer survivors, the group is open to cancer
patients/survivors and caregivers of any type of
cancer, in any phase of treatment or recovery.

RSVP 321.452.4341

Open Enrollment Seminar

10 am—12 pm Monday, December 4th

Open enrollment closes soon! A FHCP
representative will be on site to explain
Medicare basics and answer frequently asked
questions.

Thursday Afternoon at the



Every Thursday 1 pm—3 pm

December 7th: *What's Love Got to Do With It?*

December 14th: *The Pod Generation*

December 21st: *Welcome to Redville*

December 28th: *Top Gunner—America vs
Russia*

Alternate: *Arctic Armageddon*



December 2023 Sunflower House Activities Calendar

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

S	Mon	Tue	Wed	Thu	Fri	S
					1 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF ROOM Mah Jongg— 12:30 pm—3 pm 3125 Fell Road WM FHCP Movie: Jules 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF. ROOM	2
3	4 FHCP—New to Medicare 10 am—12 noon 3125 Fell Road WM Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM	5 Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	6 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon Grandparents Raising Grandchildren: 3600 W. King Cocoa 10 am—12 pm LARGE CONF. ROOM	7 SOTER: In the Dark about Senior Living? 11—12 3125 Fell Road WM FHCP Movie: What's Love Got To Do With It? 1 pm – 3 pm 3125 Fell Road WM	8 Cancer Support Group 1:30 pm—3 pm 3125 Fell Road WM	9
10	11 Mah Jongg— 3600 W. King Cocoa 10:30—1:30 SMALL CONF. ROOM	12 VITAS: Caring for the Caregiver 3125 Fell Road WM 9:30 am—10:30 am Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	13 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon Lou Echeverri—Guitar at SFH 10:30 am—1pm Halos are Heavy 3600 W. King Cocoa 1 pm –2 pm SMALL CONF ROOM SFR—Living with Loss 3125 Fell Road WM 1pm—2 pm	14 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: The Pod Generation 1 pm – 3 pm 3125 Fell Road WM	15 VITAS: Advanced Directives 11 am—12 pm Large Conf. Room 3600 W. King Cocoa Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF. ROOM	16
17	18 ALF Med Training 3600 W. King Cocoa 9 am—12 noon LARGE CONF. ROOM Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM	19 VITAS: Growing Through Grief 3125 Fell Road WM 9:30 am—10:30 am	20 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon	21 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Welcome to Redville 1 pm – 3 pm 3125 Fell Road WM	22 FHCP Movie: Welcome to Redville 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	23
24 / 31	25 CLOSED	26 CLOSED	27 MI Memory Research: Memory Screening 3125 Fell Road WM 12:30 pm –2:30 pm	28 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Top Gunner: America vs Russia 1 pm – 3 pm 3125 Fell Road WM	29 FHCP Movie: Top Gunner: America vs Russia 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	30

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



United Way of Brevard





Senior Resource Alliance
Aging and Disability Resource Center

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*

