



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

SAVE THE DATE!

Event - St. Patricks Day
When - March 17th

SAVE THE DATE!

Event - Easter Celebration
When - March 31st

2 **Bingo**
Location - In Centre
Start - 10:00am
Duration - 2 hrs

3

4 **Trivia**
Location - In Centre
Start - 09:30am (1.5hr)

Physio Fit
Location - In Centre
Start - 11:00am (1hr)

5 **Silver Steppers Walking Group**
Location - Innes Park
Start - 9:30am
Duration - 1.5 hrs

6 **Pub Club Social Lunch**
Location - Bundy Social Club
Start - 11:30am
Duration - 1.5 hrs

7

9 **Scrabble**
Location - In Centre
Start - 10:00am
Duration - 2 hrs

10 **Cafe Companions**
Location - Rick's at Bargara
Start - 9:30am
Duration - 1.5 hrs

11 **Cuppas & Canvas**
Location - In Centre
Start - 09:30am (1.5hr)

Physio Fit
Location - In Centre
Start - 11:00am (1hr)

12

13 **Valentines Social Lunch**
Location - Beach Picnic Bargara
Start - 11:30am
Duration - 1.5 hrs

14

16 **Mahjong**
Location - In Centre
Start - 10:00am
Duration - 2 hrs

17 **Silver Steppers Walking Group**
Location - Botanical Gardens
Start - 9:30am
Duration - 1.5 hrs

18 **Craft Demonstration**
Location - In Centre
Start - 09:30am (1.5hr)

Physio Fit
Location - In Centre
Start - 11:00am (1hr)

19

20

21

23 **Poker**
Location - In Centre
Start - 10:00am
Duration - 1.5 hrs

24

25 **Physio Fit**
Location - In Centre
Start - 11:00am (1hr)

Bingo
Location - In Centre
Start - 1:00pm (2hrs)

26 **Cafe Companions**
Location - Cafe 63
Start - 9:30am
Duration - 1.5 hrs

27 **Pub Club Social Lunch**
Location - RSL
Start - 11:30am
Duration - 1.5 hrs

28



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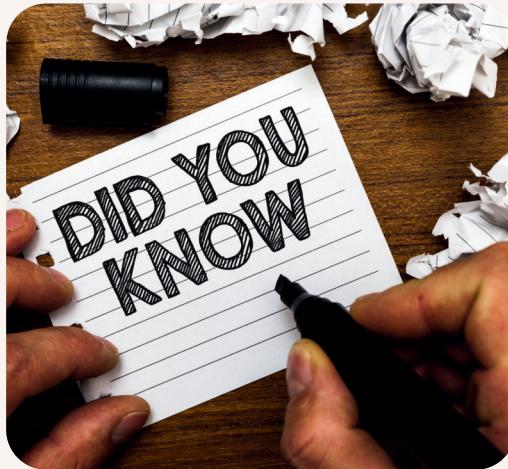


MONDAY 2ND FEBRUARY

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 4TH FEBRUARY

TRIVIA

LOCATION - In Centre
START - 09:30am
DURATION - 1.5hr

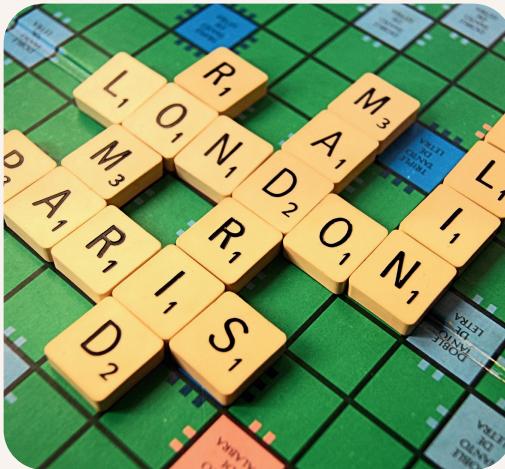
ABOUT - Think you've got a head full of fun facts? Put it to the test at our Trivia Morning! Gather your friends, sharpen your wits, and get ready for plenty of laughs as we fire off questions that will challenge, surprise, and entertain. It's all about good company, friendly competition, and a whole 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 6TH 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 9TH 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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TUESDAY 10TH 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 11TH 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 13TH 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.



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MONDAY 16TH 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 17TH 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 18TH 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 23RD 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 25TH 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.

CAFF 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 27TH 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.

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February Therapy Activities

BUNDABERG 



WEDNESDAY 4TH & 11TH

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 18TH & 25TH

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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