



Social Connections Program

81 BAROLIN ST, BUNDABERG SOUTH, QLD 4670

BUNDABERG

March 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.

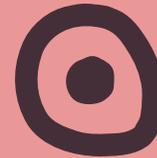
Loneliness and social isolation don't reflect weakness or personal failure – they simply show that we all need stronger, more meaningful connections.

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



March 2026 Outing Program

81 BAROLIN ST, BUNDABERG SOUTH, QLD 4670



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>2 Bingo Location - In Centre Start - 10:00am Duration - 2 hrs</p>	<p>3</p>	<p>4 Card Game - Rummy Location - In Centre Start - 09:30am (1.5hr)</p> <p>Physio Fit Location - In Centre Start - 11:00am (1hr)</p>	<p>5 Pub Club Social Lunch International Women's Day (8th March) Location - Bundy Social Club Start - 11:30am Duration - 3 hrs</p>	<p>6</p>	<p>7/8</p>
<p>9 Scrabble Location - In Centre Start - 10:00am Duration - 2 hrs</p>	<p>10 Cafe Companions Location - Rick's at Bargara Start - 10:00am Duration - 1.5 hrs</p>	<p>11 Music Trivia Location - In Centre Start - 09:30am (1.5hr)</p> <p>Physio Fit Location - In Centre Start - 11:00am (1hr)</p>	<p>12 Meet & Greet Social Lunch Location - Hervey Bay Boat Club Start - 11:00am Duration - 2.5hrs</p>	<p>13</p>	<p>14/15</p>
<p>16 Mahjong Location - In Centre Start - 10:00am Duration - 2 hrs</p>	<p>17 St. Patrick's Day Event St. Patrick's Day Location - Bargara Tavern Start - 11:30am Duration - 2 hrs</p>	<p>18 Cuppas + Craft Global Recycle Day Location - In Centre Start - 09:30am (1.5hr)</p> <p>Physio Fit Location - In Centre Start - 11:00am (1hr)</p>	<p>19 Pub Club Social Lunch Location - Across the Waves Sports Club Start - 11:30am Duration - 1.5 hrs</p>	<p>20</p>	<p>21/22</p>
<p>23 Poker Location - In Centre Start - 10:00am Duration - 2 hrs</p>	<p>24 Cafe Companions Location - Botanical Gardens Start - 10:00am Duration - 1.5 hrs</p>	<p>25 Seniors Drumming Location - In Centre Start - 09:30am (1hr)</p> <p>Physio Fit Location - In Centre Start - 11:00am (1hr)</p>	<p>26 Cafe Companions Location - Aqua View Cafe Hervey Bay Start - 11:00am Duration - 3 hrs</p>	<p>27</p>	<p>28/29</p>
<p>30</p>	<p>31 Easter Celebration Event Location - Sugarland Tavern Start - 12:00pm Duration - 2.5 hrs</p>				

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

March 2026 Outing Program

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MONDAY 2ND MARCH

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.

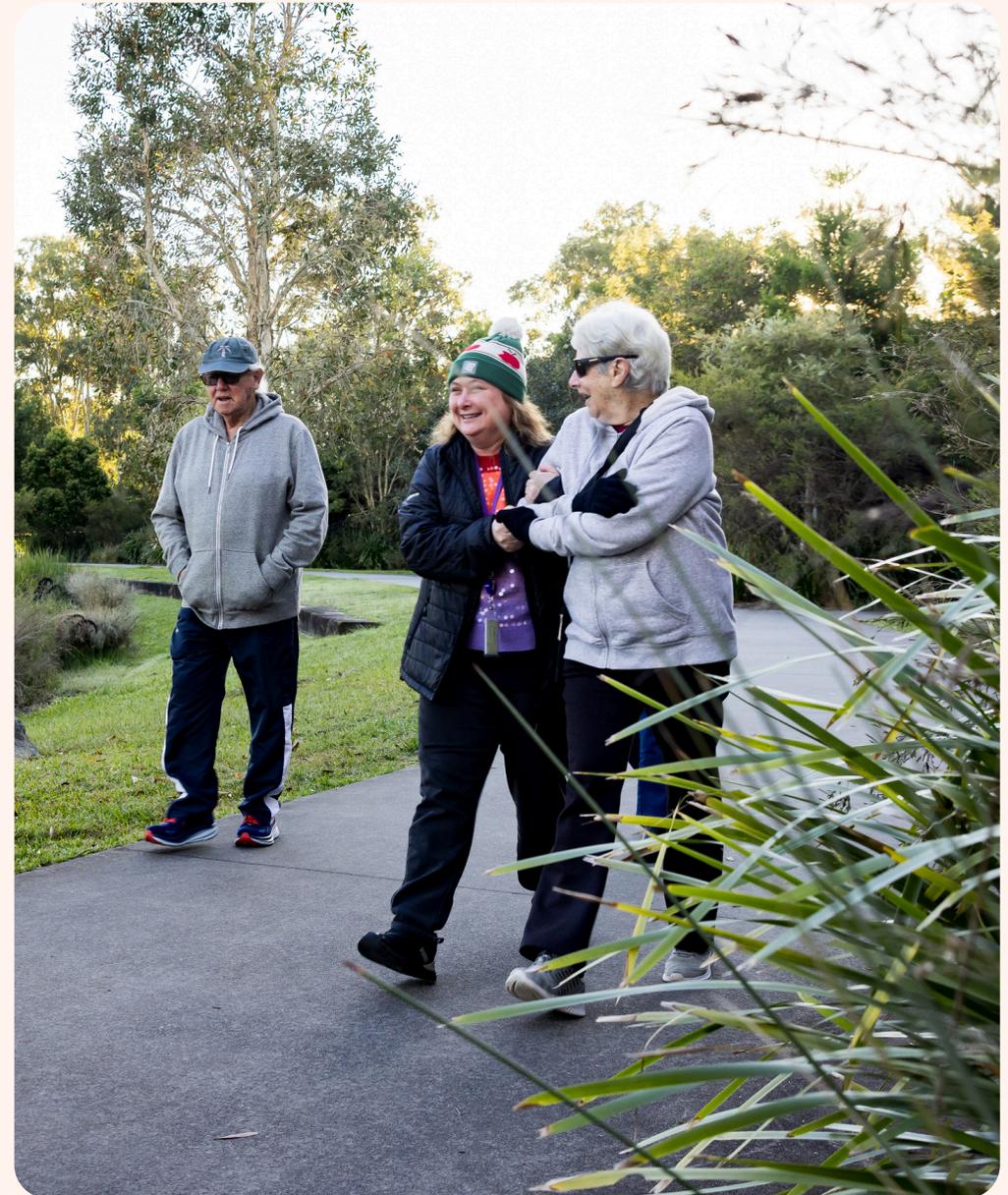


WEDNESDAY 4TH MARCH

CARD GAME - RUMMY

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

ABOUT - Join our Social Connections group for a relaxed game of rummy at the Centre. It's a great chance to meet others, enjoy some friendly competition, and have a chat along the way. Morning tea is provided, so come along for cards, connection, and a cuppa.



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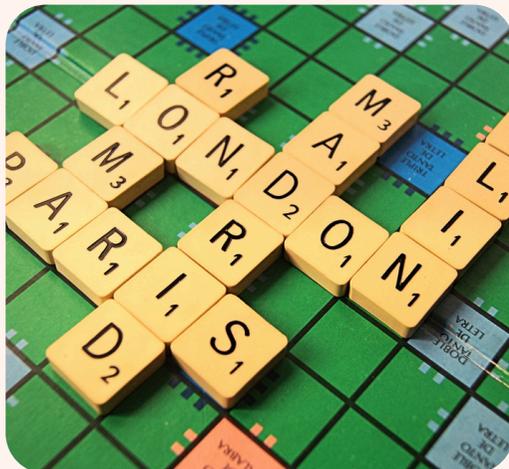


THURSDAY 5TH MARCH

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. Wear purple to celebrate International Womens' Day! Customers to purchase their own meals - \$15 member meals, \$20 Non-members of Bundy Social Club.



MONDAY 9TH MARCH

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.



TUESDAY 10TH MARCH

CAFE COMPANIONS

LOCATION - Rick's at Bargara
START - 10:00am
DURATION - 1.5hr

ABOUT - Join us for a relaxed morning at Cafe Rick's 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.

NOTES

SAVE THE DATE!

**EVENT - EASTER LUNCH
WHEN - THURSDAY 2ND APRIL**



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WEDNESDAY 18TH MARCH

CUPPAS & CRAFT

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

ABOUT - This Global Recycling Day, Social Connections is getting creative! Join us as we transform glass bottles into Easter-themed decorations, turning everyday recyclables into something festive and fun. Enjoy great company, hands-on creativity, and a feel-good way to celebrate sustainability together. All materials & morning tea supplied.



THURSDAY 19TH MARCH

PUB CLUB SOCIAL LUNCH

LOCATION - The Waves Sports Club
START - 11:30am
DURATION - 1.5 hr

ABOUT - This week Social Connections Pub Club heads to The Waves Sport's Club for a meal and plenty of laughs. Whether you're a regular or brand new - it's the perfect way to connect, unwind and have a fantastic time! Customers to purchase own meals.



MONDAY 23RD MARCH

POKER

LOCATION - In Centre
START - 10:00am
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.



TUESDAY 24TH MARCH

CAFE COMPANIONS

LOCATION - Botanical Gardens
START - 10:00am
DURATION - 1.5hr

ABOUT - Join us for a relaxed morning at the Botanical Gardens Cafe 1928. 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.



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WEDNESDAY 25TH MARCH

SENIORS DRUMMING

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

ABOUT - Social Connections is excited to host its very first Seniors Drumming session! Perfect for all levels, from seated to standing, this fun and engaging activity is filled with rhythm, laughter, and great energy. It's a joyful way to stay active, lift your spirits, and connect with others—no experience needed, just come ready to have fun! All materials and morning tea provided.



THURSDAY 26TH MARCH

CAFE COMPANIONS

LOCATION - Aqua View Hervey Bay
START - 11:30am
DURATION - 2hr

ABOUT - Social Connections is heading to Hervey Bay for a social brunch at the Aquavue Café. Join us for a relaxed morning of great food, friendly conversation, and beautiful ocean views. It's a wonderful chance to catch up with friends, meet new people, and enjoy a welcoming social outing together. Customers to purchase their own morning tea and drinks.



TUESDAY 31ST MARCH

EASTER CELEBRATION EVENT

LOCATION - Sugarland Tavern
START - 12:00pm
DURATION - 2.5hr

ABOUT - Social Connections is excited to be celebrating our first annual Easter Luncheon! Join us at the Sugarland Tavern for a festive lunch filled with great company and many Easter surprises! Spaces are limited for this event, so be sure to hop in early. This is a celebration you won't want to miss! Customers will need to purchase their own meals.



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March Therapy Activities



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 EVERY TUESDAY

HYDROTHERAPY

LOCATION - Bundaberg Aquatic Centre

START - 11:00am

DURATION - 1hr

ABOUT - Weekly classes, every Tuesday. 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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