

Social Connections Program



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



OCTOBER 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
			1 Angel's cafe \$	2
5 King's Birthday Public Holiday	6 Craft & Creation  \$	7 Walking Group \$	8 Sugarland Tavern \$	9
12 Cards - Hand & Foot 	13 Tom Quinn Cafe  \$	14 Walking Group \$	15 Seniors Month Celebration 	16 Information Session 
19 Games Hub 	20 Carpet Bowls  \$	21 Picnic in the Park \$	22 Bundaberg RSL  \$	23
26 Bingo 	27 Bamboo Land \$	28 Walking Group \$	29 Social Lunch 	30



Angel's Mini Mart & Cafe

Date	Thursday 1 st October
Time	10.00am - 1.00pm (3hrs)
Angel's Mini Mart & Cafe is a low-cost grocery store, complete with a wonderful little cafe. Celebrate International Coffee Day & join us for a cuppa!	
\$	Cost of meal, drinks & purchases
🚶	10m walk, car park directly at front

Walking Group Bargara Esplanade

Date	Wednesday 7 th October
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

Social Lunch Sugarland Tavern

Date	Thursday 8 th October
Time	11:30am - 2.30pm (3hrs)
Today we head to the Sugarland Tavern for a meal and a catch up. Join us for good food, great company and day of fun.	
\$	Cost of meal and drinks
🚶	10m walk from carpark to shelter



Tom Quinn Community Centre Cafe

Date	Tuesday 13 th October
Time	10.00am - 1.00pm (3hrs)
Join us for a delicious coffee catch up with great food and company. Take the opportunity to browse the volunteer run nursery with a wide variety of plants at a great price.	
\$	Cost of meal, drinks & plants
🚶	40m walk from carpark to cafe

Walking Group Mary Kinross Park, Barga

Date	Wednesday 14 th October
Time	10.00am - 1.00pm (3hrs)
Meet us at Mary Kinross Park in Barga and enjoy a stroll with lovely views along the way. We have the opportunity to enjoy a nice hot cuppa from the Crafty Goose Coffee Van once the walk is finished.	
\$	Cost of meal and drinks
♿	1-2km walking distance

Picnic in the Park Lake Ellen, East Bundaberg

Date	Wednesday 21 st October
Time	10.00am - 1.00pm (3hrs)
Join us for a relaxing morning at Lake Ellen. Enjoy fresh air and peaceful surroundings while sharing a delicious picnic in the park.	
\$	\$10 - Lunch Provided
♿	20m walk from carpark to shelter

Social Lunch Bundaberg RSL

Date	Thursday 22 nd October
Time	11.30am - 2.30pm (3hrs)
Our monthly stop at the Bundy RSL. Come along and soak in the lovely river views and enjoy the company of great people. Seniors' menu available.	
\$	Cost of meal and drinks
♿	20m walk from carpark to entrance

Bamboo Land Torbanlea

Date	Tuesday 27 th October
Time	9.00am - 2.00pm (5hrs)
Transport available from the Suncare Hub only, arrive 08:45am for a 9am departure. Picnic lunch provided, set amongst the tranquil gardens and nursery.	
\$	\$10 - Lunch Provided
♿	Travel time can be up to 2 hours. Fair mobility required to attend.



Walking Group Bundaberg Botanical Gardens

Date	Wednesday 28 th October
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
♿	1-3km walking distance

Craft & Creation

Date	Tuesday 6 th October
Time	10.00am - 1.00pm (3hrs)
Join us for a fun & relaxing day of crafts, where we create a small gift or two for our Suncare staff or someone you are grateful for in aid of National Carers Week.	
	\$10 - lunch & all materials provided
	Parking available on Barolin Street

Cards Hand & Foot

Date	Monday 12 th October
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

Seniors Month Celebration

Date	Thursday 15 th October
Time	10.00am - 1.00pm (3hrs)
Join us we celebrate everything you!! There will be prizes up for grabs, laughs to be had and a delicious morning tea to be eaten. Please join us for a wonderful morning of connection, laughs and kindred spirits!	
	Morning tea provided
	Parking available on Barolin Street

Free Information Session

Date	Friday 16 th October
Time	10.30am - 12.30pm (2hrs)
A free information session for all where we explain My Aged Care & the support available. Bring a friend or family member along for a cuppa & a chat.	
	Free
	Parking available on Barolin Street



Games Hub

Date	Monday 19 th October
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

Carpet Bowls

Date	Tuesday 20 th October
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



Bingo

Date	Monday 26 th October
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



Social Lunch

Date	Thursday 29 th October
Time	10.00am - 1.00pm (3hrs)
Today we come together to connect, share & support one another. Enjoy meaningful conversation starters, engaging activities & a relaxed atmosphere designed for connection & wellbeing.	
\$	\$5 - Lunch 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 Thursday 15th October

Time 10.00am - 1.00pm (3hrs)

Join us we celebrate everything you!! There will be prizes up for grabs, laughs to be had and a delicious morning tea to be eaten. Please join us for a wonderful morning of connection, laughs and kindred spirits!



Free - Refreshments provided



Wheelchair Accessible



Parking available on Barolin Street





SPECIAL EVENT

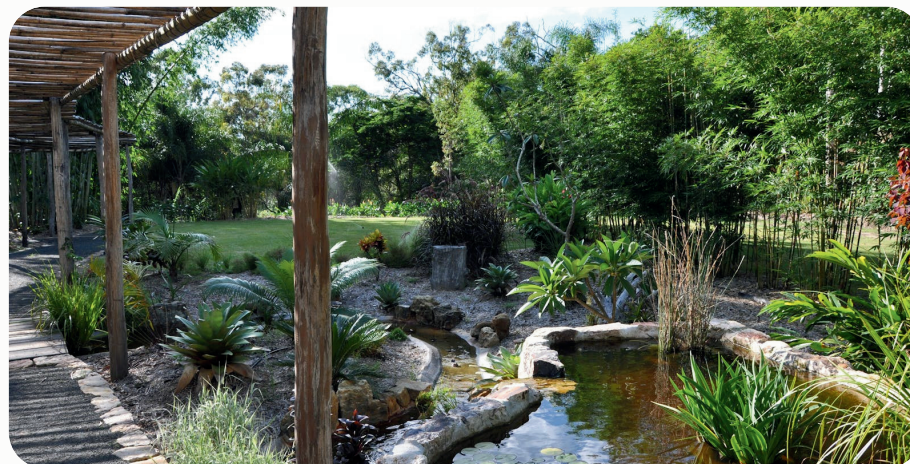
Seniors Month Celebration

Suncare Community Centre

Date Wednesday 21st October

Time 10.00am - 1.00pm

Join us for a fantastic day out at Lake Ellen, where you can enjoy great company with a delicious outdoor lunch in a relaxed and welcoming setting. Please note there is an additional \$10 fee for this outing, and the event is weather dependant.



SPECIAL EVENT

Day Trip - Bamboo Land, Torbanlea

Suncare Community Centre

Date Tuesday 27th October

Time 9.00am - 2.00pm

Join us for a relaxing day at Bamboo Land, Torbanlea. Wander through the beautiful gardens, admire the incredible variety of bamboo and tropical plants, and enjoy a peaceful day out. A delicious lunch is provided, and transport is available from the Suncare Hub only. Please arrive by 8:45am for a 9:00am sharp departure. This outing has an additional \$10 fee. Bookings are essential.