

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

**Aging  
Matters**  
IN BREVARD

**Sunflower  
House**  
Caregiver Center

**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!**

 **Seniors At Lunch**  
group dining at neighborhood sites

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**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  
May 8th  
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  
May 1st  
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!**

**May 6th, 9th, 13th, 16th, 20th, 23rd and  
30th**

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  
May 3rd and 17th  
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**

**Movies**

**Every Friday 1 pm—3 pm**

*May 3rd: Limitless*

*May 10th: Saint Judy*

*May 17th: Snow White & the Seven Samurai*

*May 24th: Come Away*

*May 31st: Bullet Train Down*

*Alternate: The Amazing  
Maurice*

**RSVP 321.806.3752**



An Independent Licensee of the Blue Cross and Blue Shield Association

# May 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> SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon <b>Grandparents Raising Grandchildren</b> 10 am — 12 noon 3600 W. King Cocoa  Lou Echeverri—Guitar 3125 Fell Road 10:30 am—1pm 3125 Fell Road WM	<b>2</b> FHCP Movie: Limitless 12:30 pm – 3 pm 3125 Fell Road WM	<b>3</b> Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF ROOM  FHCP Movie: Limitless 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF. ROOM	4
5	<b>6</b> 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	<b>7</b> SFR: How Will I Know When My Loved one Needs Hospice? 11 am—12 pm 3125 Fell Road WM  Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	<b>8</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>9</b> Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Saint Judy 12:30 pm – 3 pm 3125 Fell Road WM	<b>10</b> Live Inspired: Impacted by Cancer 1:30 pm—3 pm 3125 Fell Road WM FHCP Movie: Saint Judy 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	1 1
1 2	<b>13</b> Sea Pines: B/P Clinic 11 am—12 pm 3125 Fell Road WM  Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	<b>14</b> Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	<b>15</b> SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon	<b>16</b> Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Snow White & the Seven Samurai 12:30 pm – 3 pm 3125 Fell Road WM	<b>17</b> Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF. ROOM FHCP Movie: Snow White & the Seven Samurai 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	1 8
1 9	<b>20</b> ALF 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	<b>21</b> 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	<b>22</b> SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon  SHINE: Presentation on Federal, State and Local Programs 11 am—12 pm 3125 Fell Road WM	<b>23</b> Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Come Away 12:30 pm – 3 pm 3125 Fell Road WM	<b>24</b> Mah Jongg— 12:30 pm—3 pm 3125 Fell Road WM  FHCP Movie: Come Away 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	2 5
2 6	<b>27</b> CLOSED	<b>28</b> Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	<b>29</b> SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon  MI Memory Research: Memory Screening 3125 Fell Road WM 12:30 pm –2:30 pm	<b>30</b> Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM  FHCP Movie: Bullet Train Down 12:30 pm – 3 pm 3125 Fell Road WM	<b>31</b> FHCP Movie: Bullet Train Down 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF 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



### 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*

