

Social Connections Program



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



NOVEMBER 2026

SUNCARE : 81 BAROLIN STREET, BUNDABERG SOUTH



Important Information

BOOKING PROCESS:

Expressions of interest to attend our in-centre activities or social outings are open from the 1st-14th of the month prior. Simply contact Suncare on 1800 786 227 or contact@suncare.org.au.

ACTIVITY PRICING:

Some of our activities may attract additional costs associated with meals, tickets or personal purchases. Where possible, prices will be listed and we aim to keep all planned activities affordable for most.

TRANSPORT:

Transport is available to and from activities for most catchment areas and will be billed separately. Collection times may vary but we aim to have you at your planned activity on time.

CANCELLATION POLICY:

Suncare require all cancellations to be communicated at least 1 x full business day prior, to avoid paying the cancellation fee.

CONFIRMATION CALLS:

Suncare will contact customers scheduled to attend a social outing, to confirm estimated transport collection time. This call will be made the day before the social outing.

WAITLIST:

Suncare will make every effort to avoid waitlisting for customers wanting to join our social program by applying additional resources where possible.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bingo 	3 Melbourne Cup Celebration  	4 Nardoo Nursery  	5 Bundy Social Club 	6
9 Cards - Hand & Foot 	10 Walking Group 	11 Remembrance Day 	12 South Kolan Hotel 	13
16 Games Hub 	17 Trivia Day  	18 Walking Group 	19 Angel's Cafe 	20 Information Session 
23 Bingo 	24 Carpet Bowls  	25 Picnic in the Park 	26	27 Christmas Party  
30 Tom Quinn Cafe  				



Nardoo Nursery

Date Wednesday 4th November

Time 9.30am - 12.30pm (3hrs)

A lovely wholesale nursery that has the added bonus of coffee & cake! From Aussie natives to indoor plants, enjoy a cuppa while we browse the selection.

\$ Cost of morning tea & purchases

🚶 10m walk, car park directly at front

Bundy Social Club

Date Thursday 5th November

Time 11:30am - 2:30pm (3hrs)

They're back!! The lift has been fixed - that means we head back to the Bundy Social Club for one of their amazing \$15 meals. Enjoy river views and fantastic company!

\$ Cost of meal and drinks

🚶 5-10m walk from car park to entrance

Walking Group Bargara Esplanade

Date Tuesday 10th November

Time 10.00am - 1.00pm (3hrs)

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.

\$ Cost of meal and drinks

🚶 1-2km walk along the Esplanade



South Kolan Hotel

Date Thursday 12th November

Time 12.00pm - 3.00pm (3hrs)

Voted Bundy's best pub of 2026, this little local gem boasts great local hospitality, country charm and delicious meals. Join us for a great afternoon out!

\$ Cost of meal, drinks & plants

🚶 10m walk from carpark to cafe



Walking Group Botanical Gardens

Date	Wednesday 18 th November
Time	10.00am - 1.00pm (3hrs)
Meet us at cafe 1928 where we begin our day with breakfast/morning tea. After, we head for a stroll around the gardens checking out the local wildlife.	
\$	Cost of meal and drinks
♿	1-2km walking distance

Angel's Mini Mart & Cafe

Date	Thursday 19 th November
Time	10.00am - 1.00pm (3hrs)
Our monthly trip to Angel's! Discounted groceries and a wonderful cafe that is cost effective. Join us for a cuppa and grab yourself a bargain while we're there!	
\$	Cost of meals, drinks & purchases
♿	Parking directly at front of entrance

Picnic in the Park Alexandra Park & Zoo

Date	Wednesday 25 th November
Time	11.00am - 2.00pm (3hrs)
Today, we head to Alexandra Park for a picnic! Once we have finished our picnic, we take a stroll around the zoo to see if we can find the local quolls and tamarins.	
\$	Cost of meal and drinks
♿	50m walk to seats/zoo

Customer Christmas Party

Date	Friday 27 th November
Time	11.00am - 2.30pm
It's beginning to look a lot like Christmas! Join us for a wonderful Christmas party where we come together to celebrate the year that was! Good food, good friends, live music and more!	
\$	Cost of drinks & extra purchases
♿	Parking available at venue



Tom Quinn Cafe & Nursery

Date	Monday 30 th November
Time	10.00am - 1.00pm (3hrs)
Join us for a delicious coffee catch up with great food and company. A tranquil little cafe set amongst a beautiful garden maintained by volunteers.	
\$	Cost of meal and drinks
♿	40m walk from carpark to cafe

Bingo

Date	Monday 2 nd November
Time	10.00am - 1.00pm (3hrs)
Whether you're a seasoned player or brand new to the game, come and join us for a fantastic morning filled with laughter and friendly competition in a welcoming atmosphere.	
	Morning tea provided
	Parking available on Barolin Street

Remembrance Day

Date	Wednesday 11 th November
Time	10.00am - 1.00pm (3hrs)
On the 11 th hour, of the 11 th day of the 11 th month, the guns on the Western Front fell silent. Today, we commemorate those who sacrificed whilst protecting our nation.	
	Free
	Parking available on Barolin Street

Melbourne Cup Celebration

Date	Tuesday 3 rd November
Time	12.00pm - 3.00pm (3hrs)
Dress in your finest, don your fascinators and get ready for a fantastic heart racing afternoon! Today we enjoy afternoon tea and watch the race that stops the nation!	
	Afternoon tea provided
	Parking available on Barolin Street



Cards Hand & Foot

Date	Monday 9 th November
Time	10.00am - 1.00pm (3hrs)
This fun and social card game is a great way to challenge your mind, enjoy some friendly competition, and connect with others.	
	Morning tea provided
	Parking available on Barolin Street

Games Hub

Date	Monday 16 th November
Time	10.00am - 1.00pm (3hrs)
Today is a fun & social day where you decide what to play. Join us for a freshly made cuppa & some friendly competition.	
	Morning tea provided
	Parking available on Barolin Street

Trivia

Date	Tuesday 17 th November
Time	10.00am - 1.00pm (3hrs)
Share a few laughs and test your knowledge whilst enjoying a friendly and welcoming atmosphere. Give it a go! You'll know more than you think!	
\$	\$5 - Morning tea provided
	Parking available on Barolin Street

Information Session

Date	Friday 20 th November
Time	10.30am - 12.30pm (2hrs)
A free information session for all where we explain My Aged Care and the support available. Bring a friend or family member along for a cuppa & a chat.	
\$	Free
	Parking available on Barolin Street

Bingo

Date	Monday 23 rd November
Time	10.00am - 1.00pm (3hrs)
Whether you're a seasoned player or brand new to the game, come and join us for a fantastic morning filled with laughter and friendly competition in a welcoming atmosphere.	
\$	Morning tea provided
	Parking available on Barolin Street

Carpet Bowls

Date	Tuesday 24 th November
Time	10.00am - 1.00pm (3hrs)
This enjoyable social activity is a great way to keep moving, improve coordination, practice balance & gently exercise the body while having fun.	
\$	\$5 - Morning tea provided
	Parking available on Barolin Street



COGNITIVE STIMULATION

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!

Bundaberg Suncare Hub

Tuesdays - 10.30am & 12.00pm



Suitable for wheelchair users



Parking available on Barolin Street



AQUA FITNESS

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.

Tuesdays - 11am



Bundaberg Aquatic Centre



50m walk from carpark to entrance



STRENGTH & BALANCE

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.

Bundaberg Suncare Hub

Wednesdays - 11am



Suitable for wheelchair users



Parking Available on Barolin Street



SPECIAL EVENT

Free Information Session

Suncare Community Centre

Date Friday 20th November

Time 10.30am - 12.30pm (arrive anytime in the scheduled hours)

Our monthly information session where you can learn more about My Aged care, the support available to you and learn about other available services. Our experienced local team is here to provide trusted guidance, answer questions and help with the next steps.



Free - Refreshments provided



Wheelchair Accessible



Parking available on Barolin Street





SPECIAL EVENT

Melbourne Cup Celebration

Suncare Community Centre

Date Tuesday 3rd November

Time 10.00am - 1.00pm

Dress in your finest, don your fascinators and get ready for a fantastic heart racing afternoon! Today we enjoy afternoon tea and watch the race that stops the nation! Places are limited for this event, so be sure to book in quick!



SPECIAL EVENT

Customer Christmas Party

Suncare Community Centre

Date Friday 27th November

Time 11.00am - 2.00pm

It's beginning to look a lot like Christmas! Join us for a wonderful Christmas party where we come together to celebrate the year that was! Good food, good friends, live music and more! Our theme is "Traditional Christmas", so be sure to wear your best Christmas outfit of red, green and gold. Spaces are limited for this once a year event - be sure to book in quickly! Transport can also be arranged for an extra cost.