

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



JUNE
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



Hurricane Season and Summer

Can you believe we are halfway through 2026 already?
Hurricane Season starts on June 1st and summer starts on June 20th

The temperatures are already on the rise and the humidity has come back with a vengeance.

Please make sure to drink plenty of water, avoid caffeine, alcohol and high sugar drinks.

If you must be outside take breaks in the AC, wear loose, light colored clothing and stay indoors during the hottest part of the day.

On June 23rd Lauren, from the Brevard County Emergency Management Center, will be here to discuss hurricane safety and how to get ready for a storm . It only takes 1 Florida storm to make a bad season.

Lauren will also share what goes on at the Emergency Management Center daily as they watch over Brevard County.

Please join us for this presentation.

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

1st adnd 3rd Wednesday Monthly

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 12:30p- Mah Jongg	2	3 9:30am- Grandparents Raising Grandchildren	4	5 1pm MOVIE Remarkably Bright Creatures
8:12:30p- Mah Jongg	9	10	11 10:30a- Mah Jongg	12 1pm- MOVIE- And So It Goes
15 12:30p- Mah Jongg	16 9:30am- AARP Driver Safety Course Call Nancy Westerband for more info 321.805.6772 	17	18 10:30a- Mah Jongg	19 Wear Blue for Mens Health 1pm MOVIE- Gorrilla Story
22 12:30p- Mah Jongg	23	24	25 10:30a- Mah Jongg	26 1pm MOVIE- Feel the Beat
29 9a- ALF Med Tech Training 12:30p- Mah Jongg	30		July 2	July 3 CLOSED



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

June 4/5- Remarkably Bright Creatures (2026)

Through unlikely bonds formed with an giant Pacific octopus and a young drifter during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

June 11/12- And So It Goes (2014)

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home

June 18/19- Gorilla Story (2026)

David Attenborough tells the remarkable story of his first encounter with the baby gorilla Pablo, how that gorilla grew up to be a top Silverback and how Pablo's direct descendants are doing today.

June 25/26- Feel the Beat (2020)

After failing to find success on Broadway, egocentric April returns to her hometown and is recruited to train a misfit group of young dancers for a big competition.

<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
1 1pm- American Mah Jongg	2 11am- Fitness Class w/ Kia 3:30pm - Brevard TBI Support	3 10a-12p- SHINE 12:45p- Papercrafts with Elaine	4 12:45p MOVIE- Remarkably Bright Creatures	5 11a- Beyond Balance w/ Mica
8 11am- Blood Pressure Clinic 1pm- American Mah Jongg	9 11a- Fitness Class w/ Kia	10 12:30p- <i>Living w/ LossSupport (St. Francis)</i> 12:45p Wii Bowling w/ Allison	11 12:45p MOVIE- And So It Goes	12 11a- Peer Led Fitness 1:30pm- Chronic Illness/ Cancer Support - Live Inspired Brevard
15 12:45pm- Medicare Monday w/ Ali 1pm- American Mah Jongg	16 11a- Fitness Class w/ Kia	17 10a-12p- SHINE 11a- Librarian Linda 3:30p- Caring for the Caregiver (Vitas)	18 12:45p- MOVIE- Gorrilla Story	19 <i>Wear Blue for Mens Health</i> 11am- Beyond Balance w/ Mica- 1p- BINGO w/ Your Life
22 1pm- American Mah Jongg	23 11a Fitness Class w/Kia 12:30pm- BCEOC Presentation	24 11am- SNAP ED 12:30- SAGES Movie Premier Denying Gravity	25 12:45p- MOVIE- Feel the Beat	26 11a- Peer Led Fitness
29 1pm- American Mah Jongg	30 11a- Fitness Class w/ Kia 12:45pm- Florida Day Trips Presentation	July 1	July 2	July 3 CLOSED

~What's Happening in June~

Wed. June 3- 12:45pm- Paper Crafts with Elaine
Join an Elaine for an afternoon of paper crafts and laughs

Wed. June 10- 12:45pm- Wii Bowling with Allison
Come learn the art of Wii Bowling or share your experience with new bowlers. Maybe you'll find some healthy competition or learn a new fun skill.



Mon. June 15, -12:30pm- Medicare Monday.
Ali returns to play music trivia and answer your medicare questions

Tues. June 16-(Cocoa only)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. June 17 - 11:30am Librarian Linda
Librarian Linda will be back with another round of good reads and book suggestions.



Fri. June 19- 1pm- BINGO with
Ashley from Your Life Memory hosts Bingo for an afternoon of fun and prizes



Tues. June 23- 12:30pm - Brevard Emergency Management Center Presentation
Lauren Possinger, Mass Care Coordinator, will be here to discuss the daily operations and responsibilities, as well as how and when to prepare for a hurricane and other disaster situations.



Wed. June 24- S.A.G.E.S Movie Premier- Defying Gravity.
S.A.G.E.S.(Screen Actors Guild & Education Services) is a non-profit organization committed to using live theater to educate & empower older adults with a positive view of aging. Defying Gravity is a one act play, turned movie, by seniors for seniors, to prevent falls.



Tues. June 30-12:30pm- Florida Day Trips Presentation
Listen as Nicolette Tolley, Dream Vacations, discusses Florida day trips, Florida historical sites of interest and how to plan a day trip for you and your friends

PLEASE RSVP for Events to (321) 452-4341
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.