## Sunflower House at **Aging Matters Business Office Newsletter: April 2024**

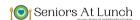
**Come visit us: Monday-Friday** Closed Weekends and Holidays



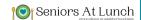
### 3600 West King Street, Cocoa 9:00 am—3:00pm!

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



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 Seed on Merritt Island!** 234 East Merritt Island Cswy

I Love My Island and Aging Matters have teamed up to bring Sunflower House Durable **Medical Equipment Bank 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!



## **Grandparents Raising** Grandchildren

1st Wednesday each month April 3rd 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

#### 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**

in another city. Éach presents it's own

Mah Jong Mondays 12:30 pm—3:30 pm and Thursdays 10:30 am—1:30 pm each week! April 1st, 8th, 11th, 15th, 18th, 22nd,

**Halos Are Heavy** 

**Caregiver Support Group** 2nd Wednesday each month

April 10th

1 pm—2 pm

with us, in nearby long term care or far away

Regardless of where our loved ones are, many of us are caregiving. They may live

25th and 29th 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



#### **Sunflower Ladies Sewing Group**

1st and 3rd Fridays each month April 5th and 19th 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** 

# Friday Afternoon at the



Every Friday 1 pm—3 pm

April 5th: First Grader

April 12th: Double Down South April 19th: The Ultimate Gift

April 26th: Cobbler Alternate: Limitless

RSVP **321.806.3752** 



# April 2024 Sunflower House Activities Calendar 3125 Fell Road, West Melbourne & AMIB 3600 W King Street, Cocoa

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S	Mon	Tue	Wed	Thu	Fri	S
	Soter Senior Living: Coffee with Mechelle 11 am—12 pm 3125 Fell Road WM  Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	2SFR: Advance Directives Review 11 am—12 pm 3125 Fell Road WM VITAS: Caring for the Caregiver 3125 Fell Road WM 1 pm—2 pm Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	3SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon Grandparents Raising Grandchildren 10 am—12 noon 3600 W. King Cocoa Lou Echeverri—Guitar 3125 Fell Road 10:30 am—1pm	FHCP Movie: First Grader 12:30 pm – 3 pm 3125 Fell Road WM	5Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF ROOM FHCP Movie: First Grader 1 pm – 3 pm 3600 W. King Cocoa L.ARGE CONF. ROOM	6
7	Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	10 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	11 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Double Down South 12:30 pm — 3 pm 3125 Fell Road WM	12Live Inspired: Navigating Social Security & Disability Benefits 1:30 pm—3 pm 3125 Fell Road WM  FHCP Movie: Double Down South 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	1 3
14	15ALF Med Training 3600 W. King Cocoa 9 am—12 noon LARGE CONF. ROOM FHCP: Medicare Monday 11 am—12 pm 3125 Fell Road WM Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	16 VITAS: Growing Through Grief 3125 Fell Road WM 10 am—11 am  Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	17 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon	18 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: The Ultimate Gift 12:30 pm — 3 pm 3125 Fell Road WM	Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF. ROOM  FHCP Movie: The Ultimate Gift 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	2 0
21	Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	Freedom Health: Medicare 101 11 am—12 pm 3125 Fell Road WM  Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	24SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon  Health First: Brain Games 11 am—12 pm 3125 Fell Road WM  MI Memory Research: Memory Screening 3125 Fell Road WM 12:30 pm—2:30 pm	25 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Cobbler 12:30 pm — 3 pm 3125 Fell Road WM	26 Mah Jongg— 12:30 pm—3 pm 3125 Fell Road WM  FHCP Movie: Cobbler 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	2 7
28	Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	30vitas: Caring for the Caregiver 3125 Fell Road WM 1 pm—2 pm Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY 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.





**United Way of Brevard** 





# 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