

GYMPIE DECEMBER 2025

Social Connections Program

1/2-4 Horseshoe Bend, Gympie, QLD, 4570



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.

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.

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.

Therapy Pre Assessment

- Please note: All Therapy Calendar groups require pre-assessment and minimum numbers to proceed. A \$16/hr co-payment applies

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. Reference: Ending Loneliness Together. (2023). State of the nation report: Social connection in Australia 2023.

Why It's Important

Loneliness and social isolation can have a serious impact on mental, emotional, and physical health. Research shows they are linked to:

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
- Increased emotional distress and reduced feelings of wellness

The good news is that meaningful social connection is one of the most effective ways to protect wellbeing and improve overall health.

How Social Programs Help

Our program is designed to bring people together in a warm, supportive environment where you can build real relationships, feel understood, and experience a genuine sense of belonging. Whether you're looking to meet new people., reconnect with others or simply enjoy shared activities coming along can make a positive difference.

Feel supported, feel included – start with a free trial visit.



December 2025 Social Connections Program

Gympie Region

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Mahjong Beginners Group Location: Gympie Centre Start: 10.00am (2hrs)	2 Cooloola Coast Walk n Talk Group Location: Tin Can Bay Esplanade Start: 10.00am (1.5hrs)	3	4 Suncare Christmas Spirit Luncheon Location: Kingston House Restaurant. Start: 11.30am (3hrs)	5 Sit Fit Location: Gympie Centre Start: 10.00am (1hr) 500 Card Group Location - Gympie Centre Start - 12.00pm (2hrs)	6/7
8 Art n Craft Group Location: Gympie Centre Start: 10.00am (3hrs)	9 Christmas Lights: Dinner & XMas lights drive. Location - Gympie Suburbs Start - 5.00pm (3hrs)	10	11 Songbirds: Christmas Carols Location: Oxford Crest Start: 2.00pm (2hr)	12 Indoor Bowls Location: Gympie Centre Start: 10.00am (2hrs)	13/14
15 500 Card Group Location: Gympie Centre Start - 10.00am (2hrs)	16 Walk n Talk Group Location: Gympie Duck Ponds Start: 9.30am (1.5hrs)	17 Games and Lunch Location: Gunabul Homestead Start: 12.00pm (2hrs)	18	19 Sit Fit Location: Gympie Centre Start: 10.00am (1hr)	20/21
22 Indoor Bowls Location: Gympie Centre Start: 10.00am (2hrs)	23 Your Choice: Games and/or Craft Location - Gympie Centre Start - 9.00am (2hrs)	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27/28
29 Sit Fit Location: Gympie Centre Start: 10.00am (1hr) Suncare Bingo Location: Gympie Centre Start: 12.00pm (2hrs)	30 Walk n Talk Group Location: Gympie Duck Ponds Start: 9.30am (1.5hrs)	31 New Years Eve Movie Day! Location: Gympie Centre Start: 10.00am (2hrs)	1 New Years Day 2026		

December 2025 Activities & Outings



MONDAY 1 DECEMBER

MAHJONG BEGINNERS GROUP

Location: Gympie Centre
Start: 10.00am
Duration: 2hr

Learning Mahjong together.
Lots of fun and yummy morning
tea provided.



TUESDAY 2 DECEMBER

COOLOOLA COAST: WALK N TALK GROUP

Location: Tin Can Bay
Esplanade
Start: 9.30am
Duration: 1.5hrs

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

If time and energy permits - we
will head to find a spot for a
rest and coffee!
Meeting spot to be agreed
upon - closer to the day.



THURSDAY 4 DECEMBER

SUNCARE CHRISTMAS SPIRIT LUNCHEON

Location: Kingston House
Start: 11.30am
Duration: 3hr

Come and celebrate the
Christmas Season with your
Suncare family.

There will be live
entertainment, with lots of fun
and festivities!
Set lunch included.

No Free Vouchers



THURSDAY 5 DECEMBER

SIT FIT

Location: Gympie Centre
Start: 10.00am
Duration: 1hr

We have fun getting fit
together with our seated
YOGA.

Enjoy a cuppa together and
chat afterwards.



FRIDAY 5 DECEMBER

500 CARD GROUP

Location: Gympie Centre
Start: 10:00am
Duration: 2hr

A fun group, learning and
playing 500.

Lots of laughter and yummy
morning tea included.

Beginners are welcome!

December 2025 Activities & Outings



MONDAY 8 DECEMBER

ART N CRAFT GROUP

Location: Gympie Centre
Start: 10:00am
Duration: 3hr

Bring your own projects OR join in on our mystery activity!

Morning Tea provided.



TUESDAY 9 DECEMBER

EVENING EVENT: CHRISTMAS LIGHTS AND DINNER

Location: Gympie Sports Club
Start: 5.00pm
Duration: 3hr

Join us for a delightful dinner at Gympie Sports Club followed by a magical bus drive, looking at sparkling Christmas lights—great food, festive cheer, and twinkling wonder await!

There may be times where we will exit the bus to walk through light displays.



THURSDAY 11 DECEMBER

SONGBIRDS: CHRISTMAS CAROLS

Location: Oxford Crest, Gympie
Start: 2.00pm
Duration: 2hr

Come along and enjoy the sweet harmonies of the Songbirds as they sing your favourite Christmas carols—festive cheer guaranteed!

Morning Tea Provided



FRIDAY 12 DECEMBER

INDOOR BOWLS

Location: Gympie Centre
Start: 10:00am
Duration: 2hr

Come into the centre and enjoy fun indoor bowls with a free morning tea included.

One mat but lots of laughter.

December 2025 Activities & Outings



MONDAY 15 DECEMBER

500 CARD GROUP

Location: Gympie Centre
Start: 10:00am
Duration: 2hr

A fun group, learning and playing 500. Lots of laughter and yummy morning tea included. Beginners are welcome!



TUESDAY 16 DECEMBER

GYMPIE WALK N TALK GROUP

Location: Gympie Duck Ponds
Start: 9.30am
Duration: 1.5hrs

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

If time and energy permits - we will head to find a spot for a rest and coffee!

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



**WEDNESDAY 17
DECEMBER**

GAMES AND LUNCH @ GUNABUL HOMESTEAD

Location: Gunabul Homestead
Start: 12.00pm
Duration: 2hr

Enjoy a fun-filled games day at Gunabul Homestead—laughter, sunshine, and friendly banter in a beautiful setting!

Enjoy great Pizza or choose from their menu.

Games will be provided or take advantage of the pool tables at the venue.



FRIDAY 19 DECEMBER

SIT FIT

Location: Gympie Centre
Start: 10.00am
Duration: 1hr

We have fun getting fit together with our seated YOGA.

Enjoy a cuppa together and chat afterwards.



MONDAY 22 DECEMBER

INDOOR BOWLS

Location: Gympie Centre
Start: 10:00am
Duration: 2hr

Come into the centre and enjoy fun indoor bowls with a free morning tea included.

One mat but lots of laughter.

December 2025 Activities & Outings



TUESDAY 23 DECEMBER

YOUR CHOICE: GAMES AND/OR CRAFT

Location: Gympie Centre
Start: 9.00am
Duration: 2hr

We have fun getting together to share our projects or play some games. Your choice of games and/or craft. Either bring your own - or just join in with whats happening at the table.

Enjoy a cuppa together and a lovely morning tea.



MONDAY 29 DECEMBER

SIT FIT

Location: Gympie Centre
Start: 10.00am
Duration: 1hr

We have fun getting fit together with our seated YOGA.

Enjoy a cuppa together and chat afterwards.



MONDAY 29 DECEMBER

SUNCARE BINGO

Location: Gympie Centre
Start: 12.00pm
Duration: 2hr

Our BINGO has moved back to the Suncare Centre. Come and have some fun and prizes.

Morning tea included.



TUESDAY 30 DECEMBER

GYMPIE WALK N TALK GROUP

Location: Gympie Duck Ponds
Start: 9.30am
Duration: 1.5hrs

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

If time and energy permits - we will head to find a spot for a rest and coffee!

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



**WEDNESDAY 31
DECEMBER**

MOVIE DAY: COUNTDOWN TO MIDDAY!

Location: Gympie Centre
Start: 10.00am
Duration: 2hr

Ring in the New Year with a cozy indoor movie! Relax, unwind, and enjoy a great film as we say goodbye to 2025 and welcome 2026 together.

A new year inspired film - with yummy treats to eat!



THURSDAYS

PHYSIO FIT

Date: Thursday 4th

Location: Gympie Centre

Start: 10:00am – 11:00am

Duration: 1hr

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.

PHYSIO FIT

Date: Thursday 18th

Location: Gympie Centre

Start: 10:00am – 11:00am

Duration: 1hr



TUESDAYS

HYDRO FIT

Location: Gympie ARC

Start: 11:00am – 12:00pm

Duration: 1hr

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 December.