



# Social Connections Program

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

GYMPIE

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 In Centre & Outings Overview

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>2</b> Sit Fit Location: Gympie Centre Start: 10.00am (1hr)</p> <p><b>500 Card Group</b> Location: Gympie Centre Start: 11.30am (3hrs) morning tea provided.</p>	<p><b>3</b> Your Choice Location: Gympie Centre Start: 11.30am (3hrs) Bring in your own craft project , or play multiple games! Light lunch and delights provided.</p>	<p><b>4</b> Noosa Botanical Gardens Location: Cooroy Start: 10.30am (2hrs) A walk through the Noosa Botanical Gardens. Light picnic lunch provided.</p>	<p><b>5</b></p>	<p><b>6</b> Dickabram Bridge + Lunch at Woolooga Hotel Location: Miva + Woolooga Start: 11.00am (3hrs) View the newly refurbished historical landmark near Miva, with lunch after at Woolooga Hotel.</p>	<p><b>7/8</b> International Women's Day 8<sup>th</sup> March</p>
<p><b>9</b> Art n Craft Group Location: Gympie Centre Start: 9.30am (2.5hrs) Morning Tea provided.</p> <p><b>Mahjong Beginners Group</b> Location: Gympie Centre Start: 12.00pm (2.5hrs) Light lunch provided.</p>	<p><b>10</b> Tin Can Bay Country Club Location: Tin Can Bay Start: 11.30pm (3hrs)</p>	<p><b>11</b> Surface Hill Restaurant &amp; Bar Location: Channon Street, Gympie. Start: 1.00pm (2hrs)</p>	<p><b>12</b> Walk n Talk Group Location: Gympie Start: 9.00am (1hr)</p> <p><b>Indoor Bowls</b> Location: Gympie Centre Start: 11.30am (3hrs) Light lunch provided.</p>	<p><b>13</b></p>	<p><b>14/15</b></p>
<p><b>16</b> Sit Fit Location: Gympie Centre Start: 10.00am (1hr)</p> <p><b>500 Card Group</b> Location: Gympie Centre Start: 11.30am (3hrs) Light lunch provided.</p>	<p><b>17</b></p>	<p><b>18</b> St Patricks Day Location: Suncare Community Centre, Maroochydore. Start: 11:00am Duration: 3hrs</p>	<p><b>19</b> Morning Melodies Location: Gympie RSL Start: 10.00am (3hrs)</p>	<p><b>20</b> Movie Day! Location: Gympie Centre Start: 11.00am (2.5hrs) See below</p>	<p><b>21/22</b> Harmony Week 16-22<sup>nd</sup> March</p>
<p><b>23</b> Indoor Bowls Location: Gympie Centre Start: 10.00am (3hrs) Light lunch provided.</p>	<p><b>24</b> Trivia Tuesdays Location: Gympie Library Start: 9.45am (2.5hrs) With a leisurely stroll down to a Mary Street Cafe afterwards.</p>	<p><b>25</b> The Shopper Bus Location: Kawana Shopping Centre, Kawana. Start: 10:00am (4hrs)</p>	<p><b>26</b> Walk n Talk Group Location: Gympie Start: 9.00am (1hr)</p> <p><b>500 Card Group</b> Location: Gympie Centre Start: 11.30am (3hrs) Light lunch provided.</p>	<p><b>27</b></p>	<p><b>28/29</b></p>
<p><b>30</b> Sit Fit Location: Gympie Centre Start: 10.00am (1hr)</p> <p><b>Suncare Bingo</b> Location: Gympie Centre Start: 11:30am (2hrs) Morning tea provided.</p>	<p><b>31</b> Rainbow Beach Surf Life Saving Club Location: Rainbow Beach Start: 11.30am (3hrs)</p>				

 **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.

# March 2026 Centre Activities

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



## MONDAY

### SIT FIT

**LOCATION:** Gympie Centre  
**START:** 10.00am (1hr)  
1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Monday in February

### 500 CARD GROUP

**LOCATION:** Gympie Centre  
**START:** 11.30am (3hrs)  
1<sup>st</sup> and 3<sup>rd</sup> Monday in February

### ART N CRAFT GROUP

**LOCATION:** Gympie Centre  
**START:** 9.30am (2.5hrs)  
2<sup>nd</sup> Monday in February

### MAHJONG BEGINNERS

**LOCATION:** Gympie Centre  
**START:** 12.00pm (2.5hrs)  
2<sup>nd</sup> Monday in February

### INDOOR BOWLS

**LOCATION:** Gympie Centre  
**START:** 10.00am (3hrs)  
4<sup>th</sup> Tuesday in February  
Morning Tea provided.

### SUNCARE BINGO

**LOCATION:** Gympie Centre  
**START:** 11.30am (2hrs)  
4<sup>th</sup> Tuesday in February  
FUN Prizes. Light lunch provided.



## TUESDAY

### YOUR CHOICE

**LOCATION:** Gympie Centre  
**START:** 11.30am (3hrs)  
1<sup>st</sup> Tuesday in February



## THURSDAY

### INDOOR BOWLS

**LOCATION:** Gympie Centre  
**START:** 11.30am (3hrs)  
2<sup>nd</sup> Thursday in February  
Morning Tea provided.

### 500 CARD GROUP

**LOCATION:** Gympie Centre  
**START:** 11.30am (3hrs)  
4<sup>th</sup> Thursday in February



## FRIDAY

### SUNCARE MOVIE

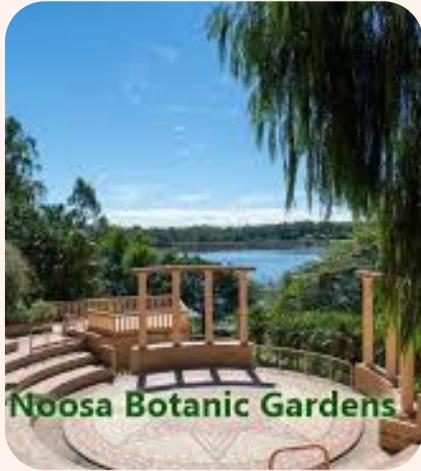
**LOCATION:** Gympie Centre  
**START:** 11.00am (2.5hrs)  
3<sup>rd</sup> Friday in February  
Light lunch and snacks provided.

MOVIE: Your Choice on the Day!

Movie suggestions taken at the end of each session.



**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.



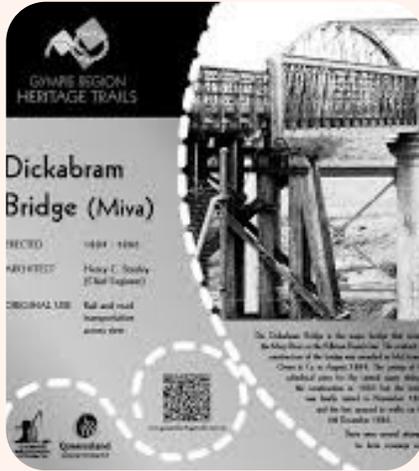
**WEDNESDAY 4 MARCH**

**NOOSA BOTANICAL GARDENS**

**LOCATION:** Suncare Community Centre, Maroochydore  
**START:** 10.30am  
**DURATION:** 2hr

Join us for a special Waitangi Day lunch! Celebrate culture, connection, and community with delicious food and great company.

Lunch included.



**FRIDAY 6 MARCH**

**DICKABRAM BRIDGE + WOOLLOGA HOTEL**

**LOCATION:** Tin Can Bay  
**START:** 11.00am  
**DURATION:** 3hrs

Discover the historic Dickabram Bridge, a stunning piece of Queensland heritage.

Then relax and enjoy a delicious country lunch at the Woollooga Hotel—great food, warm hospitality, and unforgettable charm await!



**TUESDAY 10 MARCH**

**TIN CAN BAY COUNTRY CLUB**

**LOCATION:** Tin Can Bay  
**START:** 11.30am  
**DURATION:** 3hrs

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

Enjoy a relaxing meal and awesome friends!



**WEDNESDAY 11 MARCH**

**SURFACE HILL RESTAURANT & BAR**

**LOCATION:** Channon St, Gympie  
**START:** 1.00pm  
**DURATION:** 2hr

A beautiful historical location at the Surface Hill Church. Elegantly transformed into a restaurant, bar and cafe for your enjoyment.

Excellent views from the elevated position. Hope to see you there!



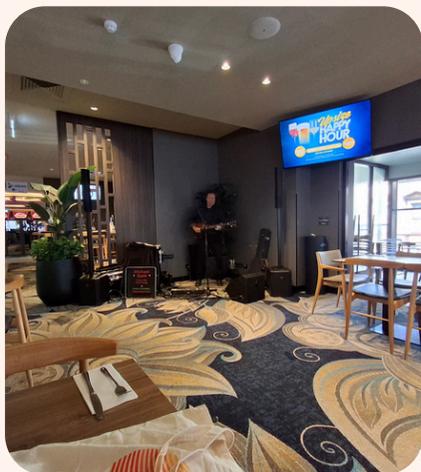
**WEDNESDAY 18 MARCH**

**ST PATRICKS DAY**

**LOCATION:** Suncare Community Centre, Maroochydore  
**START:** 11.00am  
**DURATION:** 3hrs

Possibly a 4 leaf clover surprise, or throw a potato challenge! Maybe an Irish stew for lunch and a bit of Gold at the end of the Rainbow!

You won't know unless you come!



**THURSDAY 19 MARCH**

## MORNING MELODIES

**LOCATION:** Gympie RSL  
**START:** 10.00am  
**DURATION:** 3hrs

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



**TUESDAY 24 MARCH**

## 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.



**WEDNESDAY 25 MARCH**

## THE SHOPPER BUS

**LOCATION:** Kawana Shopping Centre, Kawana Waters.  
**START:** 10:00am  
**DURATION:** 4hr

Shop till you drop at the Kawana Waters Shopping Complex. And enjoy a leisurely drive along the coastline in our travels.



**THURSDAY 26 MARCH**

## WALK N TALK GROUP

**LOCATION:** Gympie  
**START:** 9.00am  
**DURATION:** 1hr

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

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

Dependent upon weather.



**TUESDAY 31 MARCH**

## RAINBOW BEACH SURF LIFE SAVING CLUB

**LOCATION:** Rainbow Beach  
**START:** 11.30am  
**DURATION:** 3hr

Savour delicious meals with breathtaking ocean views at Rainbow Beach Surf Life Saving Club.

Relax, dine, and enjoy the vibrant coastal atmosphere— and unforgettable seaside moments!

# March 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 March.**

## 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 March - as part of a 7 week program.**

## THURSDAYS

### PHYSIO FIT

**DATE:** Thursday 12<sup>th</sup>

**LOCATION:** Gympie Centre

**START:** 9.30am - 10:30am

**DURATION:** 1hr

### PHYSIO FIT

**DATE:** Thursday 26<sup>th</sup>

**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.



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