

Social Connections Program

81 BAROLIN STREET, BUNDABERG SOUTH, QLD 4670

BUNDABERG

August 2026



Scan the QR code to help
shape Suncare's social
connections program.



Important information



BOOKING PROCESS:

Suncare is improving the way we manage registrations for our Social Connections programs.

Customers interested in attending our in centre based activities or social outings will now have from the 1st - 14th of each month prior to register interest in specific activities.

Expressions of interest will be received either by calling Suncare on 1800 786 227 or submitting an email to contact@suncare.org.au.

We kindly ask you do not contact your Lifestyle Coordinator as this will help ensure your interest is not missed.

ACTIVITY PRICING:

Suncare activities that attract additional pricing, including costs associated with tickets, meals or purchases are at your own cost. Where possible, prices will be listed.

TRANSPORT:

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.

CANCELLATION POLICY

Suncare policy requires all cancellations for scheduled in centre activities and social outings to be communicated with Suncare at least 24 hours or 1 x full business day, prior. Failure to notify Suncare will result in you being billed for the cancelled service.

This process allows us to ensure we have the correct resources for each activity and provides opportunity for someone else to attend in your place, that may have been on a waitlist.

CONFIRMATION CALLS:

Suncare will only contact those customers scheduled to attend an outing to confirm estimated transport pick up time. This call will be made the day before the outing.

WAITLISTS:

Suncare will make every effort to avoid waitlists for people wanting to participate in our in centre activities or social outings by applying additional resources where possible.

However, on occasion, this may be unavoidable. If a new spot becomes available, Suncare will use a lottery system to ensure it is fair and reasonable for everyone.



to the
outing; just be sure to book in by calling 1800 786 227 or add
your name to the waitlist. 48 hours' notice is required for
cancellations.

In Centre Day Respite - Coming Soon!



Caring for a loved one is meaningful and rewarding, but at times, it can also be tiring and demanding. Taking regular time to rest, recharge, and look after your own wellbeing is essential for both carers and those they support.

Suncare's Day Respite program is designed to ease carer strain while providing a positive experience for customers.

Suncare's Day Respite program provides a safe, friendly, and engaging place to spend the day, offering the perfect balance of social connection, enjoyable activities, and supportive care. Our programs are designed for people who would like a day out in a relaxed environment while being supported by our caring and experienced staff.

Each Day Respite session offers a variety of activities that encourage connection and wellbeing. Depending on the day, this may include group games, creative activities, gentle movement, music, outings, or simply time to chat and relax with others.

Customers are encouraged to take part at their own pace, with plenty of choice and flexibility throughout the day.

Morning tea and lunch are provided, making it a comfortable and enjoyable experience from start to finish.

Day Respite offers valuable peace of mind for carers, knowing their loved ones are spending the day in a supportive setting, building friendships, and enjoying meaningful activities. Whether you attend regularly or just occasionally, you'll be welcomed into a warm community where everyone is respected, supported, and encouraged to enjoy their day.

To find out more or register your interest, please contact your Suncare Lifestyle Coordinator who will be happy to assist.



August 2026 In Centre & Outings Overview

BUNDABERG REGION



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bingo Location - Suncare Hub Start - 10:00am Duration - (3hr)	4 Coffee & Catch-Up Start - 10:00am Duration - (4hr)	5 Walking Group & Morning Tea Start: 10:00am (4hr) 5 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)	6 Lunch Club Outing Start - 11:30am Duration - (4hr)	7
10 Scrabble Location - Suncare Hub Start - 10:00am Duration - (3hr)	11 Beginners Chair Yoga Start - 10:00am Duration - (3hr)	12 Art, Craft, Creation Location: Suncare Hub Start: 12:00pm (3hr) 12 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)	13	14
17 Games Hub Location - Suncare Hub Start - 10:00am Duration - (3hr)	18 Coffee & Catch up Start - 10:00am Duration - 4hrs	19 Walking Group & Morning Tea Start: 10:00am (4hr) 19 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)	20 Lunch Club Outing Start - 11:30am Duration - (4hr)	21 Information Session Start - 10.30am-12noon Duration - (2 hours)
24 Bingo Location - Suncare Hub Start - 10:00am Duration - (3hr)	25 Indoor Bowls Location - Suncare Hub Start - 10:00am Duration - (3hr)	26 Social Lunch Location: Suncare Hub Start: 12pm (3hr) 26 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)	27 Cards - Hand & Foot Location - Suncare Hub Start - 10:00am Duration - (3hr)	28
31 Games Hub Location - Suncare Hub Start - 10:00am Duration - (3hr)				

NEW: EXPLORE YOUR OPTIONS AT THE SUNCARE HUB

INFORMATION SESSION

- Are you curious about what support is available to help you stay independent at home?
- Do you need help with understanding My Aged Care?

Join us at the Suncare Hub for an informative and welcoming session designed to help you better understand the services, supports and opportunities available to you.

Suncare is hosting an information session where you will have the opportunity to hear directly from the local Suncare team, who bring extensive knowledge of services across the region.

They will walk you through everything you need to know in a clear and easy to understand way, with plenty of time for questions and open conversation with the Suncare team.

WHAT YOU WILL LEARN:

- How to register with My Aged Care, including step by step guidance
- What Suncare services are available and the value they provide
- How to access additional support
- The benefits of staying connected, active and supported within your community
- Who to talk to and how to get started

THIS SESSION IS IDEAL FOR ANYONE:

- Exploring support at home for the first time
- Wanting to understand what additional support is available
- Considering changing providers
- Looking to make the most out of their existing package
- Seeking more social connection
- Wanting to meet the local Suncare team
- Friends and family interested in attending

WHY ATTEND?

Navigating Aged Care can feel overwhelming, but it doesn't need to be. This session provides a relaxed and supportive environment where you gain practical information and assistance that allows you to take the next step with confidence.

Our Lifestyle Coordinator, Care Partner and Clinician will be available on the day to support you with all of your needs.

WHEN?

- Friday 21st August 2026
- From 10.30am - 12.30pm (arrive at a time that suits you)
- Morning Tea Provided

It would be appreciated if you contacted Suncare to commit your attendance to ensure we cater appropriately: 1800 786 227

We look forward to seeing you in person and providing any support you need!



MONDAY

BINGO

LOCATION: Bundaberg Hub

START: 10:00am (3hr)
1st & 4th Monday in August

GAMES HUB

LOCATION: Bundaberg Hub

START: 10:00am (3hr)
3rd & 5th Monday in August

SCRABBLE

LOCATION: Bundaberg Hub

START: 10:00am (3hr)
2nd Monday in August

Morning Tea provided



TUESDAY

BEGINNERS CHAIR YOGA

LOCATION: Bundaberg Hub

START: 10:00am (3hr)
2nd Tuesday in August

INDOOR BOWLS

LOCATION: Bundaberg Hub

START: 10:00am (3hr)
4th Tuesday in August

Morning Tea provided



WEDNESDAY

WALKING GROUP

LOCATION: Location varies, see

below for more information

START: 9:30am (4hr)
1st & 3rd Wednesday in August

ART, CRAFT, CREATION

LOCATION: Bundaberg Hub

START: 8:30am (3hr)
2nd Wednesday in August

SOCIAL LUNCH

LOCATION: Bundaberg Hub

START: 12pm (3hr)
4th Wednesday in August

PHYSIO FIT

LOCATION: Bundaberg Centre

START: 11:00am (1hr)
Every Wednesday



THURSDAY

MOVIE MORNING & BRUNCH

LOCATION: Bundaberg Hub

START: 8:30am (3hr)
2nd Thursday in August

CARDS - HAND & FOOT

LOCATION: Bundaberg Hub

START: 10:00am (3hr)
4th Thursday in August

Please Note: Select activities will incur an additional \$10 billed to account. No cash payments. Please see descriptions below.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August 2026 Outings

BUNDABERG REGION



TUESDAY 4TH AUGUST

COFFEE & CATCH UP

LOCATION: Rick's at Bargara
START: 10:00am
DURATION: 4hr

ABOUT - Whale season is officially in full swing, so let's enjoy beautiful sea views while we have amazing food from this local gem cafe.

Please Note: We will be purchasing take away and will sit across the road at ANZAC memorial. (weather permitting) Customers to purchase their own morning tea.



WEDNESDAY 5TH AUGUST

WALKING GROUP

LOCATION: Botanical Gardens
START: 10:00am
DURATION: 4hr

ABOUT - Meet us at Cafe 1928 and enjoy a stroll amongst the lush gardens. Once our walk is complete, we wind down with a cuppa at the 1928 cafe.

Please Note: This group requires fair mobility to attend. Please bring hat and water bottle. Customers to purchase their own morning tea.



THURSDAY 6TH AUGUST

LUNCH CLUB OUTING

LOCATION: White China, Brothers Sports Club
START: 11:30am
DURATION: 4hr

ABOUT - Located within the Brothers Sports Club, the White China restaurant offers delectable Chinese dishes in a great atmosphere. Come for the food, stay for the company.

Please Note: Customers to purchase their own meals.



WEDNESDAY 12TH AUGUST

ART, CRAFT, CREATION

LOCATION: Suncare Hub
START: 12pm
DURATION: 3hr

ABOUT - Join us at the Suncare Hub for a demonstration on the ever popular Cricut Machine. You'll have the opportunity to create a design for your very own tote bag.

Please Note: An additional \$10 billed to account. No cash payments. Morning Tea provided.



THURSDAY 13TH AUGUST

MOVIE MORNING & BRUNCH

LOCATION: Suncare Hub
START: 10:00am
DURATION: 3hr

ABOUT - Join us for brunch & a classic film right here at the Suncare Hub. Movie title TBA.

Please Note: Morning tea provided.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August 2026 Outings

BUNDABERG REGION 



MONDAY 17TH AUGUST

GAMES HUB

LOCATION: Suncare Centre
START: 10:00am
DURATION: 3hr

ABOUT - Join us for fun and laughter as we try new games! Games to be advised and based on customer choice on the day.

Please Note: Suitable for beginners. Morning tea provided.



TUESDAY 18TH AUGUST

COFFEE & CATCH UP

LOCATION: Tom Quinn Centre
START: 10:00am
DURATION: 4hr

ABOUT - We head to the Tom Quinn Community Centre for a delicious coffee catch up with great food and company. take the opportunity to browse the nursery with a wide variety of plants for sale at a great price.

Please Note: Customers to purchase their own meals and shopping.



WEDNESDAY 19TH AUGUST

WALKING GROUP

LOCATION: Bargara Esplanade
START: 10:00am
DURATION: 4hr

ABOUT - Meet us at the ANZAC Memorial on the Bargara Esplanade. Once our walk is complete, we wind down with a cuppa at the local gem cafe, Ricks @ Bargara.

Please Note: Requires fair mobility to attend. Please bring hat and water bottle. Customers to purchase their own morning tea.



THURSDAY 20TH AUGUST

LUNCH CLUB OUTING

LOCATION: RSL
START: 11:30am
DURATION: 4hr

ABOUT - Our monthly stop at the Bundy RSL. Come along and soak in the lovely river views and enjoy the company of great people.

Please Note: Customers to purchase their own meals. Seniors' meals available.



WEDNESDAY 26TH AUGST

SOCIAL LUNCH

LOCATION: Suncare Hub
START: 12:00pm
DURATION: 3hr

ABOUT - Good food, good atmosphere, even better people! Come join us for a social lunch on us filled with great conversation and laughter.

Please Note: An additional \$10 billed to account. No cash payments. Lunch provided.

 **To Register your Interest:** CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August Therapy Activities

TUESDAYS

HYDRO FIT

LOCATION: Bundaberg Aquatic Centre

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 August.

TUESDAYS

COGNITIVE STIMULATION THERAPY

LOCATION: Bundaberg Centre

START:

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

DURATION: 45min each session

ABOUT: Led by a qualified 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 Tuesday in the month of August as part of a 7-week program.

WEDNESDAYS

PHYSIO FIT

LOCATION: Bundaberg Centre

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.

Physio Fit is running every Wednesday in the month of August.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.