

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

**Aging
Matters**
IN BREVARD



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!



I Love My Island, Inc.
Supporting Our Island Community

**Halos Are Heavy
Caregiver Support Group
2nd Wednesday each month
April 10th
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
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



Mah Jongg

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

**April 1st, 8th, 11th, 15th, 18th, 22nd,
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



An Independent Licensee of the Blue Cross and Blue Shield Association

April 2024 Sunflower House Activities Calendar

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

S	Mon	Tue	Wed	Thu	Fri	S
	<p>1</p> <p>Soter Senior Living: Coffee with Mechelle 11 am—12 pm 3125 Fell Road WM</p> <p>Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM</p>	<p>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</p>	<p>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</p>	<p>4</p> <p>FHCP Movie: First Grader 12:30 pm – 3 pm 3125 Fell Road WM</p>	<p>5Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF ROOM</p> <p>FHCP Movie: First Grader 1 pm – 3 pm 3600 W. King Cocoa L.LARGE CONF. ROOM</p>	6
7	<p>8</p> <p>Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM</p>	<p>9</p> <p>Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM</p>	<p>10 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon</p> <p>SFR—Living with Loss 3125 Fell Road WM 12:30 pm—2 pm</p> <p>Halos are Heavy 3600 W. King Cocoa 1 pm –2 pm SMALL CONF ROOM</p>	<p>11</p> <p>Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM</p> <p>FHCP Movie: Double Down South 12:30 pm – 3 pm 3125 Fell Road WM</p>	<p>12Live Inspired: Navigating Social Security & Disability Benefits 1:30 pm—3 pm 3125 Fell Road WM</p> <p>FHCP Movie: Double Down South 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM</p>	13
14	<p>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</p>	<p>16</p> <p>VITAS: Growing Through Grief 3125 Fell Road WM 10 am—11 am</p> <p>Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM</p>	<p>17</p> <p>SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon</p> <p>Health First: Brain Games 11 am—12 pm 3125 Fell Road WM</p> <p>MI Memory Research: Memory Screening 3125 Fell Road WM 12:30 pm –2:30 pm</p>	<p>18</p> <p>Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM</p> <p>FHCP Movie: The Ultimate Gift 12:30 pm – 3 pm 3125 Fell Road WM</p>	<p>19</p> <p>Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF. ROOM</p> <p>FHCP Movie: The Ultimate Gift 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM</p>	20
21	<p>22</p> <p>Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM</p>	<p>23</p> <p>Freedom Health: Medicare 101 11 am—12 pm 3125 Fell Road WM</p> <p>Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM</p>	<p>24SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon</p> <p>Health First: Brain Games 11 am—12 pm 3125 Fell Road WM</p> <p>MI Memory Research: Memory Screening 3125 Fell Road WM 12:30 pm –2:30 pm</p>	<p>25 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM</p> <p>FHCP Movie: Cobbler 12:30 pm – 3 pm 3125 Fell Road WM</p>	<p>26</p> <p>Mah Jongg— 12:30 pm—3 pm 3125 Fell Road WM</p> <p>FHCP Movie: Cobbler 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM</p>	27
28	<p>29</p> <p>Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM</p>	<p>30VITAS: Caring for the Caregiver 3125 Fell Road WM 1 pm—2 pm</p> <p>Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM</p>				

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



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*

