



Social Connections Program

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

GYMPIE

April 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 786 227 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

- Support at Home services require 48 hours notice for cancellations.
- CHSP services require 24 hours notice for cancellations.

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



April 2026 In Centre & Outings Overview

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
		1 Your Choice Games Day Location: Gympie Centre Start: 11.00am (3hrs) Your chance to play new games and try your luck at something different.	2 Sit Fit Location: Gympie Centre Start: 10.00am (1hr)	3 PUBLIC HOLIDAY EASTER FRIDAY	<p>NOTES</p> <hr/>
6 PUBLIC HOLIDAY EASTER MONDAY	7 Sit Fit Location: Gympie Centre Start: 10.00am (1hr)	8 Urangan Pier Markets & lunch at Harvey Bay RSL Location: Hervey Bay Start: 10.00am (4hrs)	Art n Craft Group Location: Gympie Centre Start: 11.30am (3hrs)		
	500 Card Group Location: Gympie Centre Start: 11.30am (3hrs)		Walk n Talk Group Location: Gympie Duck Ponds Start: 9.00am (1hr)	10 Picnic @ Mothar Mountain Rock Pools Location: Mothar Mountain Gympie Start: 10:00am (2hrs)	
13 Stand Fit Location: Gympie Centre Start: 10.00am (1hr)	14 Tin Can Bay Country Club Location: Tin Can Bay Start: 11.30am (2.5hrs)	15 Tarot Cards for Fun! Location: Gympie Centre Start: 10am (2hrs)	Mahjong Beginners Group Location: Gympie Centre Start: 11.30am (3hrs)		
Indoor Bowls Location: Gympie Centre Start: 11.30am (2.5hrs)		Suncare Bingo Location: Gympie Centre Start: 12.00pm (2hrs)	16 Morning Melodies Location: Gympie RSL Start: 10.00am (3hrs)	17	
20 Sit Fit Location: Gympie Centre Start: 10.00am (1hr)	21	22 Anzac Day Celebrations Location: Maroochydore Suncare Centre Start: 11:00am (2.5hr)	23 Walk n Talk Group Location: Gympie Duck Ponds Start: 9.00am (1hr)	24 Poppies for the ANZACS and coffee at The Hatch. Location: Memorial Park, Gympie. Start: 10:30am (2hrs)	
500 Card Group Location: Gympie Centre Start: 11.30am (3hrs)			Art n Craft Group Location: Gympie Centre Start: 11.30am (3hrs)		
27 Stand Fit Location: Gympie Centre Start: 10.00am (1hr)	28 Trivia Tuesdays Location: Gympie Library Start: 9.30am (1.5hrs)	29	30 Sit Fit Location: Gympie Centre Start: 10.00am (1hr)		
Indoor Bowls Location: Gympie Centre Start: 11.30am (2.5hrs)	In Centre Movie Location: Gympie Centre Start: 11.30am (2.5hrs)		SEQUENCE Beginners Location: Gympie Centre Start: 11.30am (3hrs)		

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





MONDAY

SIT FIT

LOCATION: Gympie Centre
START: 9.30am (1hr)
3rd Monday in April

500 CARD GROUP

LOCATION: Gympie Centre
START: 11.30am (3hrs)
3rd Monday in April

STAND FIT

LOCATION: Gympie Centre
START: 10.00am (1hr)
2nd & 4th Monday in April

INDOOR BOWLS

LOCATION: Gympie Centre
START: 11.30am (3hrs)
2nd & 4th Monday in April

Morning Tea provided



TUESDAY

SIT FIT

LOCATION: Gympie Centre
START: 10.00am (1hr)
1st Tuesday in April

500 CARD GROUP

LOCATION: Gympie Centre
START: 11.30am (3hrs)
1st Tuesday in April

SUNCARE MOVIE

LOCATION: Gympie Centre
START: 11.30am (2.5hrs)
4th Tuesday in April

MOVIE: "TBA"

Movie suggestions taken at the end of each session.

Light lunch and snacks provided.



WEDNESDAY

YOUR CHOICE GAMES DAY

LOCATION: Gympie Centre
START: 10.00am (3hrs)
1st Wednesday in April
Your chance to play new games and try your luck at something different.

TAROT FOR FUN

LOCATION: Gympie Centre
START: 10.00am (2hrs)
3rd Wednesday in April

SUNCARE BINGO

LOCATION: Gympie Centre
START: 12.00pm (2hrs)
3rd Wednesday in April

Morning Tea provided



THURSDAY

SIT FIT

LOCATION: Gympie Centre
START: 10.00am (1hr)
1st & 4th Thursday in April

ART N CRAFT GROUP

LOCATION: Gympie Centre
START: 11.30am (3hr)
1st & 3rd Thursday in April

MAHJONG GAME GROUP

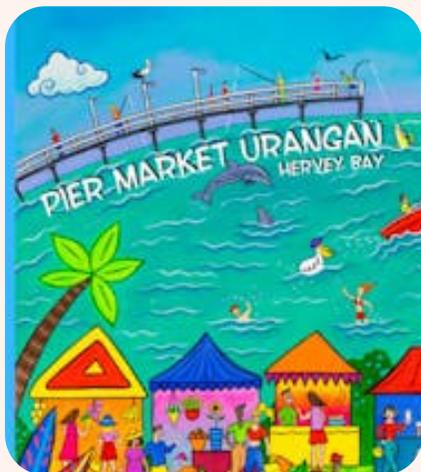
LOCATION: Gympie Centre
START: 11.30am (3hrs)
2nd Thursday in April

SEQUENCE GAME GROUP

LOCATION: Gympie Centre
START: 11.30am (3hr)
4th Thursday in April

Morning Tea provided





WEDNESDAY 8 APRIL

URANGAN PIER MARKETS AND LUNCH

LOCATION: Hervey Bay Pier and Lunch at Hervey Bay RSL.
START: 10.00am
DURATION: 4hr

Join us for a leisurely stroll through the pier markets and then lunch at the RSL!

We will be catching up with our Bundaberg and Hervey Bay Suncare neighbours!

Please Note: This will be a long day of driving and some walking required. Please bring hat and waterbottle.

THURSDAY 9 APRIL

WALK N TALK GROUP

LOCATION: Gympie Duck Ponds
START: 9.00am
DURATION: 1hr

This group requires fair mobility to attend. Please bring hat and waterbottle.

Meeting spot to be agreed upon - closer to the day.

Dependant upon weather.

FRIDAY 10 APRIL

PICNIC @ MOTHER MOUNTAIN ROCK POOLS

LOCATION: Mother Mountain
START: 10.00am
DURATION: 2hrs

Enjoy a refreshing picnic escape to Mother Mountain Rock Pools near Gympie, with crystal-clear waters and beautiful scenery.

If you would like to explore a little, this will require a fair level of mobility. Please bring hat and water bottle. Or feel free to just sit and relax and take in the natural surroundings.

TUESDAY 14 APRIL

TIN CAN BAY COUNTRY CLUB

LOCATION: Tin Can Bay
START: 11.30am
DURATION: 2.5hr

Experience the Tin Can Bay Country Club—where great food, friendly service, and beautiful views meet.

Enjoy a relaxing meal and awesome friends!

THURSDAY 16 APRIL

MORNING MELODIES

LOCATION: Gympie RSL
START: 10:00am
DURATION: 3hrs

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

Come meet new friends or catch up with the old ones!



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



WEDNESDAY 22 APRIL

ANZAC DAY CELEBRATIONS

LOCATION: Suncare Community Centre, Maroochydore

START: 11.00am

DURATION: 2.5hrs

Join us for an early ANZAC Day Service at our Maroochydore Community Centre. We will hold a short ceremony followed by lunch and a friendly game of Two-Up.

We warmly welcome everyone to wear their own medals or the medals of a loved one, in honour and remembrance.

If you would like to read a poem, share a story or be acknowledged in the ceremony please advise when you book in for the event.

THURSDAY 23 APRIL

WALK N TALK GROUP

LOCATION: Gympie Duck Ponds

START: 9.00am

DURATION: 1hr

This group requires fair mobility to attend. Please bring hat and waterbottle.

Meeting spot to be agreed upon - closer to the day.

Dependant upon weather.

FRIDAY 24 APRIL

ANZAC POPPIES & COFFEE @ THE HATCH

LOCATION: Memorial Park Gympie.

START: 10.30am

DURATION: 2hr

Place a Poppy around our beautiful new Gympie eternal flame monument and then enjoy a leisurely stroll and coffee at The Hatch close by.

TUESDAY 28 APRIL

TRIVIA TUESDAY

LOCATION: Gympie Library

START: 9.30am

DURATION: 1.5hr

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

NOTES

April Therapy Activities

TUESDAYS

HYDRO FIT

LOCATION: Gympie ARC
START: 11:00am - 12:00pm
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.

Hydro Fit is running every Tuesday in the month of April.

WEDNESDAYS

COGNITIVE STIMULATION THERAPY

LOCATION: Gympie Centre
START:

- 9.30am - 10.15am - Session One
- 10.45am - 11:30am - Session Two

DURATION: 45min each session

ABOUT: Led by an Allied Health Professional, these sessions involve a wide range of activities aiming to stimulate thinking and memory. Starting as a 7 week program.

Be assessed and boost Memory, Mood and Connection!

Cognitive Stimulation Therapy (CST) is running every Wednesday in the month of April - as part of a 7 week program.

THURSDAYS

PHYSIO FIT

DATE: Thursday 9th
LOCATION: Gympie Centre
START: 9.30am - 10:30am
DURATION: 1hr

PHYSIO FIT

DATE: Thursday 23rd
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.



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