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

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.

Partners

A Proud Partner of United Way — United Way of Brevard

Elder Affairs FLORIDA

SRA — Senior Resource Alliance

AmeriCorps Seniors

Brevard COUNTY

COCOA FLORIDA

The City of Palm Bay Florida

City of Melbourne — The Harbor City

CITY OF TITUSVILLE FLORIDA

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

NEWSLETTER

January 2025

Aging Matters IN BREVARD | Sunflower House Caregiver Center

3125 Fell Rd. W. Melbourne, FL 32904

(321) 452-4341

www.AgingMattersBrevard.org/Services/Sunflower House

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 Brevard Foundation

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.

Grandparents Raising Grandchildren–
W. MELBOURNE Last Mon. Each Month 9:30am- 11:30am
A new opportunity to connect with those who are also parenting the 2nd time..

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

LIVE INSPIRED BREVARD

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 cognative ablities.

Confidential (30 Min)

BP CLINIC

2nd Monday Monthly 11am

Resources

FHCP—Medicare Monday!

3rd Mon. Each Month 11am –12 pm

Florida Health Care Representative available to discuss your Medicare Needs

Notary Public Services

TUESDAY'S by Appointment Only.

Moore's Ins. & More

1st Friday Monthly 1pm

An Insurance Representative is here to answer your Medicare questions

Movies-

Jan. 2/3 - Enhola Holmes

Jan. 9/10- Happiness for Beginners

Jan. 16/17- Red Notice

Jan. 23/24- The Sleep Over

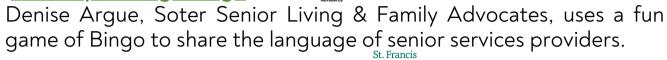Jan. 30/31- Family Pack

January Special Events

Jan. 3- 1pm Moore's Ins.& More Games

Vicki Moore, Moore's Ins. Solutions will be here to play Left Right Center and answer questions

.Jan 6- 1pm- Lingo Bingo

Denise Argue, Soter Senior Living & Family Advocates, uses a fun game of Bingo to share the language of senior services providers.

Jan. 7- 11am- SFR Snacks & Facts

Janet Price, St. Francis Reflections & Lifestage Care hosts a trivia game while answering questions about hospice

Jan. 8- 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.

Jan 13- 2pm Stick to Fit with Jeannette

Join us for an invigorating and exciting exercise class using music and drumsticks with international instructor Jeannette White.

Jan. 15.- 1pm Why & How of Product Label Reading

Join Michael Edwards, MA, CHES, as he discusses the reasons why product label reading is so important and understanding what you are reading.

Jan. 17-1pm- BINGO with YourLife

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

Jan. 22,29- 1pm- American Sign Language Video Series

Join us each Wed. at 1pm as we learn American Sign Language with this video series.

Jan 24- 11am SNAP-ED Nutrition and Body Health

Leann Hill, Second Harvest Food Bank, will be here to discuss healthy eating choices and body health. Part 1 of 4 (monthly)

PLEASE RSVP to (321) 452-4341