



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

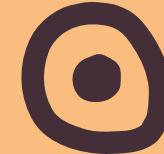
Please note: All Therapy Calendar groups require pre-assessment and minimum numbers to proceed. A \$16/hr co-payment applies.

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.

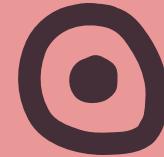
Loneliness and social isolation don't reflect weakness or personal failure – they simply show that we all need stronger, more meaningful connections.

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



February 2026 In centre & Outings Overview

Gympie Region 

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



February 2026 Centre Activities

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



MONDAY

SIT FIT

LOCATION: Gympie Centre
START: 10.00am (1hr)
1st and 3rd Monday in February

500 CARD GROUP

LOCATION: Gympie Centre
START: 12.00pm (3hrs)
1st and 3rd Monday in February

ART N CRAFT GROUP

LOCATION: Gympie Centre
START: 10.00am (3hrs)
2nd Monday in February

MAHJONG BEGINNERS

LOCATION: Gympie Centre
START: 1.00pm (2hrs)
2nd Monday in February

INDOOR BOWLS

LOCATION: Gympie Centre
START: 10.00am (3hrs)
4th Monday in February
Morning Tea provided



TUESDAY

YOUR CHOICE

LOCATION: Gympie Centre
START: 10.00am (3hrs)
1st Tuesday in February

SUNCARE MOVIE

LOCATION: Gympie Centre
START: 11.30am (2.5hrs)
3rd 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)
2nd Thursday in February
Light lunch provided.

SUNCARE BINGO

LOCATION: Gympie Centre
START: 11.30am (2hrs)
4th 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)
2nd Friday in February

500 CARD GROUP

LOCATION: Gympie Centre
START: 12:00pm (3hr)
2nd Friday in February



TO MAKE A BOOKING: CALL 1800 786 227 CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

February 2026 Outings

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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.



TO MAKE A BOOKING: CALL 1800 786 227 CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.



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.

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 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.



TO MAKE A BOOKING: CALL 1800 786 227 CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

THURSDAYS

PHYSIO FIT

DATE: Thursday 12th
LOCATION: Gympie Centre
START: 9.30am - 10:30am
DURATION: 1hr

PHYSIO FIT

DATE: Thursday 26th
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.

