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