

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

August
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)

National Senior Citizens Day.

On Aug. 19, 1988 Ronald Regan signed a proclamation declaring
Aug. 21 as National Senior Citizens Day.

“Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land”.

“For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute.” ~Ronald Regan

National Senior Citizen Day is dedicated to recognizing the profound impact senior citizens have on our society. It is a day to recognize their wisdom, experience and ongoing contributions to family, friends, community and workforce.

We are sending a heartfelt thank you to ALL
RSVP (Retired Senior Volunteer Program) Volunteers
for their unwavering support of Aging Matters in Brevard!
Sunflower House, Senior TranServe / Vets Driving Vets
, Meals on Wheels, Seniors at Lunch and all other
RSVP Program and Senior Citizen Volunteers

WE THANK YOU!

SUNFLOWER HOUSE NEWSLETTER

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.



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



Weekly Thursday from 1pm-4pm

Social Worker Meet & Greet



Feeling Stressed? Life's challenges becoming overwhelming?
Talk with a licensed clinical social worker or Masters of Social Work Student
They may be able to help you access the right resources or offer one on one support and wellness education.

RSVP to: 321.294.3211 or connect@liveinspiredbrevard.org



Make sure to like and follow us on Facebook

"Aging Matters Sunflower House"



Health & Wellness



DOH Exercise Classes- EVERY Tuesday

11am- Sit & Fit Class

Exercises can be modified for all activity levels

Beyond Balance Class

1st & 3rd Fridays Montly



Work on strengthening core muscles and improving balance

CHAIR YOGA

2nd Friday Monthly 11am- w/ Stacey



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 and 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>
3 12:30p- Mah Jongg	4	5	6	7 1pm- MOVIE- A Beautiful Day in the Neighborhood
10 12:30p- Mah Jongg	11	12	13 10:30a- Mah Jongg	14 1pm- MOVIE- 80 for Brady
17 9a- ALF Med Tech Training 12:30p- Mah Jongg	18	19	20 10:30a- Mah Jongg	21 1pm MOVIE- Your Place or Mine
24 12:30p- Mah Jongg	25	26	27 10:30a- Mah Jongg	28 1pm MOVIE- The Starling
31 12:30p- Mah Jongg				



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

Aug. 6/7- A Beautiful Day in the Neighborhood (2023)

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past. Loosely based on a true story

Aug. 13/14-80 for Brady (2019)

Four best friends, who live life to the fullest despite every challenge, take a wild trip to the Super Bowl to see their hero, American football star Tom Brady, play. Loosely based on a true story.

Aug. 20/21- Your Place or Mine (2023)

Debbie and Peter are best friends and total opposites. She craves routine with her son in LA, but he thrives on change in NY. When they swap houses and lives for a week they discover what they think they want might not be what they really need.

Aug. 27/28- The Starling (2021)

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.



<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
3 12:30p- Video American Mustangs: The Wild Horses of the Old West Documentary 1p- American Mah Jongg	4 11a- Fitness Class w/ Kia 3:30p- Brain Injury Support	5 12:45p- Papercrafts with Elaine	6 National Root Beer Float Day 12:45p MOVIE- A Beautiful Day in the Neighborhood 1pm- 4p Social Worker Meet & Greet- by appt. only	7 11a- Beyond Balance w/ Mica 12:30p Wii Bowling
10 11a- Blood Pressure Clinic 1p- American Mah Jongg	11 11a- Fitness Class w/ Kia 12:30p- Sing-A- Long with Eileen	12 World Elephant Day 12:30p- Video- Elephant Whispers 12:30p- Living with Loss Support	13 MOVIE- 80 For Brady 1pm- 4p Social Worker Meet & Greet - by appt only	14 11a- Chair Yoga w/ Stacy 1:30p- Chronic Illness/ Cancer Support -
17 12:45p- Medicare Monday w/ Ali 1pm- American Mah Jongg	18 11a- Fitness Class w/ Kia 12:30p- Video Series- Our Oceans Ep. 1& 2	19 10a-12p- SHINE 11a- Librarian Linda 12:30p- Golden Era Music by Jim 3:30p- Caring for the Caregiver Support	20 12:45p- MOVIE- Your Place or Mine 1pm- 4p Social Worker Meet & Greet- by appt only	21 11a- Beyond Balance w/ Mica- 1p- BINGO w/ YourLife
24 12:30p Game Day 1p- American Mah Jongg	25 11a Fitness Class w/Kia 12:30p- Video Series- Our Oceans Ep. 3, 4, & 5	26 11a- SNAP ED 12:30pm Survivor- Show & Tell w/ Aging Care Experts 1p- Memory Screenings	27 12:45p- MOVIE- The Starling 1pm- 4p Social Worker Meet & Greet- by appt only (Live Inspired Brevard)	28 11a- Rhythm Fitness video 12:30pm- Jigsaw Puzzle Contest
31 9a- Grandparents Raising Grandchildren 1pm- American Mah Jongg				

~What's Happening in August~

Wed. Aug. 5th - 12:45pm- Paper Crafts with Elaine

Join an Elaine for an afternoon of paper crafts and laughs

Mon. Aug. 3,10, 17, 24, 31- 1pm- American Mah Jongg with Celeste

New and experienced players welcome!

Tues. Aug. 11 12:30pm- Sing-A-Long with Eileen

Join Eileen for an afternoon sing-a-long of some of our favorite tunes.

Wed. Aug. 12-12:30pm World Elephant Day

Come watch the video Elephant Whispers and learn about these majestic creatures.



Mon. Aug. 17,-12:30pm- Medicare Monday

Ali returns to play music trivia and answer your medicare questions



Wed. Aug. 19 - 11:30am Librarian Linda

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

Wed. Aug. 19 12:30pm- Music of the Golden Era by Jim

Jim is bringing his keyboard and loadsof musical talent to share the big band sounds of the Golden Era. Join him on a musical journey of listening pleasure and song history.



Fri. July 17- 1pm- BINGO

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



Wed. Aug 16 - 12:45pm-SURVIVOR- Show & Tell

Join Jenny from Aging Care Experts, for a unique version of Show & Tell. Bring the oldest object or the thing you have owned the longest and share the story behind it with all of your peers. This is sure to be an interesting ad fun afternoon!

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.