

Sunflower House at  
Aging Matters Business Office  
Newsletter: February 2024

Come visit us: Monday-Friday Closed Weekends and Holidays



**3600 West King Street, Cocoa 9:00 am—3:00pm!**  
Check out new and ongoing events on calendar of activities  
including those at 3125 Fell Road, West Melbourne -  
9:00am—3:00pm on reverse

To receive a Sunflower House newsletter via email,  
please contact us at: [eschibley@agingmattersbrevard.org](mailto:eschibley@agingmattersbrevard.org)

**Join us for Food and Fellowship  
MONDAY THROUGH FRIDAY**

**3125 Fell Road, West Melbourne**

**Call LuLu at: 321.410.9179 to reserve a space!**



**Sunflower House in West Melbourne Celebration!**

Please join us on February 20th at 11 am as we celebrate the collaboration of  
Aging Matters in Brevard and the City of West Melbourne to bring Sunflower  
House and Seniors at Lunch to 3125 Fell Road in West Melbourne

**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: **321.501.3999** for more information!



**I Love My Island, Inc.**  
Supporting Our Island Community

**Halos Are Heavy  
Caregiver Support Group**  
**2nd Wednesday each month**  
**February 14th**  
**1 pm—2 pm**

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 321.806.3752**

**Grandparents Raising  
Grandchildren**

**1st Wednesday each month**  
**February 7th**  
**10 am—12 noon**

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 321.806.3752**



Grandparents Raising Grandchildren of Brevard County, FL

**Sunflower Ladies  
Sewing Group**

**1st and 3rd Fridays each month**  
**February 2nd and 16th**  
**11 am — 1 pm**

**The Sewing Group is still accepting  
fabrics and poly-fill for their projects  
and thanks those who have donated!**

Anyone interested in "Bee"ing part of this  
fun bunch— "Bee" sure to let us  
know.

**RSVP 321.806.3752**



**Mah Jongg**

**Mondays 12:30 pm—3:30 pm**  
**and Thursdays 10:30 am—1:30 pm**  
**each week!**

**February 5th, 8th, 12th, 15th, 19th,**  
**22nd and 26th**

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 join us**  
**at 3125 Fell! RSVP 321.806.3752**



**Friday Afternoon at the**



**Every Friday 1 pm—3 pm**

*February 2nd: One Moment*

*February 9th: Rent a Groom*

*February 16th: Railway Children*

*February 23rd: Fire Front*

*Alternate: Worlds Fastest  
Indian*

**RSVP 321.806.3752**



**Florida  
Health Care  
Plans**



An Independent Licensee of the Blue Cross and Blue Shield Association


February 2024 Sunflower House Activities Calendar

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

S	Mon	Tue	Wed	Thu	Fri	S
				<b>1</b> FHCP Movie: One Moment 12:30 pm – 2:30 pm 3125 Fell Road WM	<b>2</b> Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am–1 pm SMALL CONF ROOM FHCP Movie: One Moment 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF. ROOM	<b>3</b>
<b>4</b>	<b>5</b> Mah Jongg— 3600 W. King Cocoa 12:30 pm —3:30 pm SMALL CONF. ROOM  Soter Senior Living: Coffee with Mechelle 11 am–12 pm 3125 Fell Road WM	<b>6</b> VITAS: Caring for the Caregiver 3125 Fell Road WM 9:30 am—10:30 am SFR—How Do I Know When My Loved One needs Hospice Care? 11 am–12 pm 3125 Fell Road WM Brevard County DOH: Exercise— 3125 Fell Road 1pm–2 pm ACTIVITY ROOM	<b>7</b> 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	<b>8</b> Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Rent a Groom 12:30 pm – 2:30 pm 3125 Fell Road WM	<b>9</b> Mah Jongg— 12:30 pm–3 pm 3125 Fell Road WM  Cancer Support Group 1:30 pm–3 pm 3125 Fell Road WM  FHCP Movie: Rent a Groom 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	<b>10</b>
<b>11</b>	<b>12</b> Mah Jongg— 3600 W. King Cocoa 12:30 pm —3:30 pm SMALL CONF. ROOM	<b>13</b> VITAS: Growing Through Grief 3125 Fell Road WM 9:30 am—10:30 am  Brevard County DOH: Exercise— 3125 Fell Road WM 1pm–2 pm ACTIVITY ROOM	<b>14</b> SHINE— Medicare Counseling 3125 Fell Road, WM 9 am–12 noon  SFR—Living with Loss 3125 Fell Road WM 12:30 pm–2 pm  Halos are Heavy 3600 W. King Cocoa 1 pm –2 pm SMALL CONF ROOM	<b>15</b> Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Railway Children 12:30 pm – 2:30 pm 3125 Fell Road WM	<b>16</b> Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am–1 pm SMALL CONF. ROOM  FHCP Movie: Railway Children 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	<b>17</b>
<b>18</b>	<b>19</b> ALF Med Training 3600 W. King Cocoa 9 am–12 noon LARGE CONF. ROOM Mah Jongg— 3600 W. King Cocoa 12:30–3:30 SMALL CONF. ROOM FHCP: Medicare Monday 11 am–12 pm 3125 Fell Road WM	<b>20</b> SFH – SAL Celebration 11 am 3125 Fell Road WM Featuring Lou Echeverri on Guitar! Brevard County DOH: Exercise— 3125 Fell Road WM 1pm–2 pm ACTIVITY ROOM	<b>21</b> SHINE— Medicare Counseling 3125 Fell Road, WM 9 am–12 noon	<b>22</b> Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Fire Front 12:30 pm – 2:30 pm 3125 Fell Road WM	<b>23</b> FHCP Movie: Fire Front 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	<b>24</b>
<b>25</b>	<b>26</b> Mah Jongg— 3600 W. King Cocoa 12:30–3:30 SMALL CONF. ROOM	<b>27</b> Brevard County DOH: Exercise— 3125 Fell Road WM 1pm–2 pm ACTIVITY ROOM	<b>28</b> SHINE— Medicare Counseling 3125 Fell Road, WM 9 am–12 noon  MI Memory Research: Memory Screening 3125 Fell Road WM	<b>29</b> FHCP Movie: The Girl Who Believes in Miracles 12:30 pm – 2:30 pm 3125 Fell Road WM		

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

Elder Affairs

FLORIDA





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

