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.





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





Come join us for fellowship and a meal MONDAY- FRIDAY

Call Lulu for reservations at 321.410.9179



group for caregivers to share gentle conversations & understanding.

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

Dementia & Alzheimer's Support-

2nd Thurs. each month 10am-11am discuss ways to cope with challenges & issues

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

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

Grandparents Raising Grandchildren-<u>COCOA</u> 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



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Make sure to like and follow us on Facebook



"Aging Matters Sunflower House"

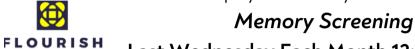


DOH Exercise Class

EVERY Tuesday 1pm-2pm



All levels of physical ability are welcome to join!



Last Wednesday Each Month 12:30pm-3pm

For adults who want to get a baseline of their cognative ablities.

Confidential (30 Min)

Blood Pressure Clinic



2nd Monday Each Month 11am-12pm

A free Blood Pressure check.



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.



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, Heath First Memory Disorder Clinic.

Dec. 3- 11am- SFR Snacks & Facts REFLECTIONS Lifetage Care

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, HFMDC, as she continues this brain health workshop.

Dec, 11- 1pm- "Everything's Rosie" Craft Class Seniors Helping Seniors

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 HFMDC

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

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 YourLife

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

Dec. 21- 1pm- Holiday Party Aging Matters Aging Matters Aging Surgeoner Aging Surgeoner

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

Dec. 27-1pm- Tech Safety GEEKSALIFE

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