



# Social Connections Program

1/2-4 HORSESHOE BEND, GYMPIE, QLD, 4570

GYMPIE

February 2026



Scan the QR code to help shape Suncare's social connections program.



# Important information



## SUPPORT AT HOME FUNDING UPDATE

You can now attend our Social Connection Activities starting from \$10 per hour. CHSP customers are now welcome; contact your Care Partner to learn more. Non Suncare Customers may now attend starting from \$10 per hour. Contact 1800 to learn more and ask for a free trial.

## CLINICAL THERAPY PRICE UPDATE

Clinical therapy classes, led by our qualified Allied Health Professionals, are now available at \$80 per session. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers.

## THERAPY PRE ASSESSMENT

Please note: All Therapy Calendar groups require pre-assessment and minimum numbers to proceed. A \$16/hr co-payment applies.

## MEAL PRICES

- Customers are responsible for the cost of meal on outings.
- Meal deals may change when attending the venue.

## CANCELLATIONS

Cancellations made less than 48 hours before the outing or activity will incur a cancellation fee. Call 1800 786 227 to cancel your activity or outing.



## TRANSPORT NOTICE

Transport is available to and from activities and outings, depending on your catchment area.

Transport is charged separately.

Times may vary, but the duration of activities remains the same.

Outings: Destinations and costs change weekly. Bookings are essential to avoid disappointment — transport is limited, and some activities depend on numbers.

If transport is full, you may be able to book individual transport — please discuss this option with your Care Partner. You're also welcome to make your own way to the outing; just be sure to book in by calling 1800 or add your name to the waitlist.





# Why Social Connections Matter



## FEELING LONELY? YOU'RE NOT ALONE

Almost 1 in 3 Australians (32%) experience moderate loneliness, and more than 1 in 6 (17.5%) experience severe loneliness. Loneliness can affect anyone – regardless of how many friends they have. It's not about the number of people around you, but about whether you feel truly connected and that you belong.

Loneliness and social isolation don't reflect weakness or personal failure – they simply show that we all need stronger, more meaningful connections.

## WHY IT'S IMPORTANT

Loneliness and social isolation can have a serious impact on mental, emotional, and physical health. Research shows loneliness can increase the risk of early death by 26% – the same health risk as smoking 15 cigarettes a day.

They have also been linked to:

- Higher rates of chronic disease, depression, and anxiety
- Lower wellbeing and quality of life
- Increased risk of suicide and premature death
- Higher likelihood of dementia, high blood pressure, and weakened immune function
- Greater emotional distress and reduced feelings of wellness



## HOW SOCIAL PROGRAMS HELP

Joining a Social Connections Program is a simple and enjoyable way to combat loneliness and build a sense of belonging. Being part of a community group:

- Fosters a sense of shared purpose and belonging
- Connects you to wider social supports
- Encourages meaningful relationships
- Increases engagement and joy through shared activities
- Helps reduce stress and promote overall wellbeing



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> <b>Sit Fit</b> <b>Location:</b> Gympie Centre <b>Start:</b> 10.00am (1hr)	<b>3</b> <b>Your Choice</b> <b>Location:</b> Gympie Centre <b>Start:</b> 10.00am (3hrs) Bring in your own craft project , or play multiple games! Light lunch and delights provided.	<b>4</b> <b>Waitangi Day</b> <b>Location:</b> Suncare Community Centre, Maroochydore <b>Start:</b> 11:00am (2hrs) Lunch provided	<b>5</b> <b>A Bunnings Adventure</b> <b>Location:</b> Gympie Bunnings <b>Start:</b> 11.00am (2hrs)	<b>6</b>	<b>7/8</b>
<b>500 Card Group</b> <b>Location:</b> Gympie Centre <b>Start:</b> 11.30am (3hrs) Light lunch provided					
<b>9</b> <b>Art n Craft Group</b> <b>Location:</b> Gympie Centre <b>Start:</b> 10.00am (3hrs) Morning tea provided.	<b>10</b> <b>Tin Can Bay Country Club</b> <b>Location:</b> Tin Can Bay <b>Start:</b> 11.30am (3hrs)	<b>11</b>	<b>12</b> <b>Indoor Bowls</b> <b>Location:</b> Gympie Centre <b>Start:</b> 11.30am (3hrs) Light lunch provided.	<b>13</b> <b>Sit Fit</b> <b>Location:</b> Gympie Centre <b>Start:</b> 10.00am (1hr)	<b>14/15</b>
<b>Mahjong Beginners Group</b> <b>Location:</b> Gympie Centre <b>Start:</b> 1.00pm (2hrs) Light lunch provided				<b>500 Card Group</b> <b>Location:</b> Gympie Centre <b>Start:</b> 11.30am (3hrs) Light lunch provided	
<b>16</b> <b>Sit Fit</b> <b>Location:</b> Gympie Centre <b>Start:</b> 10.00am (1hr)	<b>17</b> <b>Movie Day!</b> <b>Location:</b> Gympie Centre <b>Start:</b> 11.30am (2.5hrs) See below	<b>18</b> <b>Valentine's Day Celebrations</b> <b>Location:</b> Suncare Community Centre, Maroochydore <b>Start:</b> 11:30am (2hrs) Lunch provided	<b>19</b> <b>Morning Melodies</b> <b>Location:</b> Gympie RSL <b>Start:</b> 10.00am (3hrs)	<b>20</b>	<b>21/22</b>
<b>500 Card Group</b> <b>Location:</b> Gympie Centre <b>Start:</b> 11.30am (3hrs) Light lunch provided					
<b>23</b> <b>Indoor Bowls</b> <b>Location:</b> Gympie Centre <b>Start:</b> 10.00am (3hrs) Light lunch provided.	<b>24</b> <b>Trivia Tuesdays</b> <b>Location:</b> Gympie Library <b>Start:</b> 9.45am (2.5hrs) With a leisurely stroll down to a Mary Street Cafe.	<b>25</b>	<b>26</b> <b>Suncare Bingo</b> <b>Location:</b> Gympie Centre <b>Start:</b> 11:30am (2hrs) Morning tea provided	<b>27</b> <b>Kin Kin Hotel</b> <b>Location:</b> Kin Kin <b>Start:</b> 11:00am (3hrs)	<b>28/1</b>





# February 2026 Centre Activities

1/2-4 HORSESHOE BEND, GYMPIE, QLD, 4570



## MONDAY

### SIT FIT

**LOCATION:** Gympie Centre  
**START:** 10.00am (1hr)  
1<sup>st</sup> and 3<sup>rd</sup> Monday in February

### 500 CARD GROUP

**LOCATION:** Gympie Centre  
**START:** 12.00pm (3hrs)  
1<sup>st</sup> and 3<sup>rd</sup> Monday in February

### ART N CRAFT GROUP

**LOCATION:** Gympie Centre  
**START:** 10.00am (3hrs)  
2<sup>nd</sup> Monday in February

### MAHJONG BEGINNERS

**LOCATION:** Gympie Centre  
**START:** 1.00pm (2hrs)  
2<sup>nd</sup> Monday in February

### INDOOR BOWLS

**LOCATION:** Gympie Centre  
**START:** 10.00am (3hrs)  
4<sup>th</sup> Monday in February  
Morning Tea provided



## TUESDAY

### YOUR CHOICE

**LOCATION:** Gympie Centre  
**START:** 10.00am (3hrs)  
1<sup>st</sup> Tuesday in February

### SUNCARE MOVIE

**LOCATION:** Gympie Centre  
**START:** 11.30am (2.5hrs)  
3<sup>rd</sup> Tuesday in February  
Light lunch and snacks provided.

### MOVIE: "80 for Brady"

This feel good comedy follows four lifelong friends on a wild adventure. Packed with laughter, heart, and friendship, celebrating living boldly.

Movie suggestions taken at the end of each session.



## THURSDAY

### INDOOR BOWLS

**LOCATION:** Gympie Centre  
**START:** 11.30am (3hrs)  
2<sup>nd</sup> Thursday in February  
Light lunch provided.

### SUNCARE BINGO

**LOCATION:** Gympie Centre  
**START:** 11.30am (2hrs)  
4<sup>th</sup> Thursday in February

Come and play for FUN and cheeky prizes.  
Light lunch and delights provided.



## FRIDAY

### SIT FIT

**LOCATION:** Gympie Centre  
**START:** 10:00am (1hr)  
2<sup>nd</sup> Friday in February

### 500 CARD GROUP

**LOCATION:** Gympie Centre  
**START:** 12:00pm (3hr)  
2<sup>nd</sup> Friday in February



**TO MAKE A BOOKING:** CALL 1800 786 227 CALL 1800 786 227 or visit our website [www.suncare.org.au](http://www.suncare.org.au) to receive our program straight to your inbox.

# February 2026 Outings

1/2-4 HORSESHOE BEND, GYMPIE, QLD, 4570



**WEDNESDAY 4 FEBRUARY**

## WAITANGI DAY

**LOCATION:** Suncare Community Centre, Maroochydore  
**START:** 11.00am  
**DURATION:** 2hr

Join us for a special Waitangi Day lunch! Celebrate culture, connection, and community with delicious food and great company.

Lunch included.



**THURSDAY 5 FEBRUARY**

## A BUNNINGS ADVENTURE

**LOCATION:** Gympie Bunnings  
**START:** 11.00am  
**DURATION:** 2hrs

Join us for a fun visit to Bunnings! Explore great deals, DIY inspiration, and community vibes. Let's have a coffee and cake at the Cafe' together!

**Note:** A DIY project is being organised. This is subject to change and TBA.



**TUESDAY 10 FEBRUARY**

## TIN CAN BAY COUNTRY CLUB

**LOCATION:** Tin Can Bay  
**START:** 11.30am  
**DURATION:** 3hrs

Join us for our regular catch up with our Cooloola Coast friends. Let's have Chinese or a Chicken Snitty together and catch up over a drink!



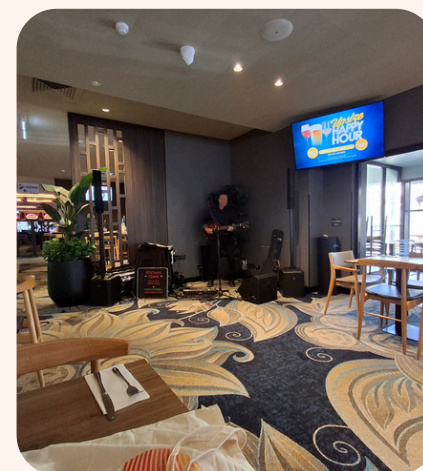
**WEDNESDAY 18 FEBRUARY**

## VALENTINES DAY CELEBRATIONS

**LOCATION:** Suncare Community Centre, Maroochydore  
**START:** 11.30am  
**DURATION:** 2hr

A beautiful addition to the day is the opportunity to Celebrate and 'Renew your Vows' or come along to watch couples renew their Vows, for Valentines Day.

Lunch at SCC Maroochydore



**THURSDAY 19 FEBRUARY**

## MORNING MELODIES

**LOCATION:** Gympie RSL  
**START:** 10:00am  
**DURATION:** 3hr

Live music and comfortable surrounds with a \$20 main and dessert special.



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# February 2026 Outings

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**TUESDAY 24 FEBRUARY**

## TRIVIA TUESDAYS

**LOCATION:** Gympie Library

**START:** 09.45am

**DURATION:** 2.5hr

Come along and make some friends, have fun and test your knowledge with new and interesting trivia questions!

You can also browse the shelves for some take home reading and join us for a leisurely stroll down to a Mary Street Cafe.



**FRIDAY 27 FEBRUARY**

## KIN KIN HOTEL

**LOCATION:** Kin Kin

**START:** 11.00am

**DURATION:** 2hr

Nestled in the Noosa hinterland, the lovingly restored Kin Kin Hotel offers a return to slow living. An escape from the busyness of life.

Featuring a comfortable heritage bar, shady beer garden, and fine dining restaurant, the Kin Kin Hotel has something for everyone.



**TO MAKE A BOOKING:** CALL 1800 786 227 CALL 1800 786 227 or visit our website [www.suncare.org.au](http://www.suncare.org.au) to receive our program straight to your inbox.



# February Therapy Activities

## TUESDAYS

### HYDRO FIT

**LOCATION:** Gympie ARC

**START:** 11:00am – 12:00pm

**DURATION:** 1hr

Led by an Allied Health Professional, these sessions are designed especially for older adults who enjoy keeping active.

Available to all Support at Home (previously Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers.

**Hydro Fit is running every Tuesday in the month of January.**



## THURSDAYS

### PHYSIO FIT

**DATE:** Thursday 12th

**LOCATION:** Gympie Centre

**START:** 9.30am – 10:30am

**DURATION:** 1hr

### PHYSIO FIT

**DATE:** Thursday 26<sup>th</sup>

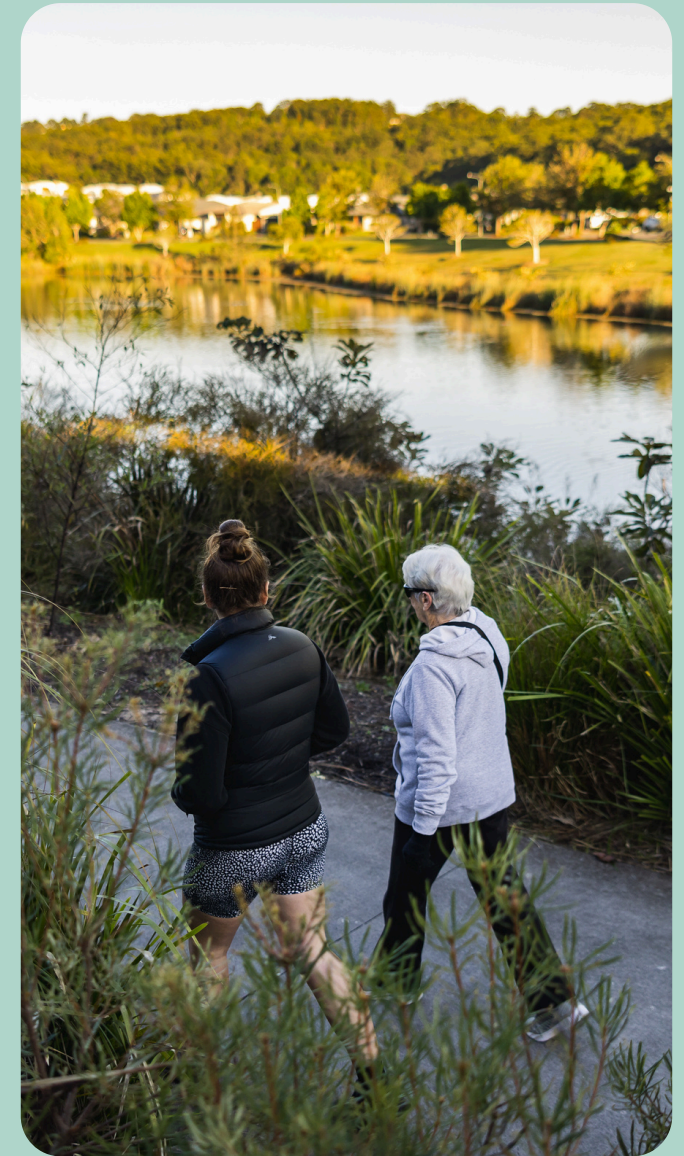
**LOCATION:** Gympie Centre

**START:** 9.30am – 10.30am

**DURATION:** 1hr

**ABOUT:** Led by an Allied Health Professional, these sessions are designed especially for older adults who enjoy keeping active.

Available to all Support at Home (previously Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers.



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