



Social Connections Program

2-8 GEORGE STREET, MAROOCHYDORE, QLD, 4558.

SUNSHINE COAST

February 2025



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

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.



PROGRAM 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 786 227 or add your name to the waitlist.

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.

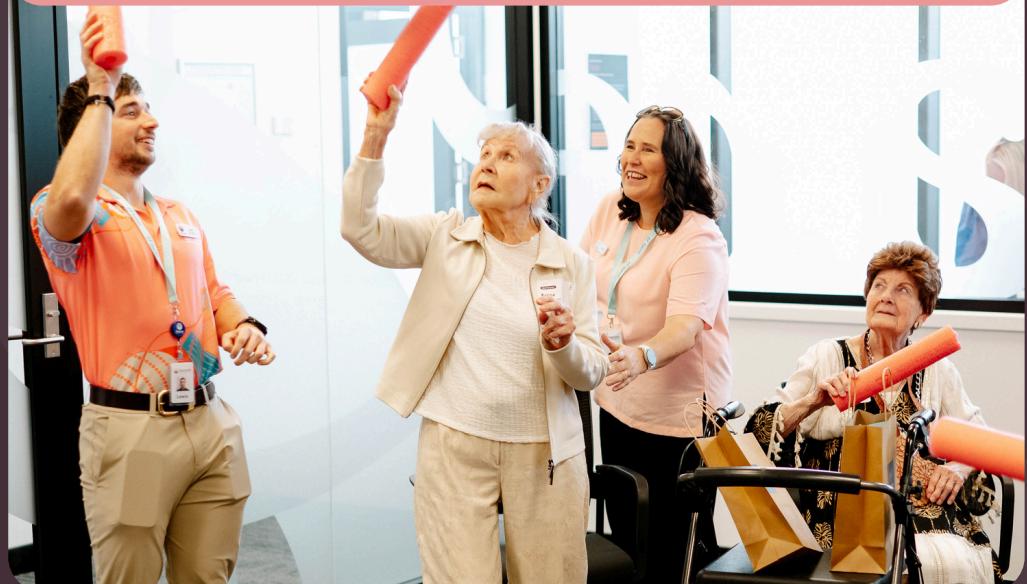
They have also been linked to:

- 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

February bookings open Monday 5th of January

SUNSHINE COAST NORTH

2-6 George Street, Maroochydore



MONDAY

2 Morning tea at Eudlo General Store
Location: Eudlo
Start: 10:00am
Duration: 2hr

9 Morning tea at Vrina Mezza Bar
Location: Parrearra
Start: 10:00am
Duration: 2hr

16 Yandina Historic house morning tea
Location: Yandina
Start: 10:00am
Duration: 2hr

23 Morning tea at Poppies
Location: Noosa
Start: 10:30am
Duration: 2hr

TUESDAY

3 Lunch at The Barn on Flaxton
Location: Flaxton
Start: 11:30am
Duration: 2hr

10 Lunch at Brightwater Tavern
Location: Mountain Creek
Start: 11:30am
Duration: 2hr

17 Ride the Big Pineapple Train with lunch at Woombey Pub
Location: Woombey
Start: 11:00am
Duration: 2hr
*Sloping ground to access Big Pineapple Train

24 Lunch at Coolum Surf Club
Location: Coolum
Start: 11:30am
Duration: 2hr

WEDNESDAY

4 Waitangi Day - See flyer for details
Location: Suncare Community Centre
Start: 11:00am
Duration: 2hr

11 Lunch at the Maroochy Bowls Chinese Restaurant
Location: Maroochydore
Start: 11:30am
Duration: 2hr

18 Valentine's Day Celebrations - see flyer for details
Location: Suncare Community Centre
Start: 11:30am
Duration: 2hr

25 Lunch at Three Bar and Grill
Location: Caloundra
Start: 11:30am
Duration: 2hr

THURSDAY

5 Flo's Creperie at the Wharf
Location: Mooloolaba
Start: 11:00am
Duration: 2hr

12 Live entertainment and lunch at Club Kawana
Start: 11:30am
Duration: 2hr

12 Mates Motor - Lunch at NorthShore Tavern
Start: 11:30am
Duration: 2hr

19 Morning Melodies at Gympie RSL. Live music with a \$15 main and dessert
Location: Gympie
Start: 10:30am
Duration: 2hr

26 Live entertainment and lunch at Club Kawana
Location: Wurtulla
Start: 11:30am
Duration: 2hr

FRIDAY

6 Lunch at Waves Club
Location: Caloundra
Start: 11:30am
Duration: 2hr

13 In centre movie. See flyer for details.
Location: Suncare Community Centre
Start: 10:30am
Duration: 2hr

20 Lunch at Siam Spicy
Location: Peregian Beach
Start: 11:30am
Duration: 2hr

27 Lunch at Marooola Surf Club
Location: Marooola
Start: 11:30am
Duration: 2hr

SATURDAY



TUESDAY MORNING WALK

This is an alternate outing offered every Tuesday, where different locations are visited for a morning stroll and breakfast.

LOCATION: Various
DURATION: 2 hrs

21 Saturday Shopper Bus
Various shops along Bulcock Street
Start - 10:30am
Duration - 3 hrs

If attending, please be aware these trips may include independent shopping, substantial walking and you to have your mobile phone with you.

TO MAKE A BOOKING:

CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.



February 2026 Activities Program

February bookings open Monday 5th of January

SUNSHINE COAST **NORTH**

2-6 George Street, Maroochydore



MONDAYS

CRAFT CORNER

Time: 9:00am - 12:00pm
Duration: 3hr

BINGO

Time: 1:00pm - 2:30pm
Duration: 1.5hr

TUESDAYS

DANCE CLASS BY JOE

Time: 9:00am - 10:00am
Duration: 1hr

INDOOR BOWLS

Time: 1:00pm - 3:30pm
Duration: 2.5hr

CARDS - HAND & FOOT

Time: 1:00pm - 4:00pm
Duration: 3hr

THURSDAYS

CHAIR FITNESS

Time: 10:30am - 11:30am
Duration: 1hr

CARDS - CRIBBAGE

Time: 1:00pm - 3:00pm
Duration: 2hr

FRIDAYS

INDOOR BOWLS

Time: 9:30am - 11:30am
Duration: 2hr

SUNDAYS

INDOOR BOWLS

Time: 1:00pm - 3:30pm
Duration: 2.5hr



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February 2026 Activities Program

February bookings open Monday 5th of January

WEDNESDAYS

ART GROUP

TIME: 10:00am - 12:00pm

DURATION: 2hr

ABOUT: This activity is for people who are proficient in painting. Attendees provide their own paints and equipment (easels, canvases, etc).

MAHJONG

TIME: 1:00pm - 4:00pm

DURATION: 3hr

ABOUT: This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.



FRIDAYS

MAHJONG

TIME: 9:30am - 12:30pm

DURATION: 3hr

ABOUT: his activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

BOARD GAME BONAZA

TIME: 1:00pm - 3:00pm

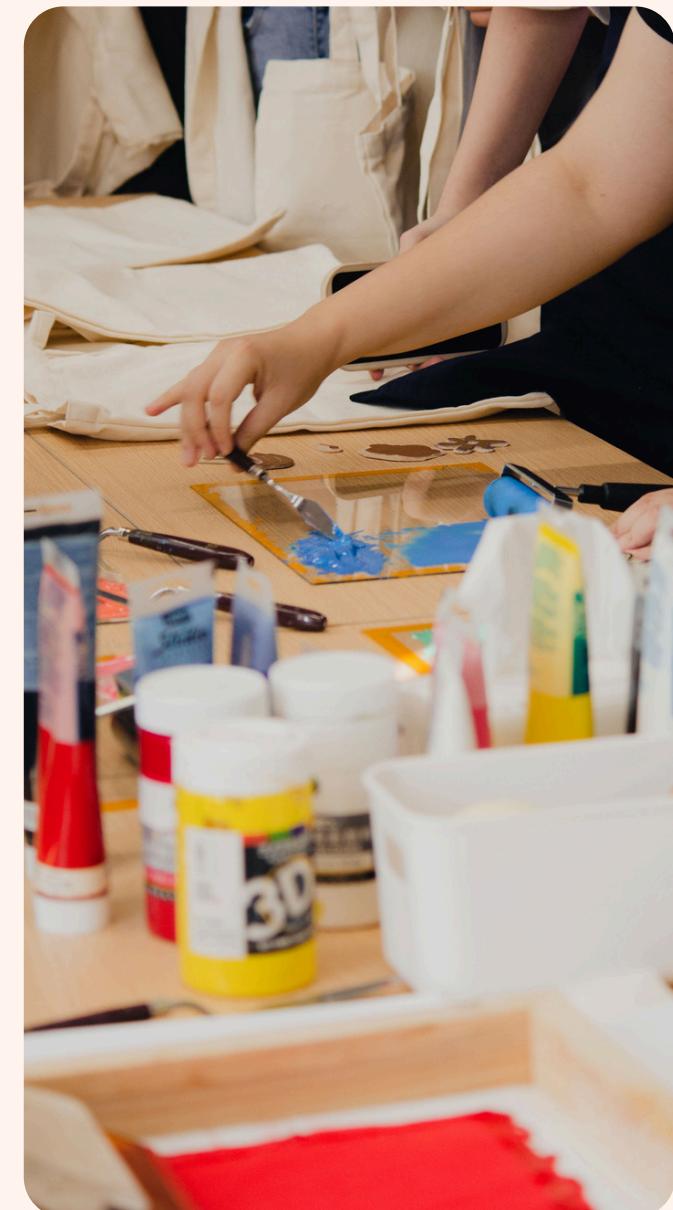
DURATION: 2hr

ABOUT: Join us for a casual beginners afternoon of board games. Various games available with a choice and rotation between selected games. Games available Rummikub, Scrabble, and dominos. **Game suggestions welcome.**



SUNSHINE COAST SOUTH

Address - 2 Nanyima Street, Buddina
(Kawana Tennis Club)



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February 2026 Outing Program

February bookings open Monday 5th January

SUNSHINE COAST **SOUTH**

2-6 George Street, Maroochydore



WEDNESDAYS



4 Waitangi Day.
See flyer for details
Location: Suncare Community Centre

START: 11am
DURATION: 2hrs



11 Lunch at Maroochy Bowls Chinese Restaurant.
Location: Maroochydore

TIME: 11:30am
DURATION: 2hrs



18 Valentine's Day.
See flyer for details
Location: Suncare Community Centre

TIME: 11:00am
DURATION: 2hrs



25 Lunch at Three Bar and Restaurant.
Location: Suncare Community Centre

START: 11am
DURATION: 2hrs

FRIDAYS



6 Lunch at Waves Club
Location: Caloundra

START: 11:30am
DURATION: 2hrs



13 In centre Movie.
See flyer for details
Location: Suncare Community Centre

START: 10:30am
DURATION: 3hrs



20 Shopping at Kawana Shopping World.
Location: Kawana

START: 11am
DURATION: 2hrs



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

February Community Centre Activities

February bookings open Monday 5th January

NAMBOUR

Address - 174-176 Currie Street, Nambour
(Nambour Anglican Parish Hall)



FRIDAYS

6 SOCIAL GROUP - \$5 GAME

Time: 9:00am - 11:00am
Duration: 2hr
About: Bring a wrapped gift to the total of \$5. Participants attempt to roll a 6 on a die to get a prize. Everyone wins!

AGELESS GRACE

Time: 12:00pm - 12:45pm
Duration: 45min
About: A simple, fun exercise and movement program designed for seated participation.

13 NAMBOUR SOCIAL GROUP - TALKING HEADS

Time: 9:00am - 11:00am
Duration: 2hr
About: It's what we call Celebrity Heads!

AGELESS GRACE

Time: 12:00pm - 12:45pm
Duration: 45min
About: A simple, fun exercise and movement program designed for seated participation.

20 NAMBOUR SOCIAL GROUP - TRIVIA

Time: 9:00am - 11:00am
Duration: 2hr
About: A fun, question-based game where players test their knowledge across a variety of topics.

AGELESS GRACE

Time: 12:00pm - 12:45pm
Duration: 45min
About: A simple, fun exercise and movement program designed for seated participation.

27 SOCIAL GROUP - BINGO

Time: 9:00am - 11:00am
Duration: 2hr
About: Let your creativity fly with an Christmas themed craft activity.

AGELESS GRACE

Time: 12:00pm - 12:45pm
Duration: 45min
About: A simple, fun exercise and movement program designed for seated participation.



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

February Therapy Activities

February bookings open Monday 5th January

SUNSHINE COAST



MONDAYS

CARDIAC REHAB MAINTENANCE

Time: 11:30am - 12:30pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 12:00pm - 1:00pm
Duration: 1hr
Location: BAC

AQUA FITNESS

Time: 2:00pm - 3:00pm
Duration: 1hr
Location: CTAC

TUESDAYS

COGNITIVE MAINTENANCE GROUP

Time: 9:30am - 10:15am
Duration: 45min
Location: SCC

CHAIR PILATES

Time: 10:00am - 11:00am
Duration: 1hr
Location: SCC

COGNITIVE STIMULATION THERAPY

Time: 11:15am - 12:00pm
Duration: 45min
Location: SCC

EXERCISE PHYSIOLOGY CLASS

Time: 11:30am - 12:30pm
Duration: 1hr
Location: SCC

EXERCISE PLUS

Time: 11:30am
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 11:45am - 12:45pm
12:45pm - 1:45pm
Duration: 1hr
Location: PAC

WEDNESDAYS

PHYSIO FITNESS

Time: 9:00am - 10:00am
Duration: 1hr
Location: PMH

STEP STRONG: ARTHRITIS-FRIENDLY EXERCISE

Time: 11:00am - 12:00pm
Duration: 1hr
Location: SCC

STRENGTH AND BALANCE

Time: 1:00pm - 2:00pm
Duration: 1hr
Location: SCC

THURSDAYS

AQUA FITNESS

Time: 9:30am - 10:30am
Duration: 1hr
Location: SCC

PHYSIO FITNESS

Time: 10:45am - 11:45am
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 12:30pm - 1:30pm
Duration: 1hr
Location: MPCC

COGNITIVE MAINTENANCE GROUP

Time: 9:30am - 10:15am
Duration: 45min
Location: SCC

COGNITIVE STIMULATION THERAPY

Time: 11:15am - 12:00pm
Duration: 45min
Location: SCC

FRIDAYS

PHYSIO FITNESS

Time: 11:00am - 12pm
Duration: 1hr
Location: SCC

PHYSIO FITNESS

Time: 11:15am - 12:15am
Duration: 1hr
Location: KFMP

AQUA FITNESS

Time: 2:00pm - 3:00pm
Duration: 1hr
Location: CTAC



PMH - Palmwoods Memorial Hall, 1 Main Street, Palmwoods

PAC - Palmwoods Aquatic Centre, 87 Dunning Street, Palmwoods

SCC - Suncare Community Centre, 2-6 Georgie Street, Maroochydore

PAC - Palmwoods Aquatic Centre, 87 Dunning Street, Palmwoods

MPCC - Meridan Plains Community Church, 70 Spring Drive, Meridan Plains

CTAC - Cotton Tree Aquatic Centre, 412 Cotton Tree Parade, Maroochydore

BAC - Buderim Aquatic Centre, 44 Main Street, Buderim



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February Activities Key

February bookings open Monday 5th January



NORTH ACTIVITES

CRAFT CORNER

Join us for something different each week or bring along your own project.

CHAIR FITNESS

An easy to follow, gentle exercise program.

INDOOR BOWLS

A social and competitive game.

BINGO

Join us for a game of bingo, prizes to be won! Grab your friends!

DANCE CLASS BY JO

This dance group is designed to encourage movement while having fun. Dances such as the Zorba, Macarena and belly dancing involved.

CARDS - CRIBBAGE

A fast-paced card game full of clever moves and quick math. It's fun, sneaky, and seriously satisfying when you nail that perfect play.

CARDS - HAND & FOOT

How's your hand? Come along and give cards a crack. Games with 3 - 4 players.

SOUTH ACTIVITIES

BOARD GAME BONANZA

Join us for a casual beginners afternoon of board games. Various games available with a choice and rotation between selected games.

Games available Rummikub, Scrabble, and dominos.

Game suggestions welcome.

ART GROUP

This activity is for people who are proficient in painting. Attendees provide their own paints and equipment (Easels, canvases, etc).

MAHJONG

This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how.



THERAPY ACTIVITES

COGNITIVE STIMULATION THERAPY

Involves a wide range of activities aiming to stimulate thinking and memory.

STEP STRONG: ARTHRITIS-FRIENDLY EXERCISE

Lower Limb arthritis exercise.

AQUATIC FITNESS

Gentle exercise within a 32 degree heated pool.

PHYSIO FITNESS

Aimed to improve strength and balance.

CHAIR PILATES

A low impact form of exercise.

STRENGTH & BALANCE

Aimed to improve strength and balance.

CARDIAC REHAB MAINTENANCE

Exercise targeting cardiovascular health.

EXERCISE PHYSIOLOGY CLASS

An advanced-level class designed to improve strength and fitness, helping to counteract age-related changes or decline.

NAMBOUR SOCIAL GROUP

The social group incorporates a number of activities and games. Attendees contribute to morning tea and is located in the Hall at the Nambour Anglican Parish, 174-176 Currie St, Nambour.