



# Social Connections Program

81 BAROLIN ST, BUNDABERG SOUTH, QLD 4670

**BUNDABERG**

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.

## HEALTH AND WELLBEING STATEMENT

Your health and wellbeing, and that of our community, comes first. If you're feeling unwell or have any symptoms of illness, we ask that you please stay home and rest rather than attend activities or outings.

To help keep everyone safe, we may also ask you to wear a mask if you're showing symptoms while with us. Thank you for helping us look after one another.



## 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. 48 hours' notice is required for cancellations.



# 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 Outing Program

81 BAROLIN ST, BUNDABERG SOUTH, QLD 4670



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SAVE THE DATE!</b>  <b>Event</b> - St. Patricks Day <b>When</b> - March 17th	<b>SAVE THE DATE!</b>  <b>Event</b> - Easter Celebration <b>When</b> - March 31st				
<b>2</b> <b>Bingo</b> <b>Location</b> - In Centre <b>Start</b> - 10:00am <b>Duration</b> - 2 hrs	<b>3</b>	<b>4</b> <b>Trivia</b> <b>Location</b> - In Centre <b>Start</b> - 09:30am (1.5hr)  <b>Physio Fit</b> <b>Location</b> - In Centre <b>Start</b> - 11:00am (1hr)	<b>5</b> <b>Silver Steppers Walking Group</b> <b>Location</b> - Innes Park <b>Start</b> - 9:30am <b>Duration</b> - 1.5 hrs	<b>6</b> <b>Pub Club Social Lunch</b> <b>Location</b> - Bundy Social Club <b>Start</b> - 11:30am <b>Duration</b> - 1.5 hrs	<b>7</b>
<b>9</b> <b>Scrabble</b> <b>Location</b> - In Centre <b>Start</b> - 10:00am <b>Duration</b> - 2 hrs	<b>10</b> <b>Cafe Companions</b> <b>Location</b> - Rick's at Bargara <b>Start</b> - 9:30am <b>Duration</b> - 1.5 hrs	<b>11</b> <b>Cuppas &amp; Canvas</b> <b>Location</b> - In Centre <b>Start</b> - 09:30am (1.5hr)  <b>Physio Fit</b> <b>Location</b> - In Centre <b>Start</b> - 11:00am (1hr)	<b>12</b>	<b>13</b> <b>Valentines Social Lunch</b> <b>Location</b> - Beach Picnic Bargara <b>Start</b> - 11:30am <b>Duration</b> - 1.5 hrs	<b>14</b>
<b>16</b> <b>Mahjong</b> <b>Location</b> - In Centre <b>Start</b> - 10:00am <b>Duration</b> - 2 hrs	<b>17</b> <b>Silver Steppers Walking Group</b> <b>Location</b> - Botanical Gardens <b>Start</b> - 9:30am <b>Duration</b> - 1.5 hrs	<b>18</b> <b>Craft Demonstration</b> <b>Location</b> - In Centre <b>Start</b> - 09:30am (1.5hr)  <b>Physio Fit</b> <b>Location</b> - In Centre <b>Start</b> - 11:00am (1hr)	<b>19</b>	<b>20</b>	<b>21</b>
<b>23</b> <b>Poker</b> <b>Location</b> - In Centre <b>Start</b> - 10:00am <b>Duration</b> - 1.5 hrs	<b>24</b>	<b>25</b> <b>Physio Fit</b> <b>Location</b> - In Centre <b>Start</b> - 11:00am (1hr)  <b>Bingo</b> <b>Location</b> - In Centre <b>Start</b> - 1:00pm (2hrs)	<b>26</b> <b>Cafe Companions</b> <b>Location</b> - Cafe 63 <b>Start</b> - 9:30am <b>Duration</b> - 1.5 hrs	<b>27</b> <b>Pub Club Social Lunch</b> <b>Location</b> - RSL <b>Start</b> - 11:30am <b>Duration</b> - 1.5 hrs	<b>28</b>

 **TO MAKE A BOOKING:** 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 Outing Program

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**MONDAY 2<sup>ND</sup> FEBRUARY**

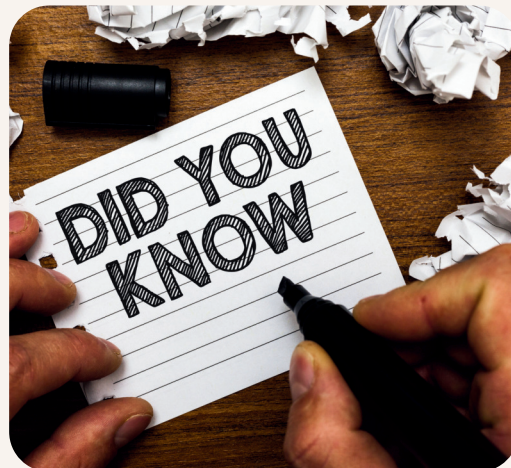
## BINGO

**LOCATION:** In Centre

**START:** 10:00am

**DURATION:** 2hr

**ABOUT** – A social morning game for likeminded people to meet or catch up with friends. Eyes down at 10:15am. Lucky door prize, mini hampers and more. All materials and morning tea supplied.



**WEDNESDAY 4<sup>TH</sup> FEBRUARY**

## TRIVIA

**LOCATION** – In Centre

**START** – 09:30am

**DURATION** – 1.5hr

**ABOUT** – Think you've got a head full of fun facts? Put it to the test at our Trivia Morning! Gather your friends, sharpen your wits, and get ready for plenty of laughs as we fire off questions that will challenge, surprise, and entertain. It's all about good company, friendly competition, and a whole lot of fun—come and join in! Morning tea provided.



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## THURSDAY 5TH FEBRUARY

### SILVER STEPPERS WALKING GROUP

**LOCATION** - Innes Park  
**START** - 09:30am  
**DURATION** - 1.5hr

**ABOUT** - Meet us at the Paradise bakehouse and join us for a stroll along the Innes Park footpaths. Surrounded by beautiful parklands and amazing sea views, this stroll will leave you feeling fresh and happy. Join us at the bakehouse after for a delicious cuppa! Customers to purchase their own morning tea.



## FRIDAY 6<sup>TH</sup> FEBRUARY

### PUB CLUB SOCIAL LUNCH

**LOCATION** - Bundy Social Club  
**START** - 11:30am  
**DURATION** - 1.5hr

**ABOUT** - Our monthly stop at the Bundy Social Club. Come along and soak in the amazing river views, enjoy a first-class meal and enjoy the company of great people. Customers to purchase their own meals - \$15 member meals, \$20 Non-members of Bundy Social Club.



## MONDAY 9<sup>TH</sup> FEBRUARY

### SCRABBLE

**LOCATION** - In Centre  
**START** - 10:00am  
**DURATION** - 2hr

**ABOUT** - Enjoy a relaxed morning of friendly competition and clever wordplay with a game of Scrabble. Whether you're a seasoned player or complete beginner, it's the perfect way to connect, laugh, and keep the mind sharp. All you need to bring is yourself and your best words! Morning tea provided.

## NOTES

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# February 2026 Outing Program

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## TUESDAY 10<sup>TH</sup> FEBRUARY

### CAFE COMPANIONS

**LOCATION** - Rick's at Bargara

**START** - 09:30am

**DURATION** - 1.5hr

**ABOUT** - Join us for a relaxed morning at Cafe Ricks in Bargara! Enjoy delicious treats, freshly brewed coffee, and great company in a welcoming, cozy atmosphere. It's the perfect outing to catch up with friends and soak up a little local charm over morning tea. Customers will need to purchase their own morning tea.



## THURSDAY 11<sup>TH</sup> FEBRUARY

### CAFE COMPANIONS

**LOCATION** - In Centre

**START** - 9:30am

**DURATION** - 1.5hr

**ABOUT** - Treat yourself this Valentine's season with our Cuppas & Canvas class! Sip, paint, and embrace some well-deserved "me time" as you create your own artwork inspired by self-love and self-care. All supplies and morning tea are provided—just bring yourself and a heart ready to celebrate you. Morning tea is provided.



## FRIDAY 13<sup>TH</sup> FEBRUARY

### VALENTINE'S SOCIAL LUNCH

**LOCATION** - Bargara Esplanade

**START** - 11:30am

**DURATION** - 1.5hr

**ABOUT** - Celebrate love and friendship at our Valentine's Social Lunch! Enjoy a delicious picnic meal, warm company, good conversation and even better beach views! We meet at the picnic tables across from Rick's at Bargara. Just look for the red and pink setting! Lunch provided.

## NOTES

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**MONDAY 16<sup>TH</sup> FEBRUARY**

## MAHJONG

**LOCATION** - In Centre

**START** - 10:00am

**DURATION** - 2 hr

**ABOUT** - Join us for a relaxed and friendly morning where you can learn the basics of Mahjong in an easy beginner's session. It's the perfect chance to keep your mind active, meet new friends and share some laughs, all while enjoying a delicious morning tea that is provided.



**TUESDAY 17<sup>TH</sup> FEBRUARY**

## SILVER STEPPERS WALKING GROUP

**LOCATION** - Botanical Gardens

**START** - 9:30am

**DURATION** - 1.5 hr

**ABOUT** - We stroll the beautiful grounds of the Botanical Gardens, checking out the rare fruit tree orchard, the rainforest and so much more! Once our walk is completed, we will head to cafe 1928 for a well-deserved cuppa (and cake!) Customers will need to purchase their own morning tea.



**WEDNESDAY 18<sup>TH</sup> FEBRUARY**

## CRAFT DEMONSTRATION - CRICUT MACHINE

**LOCATION** - In Centre

**START** - 9:30am

**DURATION** - 1.5hr

**ABOUT** - Get creative at our In-Centre Craft Demonstration featuring the Cricut machine! Watch as we show you how to design and craft unique projects with precision and ease. Whether you're a crafting pro or just curious, it's a fun, hands-on way to spark your creativity and pick up new skills.



**MONDAY 23<sup>RD</sup> FEBRUARY**

## POKER

**LOCATION** - In Centre

**START** - 09:30am

**DURATION** - 2hr

**ABOUT** - Step up to the table for our In-Centre Poker Game! Bring your best bluff, your sharpest strategy, and get ready for a morning full of excitement, laughs, and friendly competition. Whether you're seasoned or have never played, everyone is welcome. Morning tea is provided.



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## WEDNESDAY 25<sup>TH</sup> FEBRUARY

### BINGO

**LOCATION** - In Centre

**START** - 1:00pm

**DURATION** - 2hr

**ABOUT** - A social afternoon game for likeminded people to meet or catch up with friends. Eyes down at 1:15pm. Lucky door prize, mini hampers and more. All materials and morning tea supplied.



## THURSDAY 26<sup>TH</sup> FEBRUARY

### CAFE COMPANIONS

**LOCATION** - Cafe 63

**START** - 09:30am

**DURATION** - 1.5hr

**ABOUT** - Located in Kepnock Shopping Town, Cafe 63 is a delightful little cafe centred around a variety of stores. Join us for a cuppa and cake then stroll through the shopping complex. Customers must purchase their own morning tea.



## FRIDAY 27<sup>TH</sup> FEBRUARY

### PUB CLUB SOCIAL LUNCH

**LOCATION** - RSL

**START** - 11:30am

**DURATION** - 1.5hr

**ABOUT** - Join us for a relaxed and enjoyable lunch at the RSL! Enjoy great food, friendly service, and a welcoming atmosphere—perfect for sharing stories, having a laugh, and spending a lovely afternoon together. It's a simple, easy outing with great company guaranteed and great views. Customers must purchase their own meal.

## NOTES

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# February Therapy Activities

BUNDABERG 



**WEDNESDAY 4<sup>TH</sup> & 11<sup>TH</sup>**

## PHYSIO FIT

**LOCATION** - In Centre

**START** - 11:00am

**DURATION** - 1hr

**ABOUT** - A clinical therapy class led by our qualified Allied Health Professional TJ. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers. Attendance at these classes is subject to a GP clearance. Available now at \$80 per hour.



**WEDNESDAY 18<sup>TH</sup> & 25<sup>TH</sup>**

## PHYSIO FIT

**LOCATION** - In Centre

**START** - 11:00am

**DURATION** - 1hr

**ABOUT** - A clinical therapy class led by our qualified Allied Health Professional TJ. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers. Attendance at these classes is subject to a GP clearance. Available now at \$80 per hour.



**HYDROTHERAPY**

## HYDROTHERAPY CLASSES

**LOCATION** - Bundaberg Aquatic Centre

**START** - 11:00am

**DURATION** - 1 hr

**ABOUT** - A clinical therapy class led by our qualified Allied Health Professional TJ. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers. Attendance at these classes is subject to a GP clearance. Available now at \$80 per hour.



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