

## Durable Medical Equipment Banks through Donation

Borrow, or Donate (clean), gently  
used durable medical equipment



**Aging Matters in Brevard: (321) 806-3752**

*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](mailto:mtaylor@agingmattersbrevard.org)**

**October  
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*



**MONDAY- FRIDAY (excluding holidays)**

*Florida might not have chilly winds or falling leaves,  
but we can still have Fall Fun!*

1. Get a Pumpkin Spice Latte or Fall drink
2. Take cute pictures at a pumpkin patch
3. Decorate your house for Fall
4. Light a Fall scented candle in your home
5. Attend a farmers' market
6. Go to a Fall festival/ corn maze
7. Carve or decorate a pumpkin
8. Run/ Walk a Fall 5K
9. Participate in a Thanksgiving food drive
10. Decorate Fall cookies/ bake cinnamon rolls/ bake a pie
11. Roast pumpkin seeds
12. Take a scenic drive
13. Decorate a mug
14. Read a cozy book outside
15. Make trail mix
16. Watch football
17. Go on a nature walk
18. Start a Fall journal
19. Watch your favorite Fall or Halloween Movie
20. Make chili or soup
21. Do a random act of kindness



How many are on your Fall Bucket List this year?

**SUNFLOWER HOUSE NEWSLETTER**

# Opportunities for Support

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



2nd Monday Monthly 1pm  
**MFGGR- Hearts of Gold Therapy Dogs**



1<sup>st</sup> Tuesday Monthly 3:30pm

**Brevard Brain Injury Support**



Will resume in 2027. Please watch for updates



2nd Wed Monthly 12:30 pm-

**Living With Loss**

A casual gathering for those adapting to life with loss.

3<sup>rd</sup> 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](mailto: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 & 3<sup>rd</sup> Fridays Montly**



Work on strengthening core muscles and improving balance

**CHAIR YOGA**

**2<sup>nd</sup> 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**

**1<sup>st</sup> and 3<sup>rd</sup> Wednesday Monthly**

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

| <div>  <div> <div>October 2026</div> <div> 321.639.8770  </div> </div> </div> |              |                                                   |                                                                                           |                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------|
| <u>Mon.</u>                                                                                                                                                                                                                                      | <u>Tues.</u> | <u>Wed.</u>                                       | <u>Thurs.</u>                                                                             | <u>Fri.</u>                                        |
|                                                                                                                                                                                                                                                  |              |                                                   | 1                                                                                         | 2<br>1p-MOVIE-<br>The Art of Racing<br>in the Rain |
| 5<br>12:30p-<br>Mah Jongg                                                                                                                                                                                                                        | 6            | 7<br>9a- Grandparents<br>Raising<br>Grandchildren | 8<br>10:30a-<br>Mah Jongg                                                                 | 9<br>1p-MOVIE-<br>Mrs. Harris Goes<br>to Paris     |
| 12<br>12:30p-<br>Mah Jongg                                                                                                                                                                                                                       | 13           | 14                                                | 15<br>10:30a-<br>Mah Jongg                                                                | 16<br>1p-MOVIE-<br>Voicemails for<br>Isabelle      |
| 19<br>9am-<br>Med Tech Class<br>12:30p-<br>Mah Jongg                                                                                                                                                                                             | 20           | 21                                                | 22<br>10:30a-<br>Mah Jongg<br>10:30am-<br>Your Phone,<br>Your Power Class<br>with Patrick | 23<br>1p- MOVIE-<br>Irish Wish                     |
| 26<br>12:30p-<br>Mah Jongg                                                                                                                                                                                                                       | 27           | 28                                                | 29<br>10:30a-<br>Mah Jongg                                                                | 30<br>1p- MOVIE-<br>Song Sung Blue                 |



**Thursdays at 12:30pm**  
**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

### Oct. 1/2- The Art of Racing in the Rain (2019)

Denny Swift is a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life. Besides his career, Denny has three loves of his life -- his beautiful wife, their young daughter and his best friend, which is a dog that wants to be reincarnated into a human.

### Oct. 8/9- Mrs. Harris Goes to Paris (2022)

In the 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

### Oct. 15/16- Voicemails for Isabelle (2026)

Jill leaves voice messages to her deceased sister telling her about her chaotic life in San Francisco. Unwittingly, a mysterious Austin real estate agent begins to receive their confessions.

### Oct. 22/23 Irish Wish (2024)

When the love of her life gets engaged to her friend, Maddie puts her feelings aside to be a bridesmaid at their wedding in Ireland. Days before the wedding, Maddie makes a spontaneous wish for true love, only to wake up as the bride-to-be.

### Oct. 29/30 Song Sung Blue (2025)

Two down-on-their-luck performers form a Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.

*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.*

| <div>  <div> <b>October 2026</b>  </div> </div> |                                                                                                    |                                                                                                   |                                                           |                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <div> 3125 Fell Rd. W. Melbourne, FL 32904 321. 452.4341 </div>                                                                                                                                                     |                                                                                                    |                                                                                                   |                                                           |                                                                                                                   |
| <u>Mon.</u>                                                                                                                                                                                                         | <u>Tues.</u>                                                                                       | <u>Wed.</u>                                                                                       | <u>Thurs.</u>                                             | <u>Fri.</u>                                                                                                       |
|                                                                                                                                                                                                                     |                                                                                                    |                                                                                                   | 1<br>12:30p- Movie<br>The Art of<br>Racing in the<br>Rain | 2<br>11a-<br>Fitness Class<br>12:30p-<br>Wii Bowling                                                              |
| 5<br>12:30p-<br>Beach Ball<br>Volleyball                                                                                                                                                                            | 6<br>11a-<br>Peer Led<br>Fitness Class<br>12:30p-<br>Your Phone,<br>Your Power<br>class w/ Patrick | 7<br>1p-<br>Papercrafts with<br>Elaine                                                            | 8<br>12:30p- MOVIE-<br>Mrs. Harris Goes<br>to Paris       | 9<br>11a-<br>Chair Yoga w/<br>Stacey<br>1:30p-<br>Cancer/Chronic<br>Illness Support<br>(Live Inspired<br>Brevard) |
| 12<br>11a- Blood<br>Pressure Clinic<br>12:30p-<br>Hearts of Gold<br>Therapy Dogs                                                                                                                                    | 13<br>11a-<br>Fitness Class<br>12:30p- Video<br>Kangaroo Valley                                    | 14<br>12:30p- Trivia<br>12:30p-<br>Living w/ Loss<br>Support<br>(St. Francis)                     | 15<br>12:30p- MOVIE-<br>Voicemails for<br>Isabelle        | 16<br>11a-<br>Beyond Balance<br>Class<br>1p-<br>YourLife Bingo                                                    |
| 19<br>1230p-<br>Medicare<br>Mondayw/ Ali                                                                                                                                                                            | 20<br>11a-<br>Fitness Class w/<br>Kia<br>12:30p- Video<br>Penguin Town                             | 21<br>10a-12p SHINE<br>1130a-<br>Librarian Linda<br>3:30p- Caring<br>for the Caregiver<br>(Vitas) | 22<br>12:30p<br>MOVIE-<br>Irish Wish                      | 23<br>11a-<br>Fitness Class<br>12:30pm-<br>Music with Jim                                                         |
| 26<br>9a- GRG<br>Support<br>12:30p-<br>Minute to Win It<br>Games                                                                                                                                                    | 27<br>11a-<br>Fitness Class w/<br>Kia<br>12:30p Video-<br>Puff- Wonders of<br>the Reef             | 28<br>11a-<br>SNAP ED<br>1p-<br>Flourish Memory<br>Screenings                                     | 29<br>12:30p<br>MOVIE-<br>Song Sung Blue                  | 30<br>11a<br>Fitness Video<br>12:30- Halloween<br>Trivia<br>1p<br>Hearing Life<br>Hearing<br>Screenings           |

## ~Look at What's Happening in October~

### Tues. Oct. 6<sup>th</sup> - 12:30pm- Your Phone, Your Power

Patrick Anderson will be here to provide a free class on how to use your cell phone.

Please RSVP to reserve your place in the class. (321) 452-4341



### Wed. Oct, 7<sup>th</sup> - 12:30pm- Paper Crafts with Elaine ---✂

Join an Elaine for an afternoon of paper crafts and laughs



### Mon. Oct. 12<sup>th</sup> - Welcome back to the Heart of Gold Therapy Dogs

The weather is finally cool enough for man and beast so join us on the patio as we welcome back th Hearts of Gold Therapy Dogs.

### Fri. Occt. 16<sup>th</sup> - 1pm- BINGO with Ashley



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



### Mon. Oct. 19<sup>th</sup>-12:30pm- Medicare Monday with Ali

Get answers to your Medicare questions in a relaxed enviroment with a group of your peersand have some fun as well.

### Wed. Oct. 21<sup>st</sup>- 11:30am Librarian Linda



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



### COCOA- Thurs. Oct. 22 1030a- Your Phone, Your Power Class

Patrick contiues his Step by Step class to unlocking your phone's potential. RSVP to 321 806-3752

### Fri. Oct 23- 12:30pm-Music with Jim



Jim and his keyboard are coming back for another wonderful afternoon of music and fun.



### Wed. Oct. 28<sup>th</sup> Memory Screenings with Flourish Research



You get regular check ups for your body health, wny no start getting check ups on your memory health? Sign up for a free screening that takes about 30 minutes. Appt Required. (321) 452-4341

### Fri.Oct. 30- 1pm- Hearing Life Hearing Screenings



Hearing Life will be here to provide some baseline hearing screeings, help cleaning hearing aides and good information to share about our hearing.

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