Durable Medical Equipment Banks through Donation

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

Aging Matters in Brevard: (321) 806-3752

NOT accepting Donations at this time.

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

November 2026

Aging Matters IN BREVARD | Sunflower House Caregiver Center

3125 Fell Rd. W. Melbourne, FL 32904

(321) 452-4341

www.AgingMattersBrevard.org/Services/Sunflower House

Open Monday—Friday 9am to 5pm

Closed Weekends and Holidays

Seniors At Lunch group dining at neighborhood sites | Aging Matters IN BREVARD

MONDAY- FRIDAY (excluding holidays)

The Golden Season of Thanks

For all the quiet mornings passed,
And stories told that still will last,
For wisdom carved in gentle eyes,
Beneath the wide and autumn skies.
For hands that held us through the years,
For quiet strength through joy and tears,
We gather close to break the bread,
And honor paths your steps have led.
The table fills with warmth and grace,
With laughter in a cherished place,
We thank you for the love you share-
A gentle light, a steady prayer.



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-

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 overwhelmng?
Talk with a licensed clinical soical 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 strenthening core muscles and improving balance

Chair Yoga or Seated Exersice Class

2nd & 4th Friday Monthly 11am

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 is available to discuss your Medicare needs.

1st and 3rd Wednesday Monthly

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

Aging Matters
3600 W. King St. Cocoa, FL 32927

November 2026

321.639.8770



Mon.	Tues.	Wed.	Thurs.	Fri.
2	3	4 9a- Grandparents Raising Grandchildren Support	5 **10:30am-** Your Phone, Your Power Class with Patrick	6 **1p-MOVIE-** Always Be My Maybe
9 **12:30p-** Mah Jongg	10	**11 Veterans Day**	12 **10:30a-** Mah Jongg	13 **1p-MOVIE-** Firehouse Dog
16 **9am-** **Med Tech Class** **12:30p-** Mah Jongg	17	18	19 **10:30a-** Mah Jongg	20 **1p-MOVIE-** The Breadwinner
23 **12:30p-** Mah Jongg	24	25	**26 CLOSED**	**27 CLOSED**
30 **12:30p-** Mah Jongg	Dec.1	Dec.2 **930a-** Grandparents Raising Grandchildren Support	Dec.3 **10:30a-** Your Phone, Your Power Class	Dec. 41p- **MOVIE-** The Holiday Calendar

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.



Thusdays 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

Nov. 5/6 - Always Be My Maybe (2019)
Childhood friends Sasha and Marcus have a falling-out and don't speak for 15 years. But when Sasha, now a celebrity chef in Los Angeles, returns to her hometown of San Francisco to open a new restaurant, she runs into her old pal--a happily-complacent musician still living at home and working for his dad. Though the two are reluctant to reconnect, they soon find the old sparks--and maybe some new ones?

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Nov. 12/13- Firehouse Dog (2007)
When a commercial shoot goes terribly wrong, Rex, Hollywood's biggest canine star, goes missing and is presumed dead by his handlers. Rex takes refuge in a row of lofts, but the structure catches fire, and Rex makes a death-defying leap into a fire captain's arms. The man's son, Shane, becomes Rex's reluctant new master, and the firefighters adopt the dog as their mascot. Trouble looms when Rex's handlers try to get him back.

Nov. 19/20 - The Breadwinner (2026)
A man becomes a stay-at-home dad when a once-in-a-lifetime opportunity takes his wife on a prolonged business trip for one month. With three young daughters and little experience handling their day-to-day needs, he soon realizes that running a household is the toughest gig he's ever had.

Aging Matters IN BREVARD | Sunflower House Caregiver Center

November 2026

3125 Fell Rd. W. Melbourne, FL 32904

321. 452.4341



Mon.	Tues.	Wed.	Thurs.	Fri.
2 **12:30p** Monday Music Trivia	*3* ***11a-*** *Fitness Class*	**4** **12:30p** Paper Crafts w/ Elaine	**5** **12:30p- Movie-** Always Be My Maybe	**6** **11a-** Beyond Balance w/ Mica **12:30p-** Wii Bowling
9 **11a-** Blood Pressure Clinic **12:30p-** *Hearts of Gold Therapy Dogs*	**10** **11a-** Fitness w/ Kia **12:30p-** Video Gorilla Story	**11 Veterans Day** **12:30-** Your Phone, Your Power Class **12:30-** *Living w/ Loss Support* (St. Francis)	**12** **12:30p- MOVIE-** Firehouse Dog	**13** **11a-** Seated Yoga Video **1:30p-** *Cancer/Chronic Illness Support (Live Inspired Brevard)*
16 **12:30p-** Medicare Monday w/ Ali	**17** **11a-** Fitness Class w/ Kia **12:30p-** Happy Memories Show & Tell	**18** **1130a-** Librarian Linda **12:30p-** Christmas Card Making w/ Elaine **12:30p-** *Caring for the Cargiver (Vitas)*	**19** **12:30p- MOVIE-** The Breadwinner	**20** **11a-** Beyond Balance Class **1p-** YourLife Bingo
23 **1230p-** Mind Games Monday	**24** **11a-** Fitness Class w/ Kia **12:30p-** Video Dancing with the Birds	**25** **11a-** **SNAP ED**	**26** **CLOSED** 	**27** **CLOSED**
30 **12:30p-** Beach Ball Volleyball	**Dec 1** **11a-** Fitness Class w/ Kia **12:30p** Video- Animals: Marsupials	**Dec 2** **1230-** **Paper Crafts w/ Elaine**	**Dec 3** **12:30p** **MOVIE-** The Holiday Calendar	**Dec 4** **11a** Beyond Balance w/ Mica

~Look at What's Happening in November~

Wed. Nov. 4th - 12:30pm- Paper Crafts with Elaine
Join an Elaine for an afternoon of paper crafts and laughs

COCOA Thurs. Nov. 5th- 10:30am- 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. 321 806-3752

Mon. Nov. 9th- 12:30pm - Heart of Gold Therapy Dogs
The weather is finally cool eough foreveryone to be outside, so join us on the patio as we spend time th Hearts of Gold Therapy Dogs.

Wed. Nov. 11th- 1030a- Your Phone, Your Power Class
Patrick contiues his Step by Step class to unlocking your phone's potential. **RSVP to 321 452-4341**

Mon. Nov. 16 -12:30pm- Medicare Monday with Ali
Ali is bringing in her 2nd annual farmers market. Fresh fruit and veggies to help everyone stay healthy. **RSVP Required.**

Tues. Nov. 17th- 12:30pm- Thanks for the Memories Show and Tell
Jenny from Aging Care Experts will be back again to host our Show and Tell. Bring something that brings up happy memories of times gone by.

Wed. Nov. 18th- 11:30am Librarian Linda
Librarian Linda will be back with another round of good reads and book suggestions.

Wed. Nov. Nov. 18th 12:30pm- Christmas Card Class with Elaine
Learn to make 5 unique Christmas Cards to share with family and freinds.

Fri. Nov. 20th - 1pm- BINGO with Ashley
Ashley from Your Life Memory hosts Bingo for an afternoon of fun and prizes

PLEASE RSVP for Events to (321) 452-4341