

Durable Medical Equipment Banks through Donation

To borrow, or donate, gently used durable medical equipmen



Aging Matters in Brevard (321) 806-3752

(NOT ACCEPTING DONATIONS, , RETURNS ONLY)

Please Call for an Appointment

3600 W. King St Cocoa, FL 32927



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

JULY
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



Seniors are often the focus of Fraud and Scams

Learn how to Protect Yourself

“More than 3.5 million adults aged 60 and older fall victim to financial exploitation every year. Overall, an estimated 4 in 10 older Americans report losing money or having sensitive information compromised to fraud. These schemes cost older adults billions of dollars annually”, per the Senate Committee on Aging.

On Wed. July 22nd, at 12:45pm

representatives from Rhodes Law, P.A. will be at Sunflower House, W. Melbourne, to discuss how to protect yourself from scams and fraud, as well as what to do if you have already been a victim.

If you would like to attend please RSVP
(321)452-4341

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

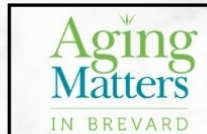
A Representative available to discuss your Medicare Needs



SHINE

1st adnd 3rd Wednesday Monthly

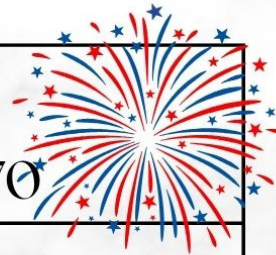
Health insurance information, free, & confidential counseling, assistance to Medicare beneficiaries, their families, & caregivers.



3600 W. King St. Cocoa, FL 32927

JULY 2026

321.639.8770



<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
June 29 12:30p- Mah Jongg	June 30	1 9:30am- Grandparents Raising Grandchildren	2	3 CLOSED 
6 12:30p- Mah Jongg	7	8	9 10:30a- Mah Jongg	10 1pm- MOVIE- Ticket to Paradise
13 12:30p- Mah Jongg	14	15	16 10:30a- Mah Jongg	17 1pm MOVIE- Giving Hope: The Ni'Cola Mitchell Story
20 9a- ALF Med Tech Training 12:30p- Mah Jongg	21	22	23 10:30a- Mah Jongg	24 1pm MOVIE- The Age of Adeline
27 12:30p- Mah Jongg	28	29	30 10:30a- Mah Jongg	31 1pm MOVIE- Safe Haven



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

July 2- (W. Melb. only)-The Sandlot (1993)

When Scottie Smalls moves to a new neighborhood, he manages to make friends with a group of kids who play baseball at the sandlot. Together they go on a series of funny and touching adventures. The boys run into trouble when Smalls borrows a ball from his stepdad that gets hit over a fence.

July 9/10- Ticket to Paradise (2022)

A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

.July 16/17- Giving Hope: The Ni'cola Mitchell Story (2023)

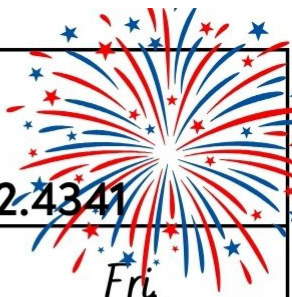
A survivor of abuse, author Ni'Cola Mitchell founds a nonprofit, Girls who Brunch, to empower at risk girls in underserved communities. She works to save them from abuse and exploitation, while facing her own medical challenges.

July 23/24- The Age of Adaline (2015)

Adaline Bowman has miraculously remained a youthful 29-years-of-age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever

July 30/31- Safe Haven (2013)

Katie Feldman moves to a small town on the North Carolina coast, determined to make a new life for herself. She takes a job as a waitress and keeps a low profile, but she is soon won over by the warmth and caring of the close-knit community, especially that of Alex, a widower. With the help of Alex and his children, Katie learns to love and trust again, but when a mysterious stranger arrives and starts asking questions, Katie's dark past threatens to reclaim her.



<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
June 29 1p- American Mah Jongg	June 30 11a- Fitness Class w/ Kia	1 10a-12p- SHINE 12:45p- Papercrafts with Elaine	2 12:45p MOVIE- The Sandlot	3 CLOSED 
6 12:30- Game Day 1p- American Mah Jongg	7 11a- Fitness Class w/ Kia 12:30p- Wild Babies- Video Series 3:30p- TBI Support	8 12:30p- July Trivia 12:30p- <i>Living with Loss</i> <i>Support</i> <i>(St. Francis)</i>	9 12:45p MOVIE- Ticket to Paradise	10 11a- Chair Yoga w/ Stacy 1:30p- <i>Chronic Illness/</i> <i>Cancer Support -</i> <i>Live Inspired Brevard</i>
13 11a- Blood Pressure Clinic 11:30a- Joseph plays the Violin 1pm- American Mah Jongg	14 11a- Fitness Class w/ Kia 12:30p- Wild Babies- Video Series	15 10a-12p- SHINE 11a- Librarian Linda 12:30p- Wii Bowling 3:30p- <i>Caring for the</i> <i>Caregiver (Vitas)</i>	16 12:45p- MOVIE- Giving Hope: The Ni'cola Mitchell Story	17 11a- Beyond Balance w/ Mica- 1p- BINGO w/ YourLife
20 11:30- Moon Memories 12:45p- Medicare Monday w/ Ali 1p- American Mah Jongg	21 11a Fitness Class w/Kia 12:30p- Wild Babies- Video Series	22 11a- SNAP ED 12:45p- Avoiding Scams by Rhodes Law, PA	23 12:45p- MOVIE- The Age of Adeline	24 11a- Rhythem Fitness video 12:45pm- Music by Guy
27 9a- <i>Grandparents Raising</i> <i>Grandchildren</i> 1pm- American Mah Jongg	28 11a- Fitness Class w/ Kia 12:30p- Wild Babies- Video Series	29 12:45p- Beach Ball Volleyball	30 12:45p- MOVIE- Safe Haven	31 11a- Peer Led Fitness 11:30a- Joseph plays the Violin

~What's Happening in July~

Wed. July 1- 12:45pm- Paper Crafts with Elaine

Join an Elaine for an afternoon of paper crafts and laughs

Mon. July 6, 13, 20, 27- 1pm- American Mah Jongg with Celeste

New and experienced players welcome!

Mon. July 13- 11:30am- Joseph plays the Violin

Bring your lunch and join us as Joseph serenades us while we eat lunch.

Wed. July 15 - 11:30am Librarian Linda



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

Fri. July 17- 1pm- BINGO with



Ashley from Your Life Memory hosts Bingo for an afternoon of fun and prizes

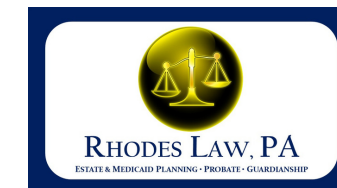
Mon. July 20, -12:30pm- Medicare Monday.



Ali retuns to play music trivia and answer your medicare questions

Wed. July 22- 12:45pm- Fraud and Scam Prevention by Rhodes Law, PA

Thousands of seniors each year are the victims of scam and fraud. Learn how to protect yourself and what to do if you have already had it happen to you.



Fri. July 24- 12:45pm- Music by Guy-

Enjoy music performed by Guy alone, that sounds like a full orchestra.

Fri. July 31- 11:45am- Joseph plays the Violin-

Joseph will return once again to share music on his volin while we eat.

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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.