

March Events



Every Monday, - 1pm- Mah Jong with Celeste-

New or experienced players welcome.

Learn how to play or enjoy a good game.

March 4- 12:45pm Paper Crafts with Elaine

Elaine will be back with a new paper craft to share!

March 6- 1pm Wii Games with Allison

Bowling, Golf, Tennis... you can play them all without the physical demands of an actual game. It's all on the TV screen.



March. 9-1pm- Hearts of Gold Therapy Dogs

Join the dogs for a some unconditional love



March. 11-11am- Moore's Ins & More Games

Join Kara Davis, answering Medicare questions, while playing games

March 16-11:45am- Mary & her Harp

Mary will be back with her harp to provide beautiful music while you dine. Feel free to bring your lunch and join us.

March. 17- 1pm- St. Patricks Day Trivia & Shenanigans

Wear your **GREEN** and join us for some St. Patrick's Day trivia and other shenanigans



March . 18 - 11am-Librarian Linda

Librarian Linda will be back with another round of good reads and book suggestion.



March 20- 1pm -YourLife BINGO

Ashley Whorley, from YourLife, will be her to call Bingo

March 23-12:45pm- Bocce Ball on the Lawn

Michelle will be back to enjoy the cooler weather while playing Bocce Ball on the lawn

March 27-11am- SNAP ED

Join Leann for a discussion on healthy eating "Re Think Your Drink"



March 27- 1pm Lagoon Loyal

A informative presentation on stormwater and make your own Pollinator Kit.

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.

NEWSLETTER

MARCH
2026

Aging
Matters
IN BREVARD

Sunflower
House
Caring 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

Aging
Matters
IN BREVARD

MONDAY- FRIDAY (excluding holidays)

For more information call- 321.410.9179

Opportunities for Support

Brevard Brain Injury Support - 1st Tues. Monthly

A gathering of caregivers and those dealing with TBI's to uplift, support and share resources

NEW



Living With Loss- 2nd Wed Monthly 12:30 pm-

Casual gathering for those adapting to life with loss.



Caring for the Caregiver-3rd Wed Monthly. 3:30pm

New to caregiving? Need questions answered or a listening ear?

NEW



Cancer/ Chronic Illness Support- 2nd Fri. Monthly 1:30pm

Anyone dealing with cancer, chronic illness or having a loved one suffering from these conditions is welcome



Veterans Cafe- 4th Wed. Monthly 2:30pm-

Join us as we come together to find compassion, understanding and comradarie.



Grandparents Raising Grandchildren–

W. MELBOURNE Last Mon. Each Month 9:00am-

A new opportunity to connect with those who are also parenting for the 2nd time

COCOA 1st Wed. Each Month 9:30am-

New generations bring their own parenting challenges and issues.



a helping hand can be the light in a world of darkness

Durable Medical Equipment Banks through Donation

To borrow, or donate, gently used durable medical equipment

 **Aging Matters in Brevard (321) 806-8770**
(NOT ACCEPTING DONATIONS, RETURNS ONLY)
Please Call for an Appointment

3600 W. King St Cocoa, FL 32927

 **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.



Sponsorship Partners



In-Kind Partners



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

Make sure to like and follow us on Facebook



Health & Wellness



DOH Exercise Classes- EVERY Tuesday

10:45am- Sit & Stretch to Upright & Active

Start easier and transition into a harder work out

Beyond Balance Class



Work on strengthening core muscles and improving balance

CHAIR YOGA

2nd Friday Monthly 11am- w/ Stacey



4th Thursday each Month 11am- w/ Lisa

Flourish Memory Screening



Last Wednesday Each Month 1pm- 3pm by appt. only
Adults who want a baseline of their cognitive abilities. Confidential (30 Min)

BP CLINIC- 2nd Monday Monthly 11am



Resources

Medicare Monday!



3rd Mon. Each Month 1pm -2 pm

A Representative available to discuss your Medicare Needs



Moore's Ins.Solutions & More

2nd Wed. Each Month. 11am-12pm

A Representative is here to answer your Medicare questions

SHINE

1st, 3rd & 5th Wed. Monthly by appt. 9am-12pm



health insurance information, free, & confidential counseling assistance to Medicare beneficiaries, their families, & caregivers.



Mar. 5/6- Tall Girl 2

Mar. 12/13- Walk. Ride. Rodeo

Mar. 19/20- The Storied Life of AJ Fikery

March 26/27- Train Dreams