

NEWSLETTER

DECEMBER 2024

Aging Matters
IN BREVARD

Sunflower House
Caregiver Center

3125 Fell Rd. W. Melbourne, FL 32904
(321) 452-4341

[www.AgingMattersBrevard.org/Services/Sunflower House](http://www.AgingMattersBrevard.org/Services/SunflowerHouse)

Open Monday–Friday 9am to 5pm
Closed Weekends and Holidays



Seniors At Lunch
group dining at neighborhood sites

Come join us for fellowship and a meal MONDAY- FRIDAY
Call Lulu for reservations at 321.410.9179



Opportunities for Support

Caring for Caregiver– First Tues. Each Month 9am-10am
group for caregivers to share gentle conversations & understanding.

VITAS
Healthcare

Halos Are Heavy- COCOA 2nd Wed. each month 1pm–2pm
Caregiving isn't an easy task and it's ok to admit it

St. Francis
REFLECTIONS
Lifestage Care
Established 1977 • Licensed 1990

Dementia & Alzheimer's Support- 2nd Thurs. each month 10am-11am
discuss ways to cope with challenges & issues

Alzheimer's Foundation
Brevard

Growing Through Grief 3rd Tues. each month 3pm-4pm
conversations & connections help you navigate grief dynamics.

VITAS
Healthcare

Living With Loss- 2nd Wed. Each Month 1:30 pm-2:30pm
Casual gathering for those adapting to life with loss.

St. Francis
REFLECTIONS
Lifestage Care

Grandparents Raising Grandchildren– COCOA 1st Wed. Each Month 10am-12pm
New generations bring their own parenting challenges and issues.



Cancer Support 2nd Fri. Each Month 1:30pm-3pm
Cancer patients, survivors & caregivers are all invited

LIVE INSPIRED BREVARD

Wear a holiday attire or colors on Friday's

Durable Medical Equipment Banks through Donation

To borrow, or donate, gently used durable medical equipment visit these locations:

- **Aging Matters in Brevard: (321) 806-3752**
3600 W. King Street, Cocoa
- **I Love My Island: (321) 501-3999**
234 E. Merritt Island Cswy, Merritt Island
- **Sunflower House: (321) 452-4341**
3125 Fell Road West Melbourne.

Please call for a list of items we can accept.



Resource Center For Both Seniors and Caregivers

Partners

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.

A Proud Partner of
United Way
United Way of Brevard

Elder Affairs
FLORIDA

SRA
Senior Resource Alliance

AmeriCorps Seniors

Brevard County

COCOA
FLORIDA

City of Palm Bay

City of Melbourne
The Harbor City

CITY OF Titusville
FLORIDA



To receive the Sunflower House Newsletter via Email contact: mtaylor@agingmattersbrevard.org





Make sure to like and follow us on Facebook



“Aging Matters Sunflower House”



Health & Wellness

DOH Exercise Class

EVERY Tuesday 1pm-2pm



All levels of physical ability are welcome to join!

Memory Screening

Last Wednesday Each Month 12:30pm- 3pm



For adults who want to get a baseline of their cognitive abilities.

Confidential (30 Min)

Blood Pressure Clinic

2nd Monday Each Month 11am- 12pm



A free Blood Pressure check.



Resources

FHCP—Medicare Monday!

3rd Mon. Each Month 11am –12 pm



Join a Florida Health Care Plan representative to discuss Medicare Options

Notary Public Services

Tuesdays by Appointment Only.



Movies-

Only at Fell Rd. this month

Dec. 5- The Lost City

Dec. 12-Holiday in the Wild

Dec. 18- The Christmas Chronicles

Dec. 26- True Spirit



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.

December Special Events

Dec. 2- 1pm- Total Memory Workout Pt. 2



The 2nd of 4 weekly classes on how to build and maintain memory functions. Rebecca Osgood, Health First Memory Disorder Clinic.

Dec. 3- 11am- SFR Snacks & Facts



St. Francis Reflections and Lifestage Care question and answer session regarding hospice care

Dec 6- 1pm- Holiday Bean Auction

Join us for an afternoon auction, using beans instead of currency. Our community partners have donated an assortment of fun and unique items to bid on.

Dec. 9- 1pm- Total Memory Workout Pt. 3



Join Rebecca Osgood, HFMD, as she continues this brain health workshop.

Dec, 11- 1pm- “Everything’s Rosie” Craft Class



Join Rosie and her friends in doing a fun holiday craft you can be proud of. Sponsored by Seniors Helping Seniors.

Dec. 16-1pm- Total Memory Workout Pt. 4



This is the final workshop in the series lead by Rebecca Osgood from HFMD

Dec. 17-2pm- Hearts of Gold Therapy Dogs



Golden Retriever Rescue of Mid-Florida therapy dogs will be here for a session of snuggles and pets to ease the holiday stresses.

Dec. 20-1pm- BINGO with YourLife



Ashley Whorley, from YourLife, calls bingo and awards prizes for an afternoon of fun.

Dec. 21- 1pm- Holiday Party



Enjoy an afternoon of holiday cheer. Don't forget to wear your ugly sweater or holiday shirt.

Dec. 27-1pm- Tech Safety



Esteban Romero, Geeks 4 Life, returns to continue the discussion on how to safely use technology and avoid scams.

Dec. 31- 1pm- “A Toast to the New Year”

We will say good bye to 2024, the good the bad and the ugly and raise a (non-alcoholic) toast to the New Year.

PLEASE RSVP to (321) 452-4341