

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)489-3222

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.

Sunflower House Partners

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

SUNFLOWER HOUSE NEWSLETTER



MAY
2026

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

MONDAY- FRIDAY (excluding holidays)

For more information call- 321.410.9179

33rd Annual

National Senior Health & Fitness Day.



National Senior Health & Fitness Day is celebrated every year on the last Wednesday of May as part of the Older Americans Month activities. National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults to encourage physical activity and wellness.

More than 100,000 seniors participate in over 1,000 local events, such as health walks, screenings, and exercise demonstrations. usually hosted by community centers, hospitals, and senior living communities. The purpose is to promote active lifestyles for seniors, helping to maintain health, improve quality of life, and foster independence.

Join us at Sunflower House May 27, 2026

Opportunities for Support

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

2nd Monday Monthly 1pm (hiatus until cooler weather)

MFGGR- Hearts of Gold Therapy Dogs-



1st Tuesday Monthly 3:30pm

Brevard Brain Injury Support

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

2nd Wed Monthly 12:30 pm-



Living With Loss

A casual gathering for those adapting to life with loss.

3rd Wed Monthly. 3:30pm



Caring for the Caregiver

Whether you are new to caregiving or have been a long term caregiver, you must take care of yourself in order to care for others.

A casual group to find support and ear or a shoulder.

2nd Fri. Monthly 1:30pm

Cancer & Chronic Illness Support-



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

Grandparents Raising Grandchildren-

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

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

COCOA 1st Wed. Each Month 9:30am



Make sure to like and follow us on Facebook
"Aging Matters Sunflower House"



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

1st & 3rd Fridays Montly

Work on strenthening core muscles and improving balance

CHAIR YOGA

2nd Friday Monthly 11am- w/ Stacey



4th Friday Monthly 11am- w/ Lisa

Flourish Memory Screening



Last Wednesday Each Month 1pm 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



SHINE

April 2, 8 and 22 by appt. 10am-12pm

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



| <u>Mon.</u> | <u>Tues.</u> | <u>Wed.</u> | <u>Thurs.</u> | <u>Fri.</u> |
|--|--|-------------|----------------------------|---|
| | | | | 1 1pm MOVIE Eleanor the Great |
| 4 12:30p- Mah Jongg | 5 Cinco de Mayo | 6 | 7. 10:30a- Mah Jongg | 8 1pm- MOVIE- It Takes a Village |
| 11 12:30p- Mah Jongg | 12 | 13 | 14 10:30a- Mah Jongg | 15 1pm MOVIE- Eat. Pray. Bark |
| 18 9a- ALF Med Tech Training 12:30p- Mah Jongg | 19 9:30am- AARP Driver Safety Course AARP Call Nancy Westerband for more info 321.805.6772 | 20 | 21 10:30a- Mah Jongg | 22 1pm MOVIE- The Childrens Train |
| 25 CLOSED MEMORIAL DAY | 26 | 27 | 28 10:30a- Mah Jongg | 29 1pm MOVIE- IF |



Thursdays at 12:45pm

Sunflower House

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

Fridays at 1pm

Aging Matters in Brevard Office

3600 W. King St. Cocoa, FL 32927
321 639-8770

May 7/8- It Takes a Village (2026)

On the day of Halina and Jan's wedding, financial troubles suddenly put the celebration at risk. The close-knit local community rallies together, using clever plans and a bit of mischief to support Halina, turning everyday mishaps into shared adventures that prove solidarity, friendship, and humor are a small town's greatest strengths.

May 14/15- Eat. Pray. Bark. (2026)

Five eccentric dog owners seek help in dealing with their four-legged friends. Their last hope: an intensive course with the charismatic and legendary dog trainer Nodon in the Tyrolean mountains.

May 21/22- The Childrens Train (2024)

A seven-year-old boy named Amerigo who in 1946 leaves his impoverished family in Naples and gets on a train to go live with a wealthier family in the north as part of a postwar initiative to rescue children from poverty.

May 28/29- IF (2024)

Bea, a 12-year-old girl, moves into her grandmother's apartment in New York while her father undergoes heart surgery. She discovers a hidden world of imaginary friends, or IFs, and embarks on a journey to help them reunite with their original children, including herself. Through this magical adventure, Bea learns the power of imagination, family, and the healing nature of friendship.

|  MAY 2026  321. 452.4341 | | | | |
|--|--|--|--|--|
| <u>Mon.</u> | <u>Tues.</u> | <u>Wed.</u> | <u>Thurs.</u> | <u>Fri.</u> |
| | | | | 1 11a- Beyond Balance w/ Mica 12:30pm - Mother Goose Trivia |
| 4 1pm- American Mah Jongg | 5 10:45a-  Fitness Class 12:30pm- Travel through the US - Celebrating 250 years of Independence 3:30p - Brevard TBI Support | 6 10a-12p- SHINE 12:45p- Papercrafts with Elaine | 7 12:45p MOVIE- It Takes A Village | 8 11a- Chair Yoga w/ Stacey 1:30pm- Chronic Illness/ Cancer Support - Live Inspired Brevard |
| 11 11am- Blood Pressure Clinic 1pm- American Mah Jongg | 12 10:45a- Fitness Class w/ Kia 12:30- Power of Women Photo Session | 13 12:30p- GAME DAY 12:30p- Living w/ LossSupport (St. Francis) | 14 12:45p- MOVIE- Eat. Pray. Bark | 15 11am- Beyond Balance w/ Mica- 1p- BINGO w/ Your Life |
| 18 1p- Medicare Monday 1pm- American Mah Jongg | 19 10:45a Fitness Class w/Kia | 20 10a-12p- SHINE 11a- Librarian Linda 3:30p- Caring for the Caregiver (Vitas) | 21 12:45p- MOVIE- The Childrens Train | 22 11a- Chair Yoga w/ Lisa |
| 25 CLOSED  | 26 10:45a- Fitness Class w/ Kia | 27  | 28 12:45p MOVIE- IF | 29 12:30pm - TV Theme song Trivia |

~What's Happening in MAY~

Tues. May 5 -12:45pm -
“Travel through the US in 2026 - Celebrating 250 years of Independence”
 Join Nicolett Talley, of Dream Vacations, as she presents a look across the US as we celebrate 250 years of independence




Wed. May 6- 12:45pm- Paper Crafts with Elaine
 Join an Elaine for an afternoon of paper crafts and laughs

Tues. May 12- 12:30pm- Power of Women Photo Shoot
 Professional photographer Athena Hill will be here to do a glamour photo shoot showcasing the beauty and power of women.

Fri. May 15- 1pm- BINGO with 
 Ashley from Your Life Memory hosts Bingo for an afternoon of fun and prizes

Mon. May 18,-12:30pm- Medicare Monday
 Ali returns to play music trivia and answer your medicare questions



Tues. May 19-(Cocoa Location)9:30am-AARP Driver Safety Course
 Contact Nancy Westerband (321) 805-6772 for more information. 
 Senior Drivers could see a discount on their auto insurance.

Wed. May 20 - 1130am Librarian Linda
 Librarian Linda will be back with another round of good reads and book suggestions.

Mon. May 25- MEMORIAL DAY _CLOSED



Wed. May 27
NATIONAL SENIOR HEALTH & FITNESS DAY

- 10:15am-** Rhythm Fitness Video
- 11:00am-** SNAP ED-Nutrition and Movement
- 12:30pm-** SALAD in a JAR PARTY **RSVP REQUIRED** 
- 1:00pm-** Memory Screenings 

PLEASE RSVP for Events to (321) 452-4341