

**BUNDABERG NOVEMBER 2025**

# Social Connections Program



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



# Important information



## Support at Home Funding Update

- You can now attend our SSG sessions starting from **\$10 per hour**, depending on the level of support you need. For more information, please contact your Care Partner.

## Clinical Therapy Price Update

- Clinical therapy classes, led by our qualified Allied Health Professionals, are now available at **\$38 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.

## Cancellations

- Cancellations made less than 24 hours before the outing or activity will incur a cancellation fee.

## Transport Notice

- Offered to and from activities and outings. This is depending on catchment area and is charged separately.
- Times subject to change but remain at same duration
- Outing: Destinations & cost will vary each week.
- Please book to avoid disappointment, as the transport is limited and some Activities and Outings are subject to numbers.
- Times are subject to change but remain at same duration.
- If transport is booked out, you may be able to book individual transport (to attend) or place your name on a waitlist.
- 24 hours' cancellation notice required.
- You can make your own way to an outing but need to book in.



# November Activities & Outings



## MONDAY 3<sup>RD</sup> NOVEMBER

### PUB CLUB SOCIAL LUNCH

**Location:** Bundy Social Club  
**Start:** 10:00am  
**Duration:** 2hr

A meet & greet at the Bundy Social club! The perfect chance to enjoy great food & even better company. Come along & meet new people or catch up with friends. Customers will need to purchase their own meals on the day. \$15 members, \$20 non-member. Snack menu available.



## TUESDAY 4<sup>TH</sup> NOVEMBER

### MELBOURNE CUP HIGH TEA

**Location:** In Centre  
**Start:** 1:00pm  
**Duration:** 2hr

Afternoon high tea with prizes for best dressed, best fascinator, winner of the race and mystery last place prize. Afternoon tea provided, dress code is smart casual. Fascinators encouraged!



## WEDNESDAY 5<sup>TH</sup> NOVEMBER

### CRAFT SESSION - CLAY ORNAMENTS + PHYSIO FIT SESSION

**Location:** In Centre  
**Start:** 9:30am  
**Duration:** 1.5hr

Create your own air-dry clay X-mas' decorations. Keep them for your own tree or gift them. All materials & morning tea provided. This will be followed by our NEW Physio Fit Session run by our qualified Physio TJ.




## THURSDAY 6<sup>TH</sup> NOVEMBER

### BUNNINGS DIY WORKSHOP

**Location:** Bunnings Warehouse  
**Start:** 10:00am  
**Duration:** 2hr

Bunnings DIY workshop creating your own garden piece. All materials supplied, take what you make. Cafe stop/shopping possible if time permits. Customers will need to buy their own morning tea and products when shopping.

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**FRIDAY 7<sup>TH</sup> NOVEMBER**

## DEMENTIA AWARENESS SESSION

**Location:** In Centre  
**Start:** 10:00am  
**Duration:** 2hr

An informative awareness session on living with & caring for someone with Dementia, explored through the Lifestyle lens. We will focus on practical strategies, meaningful activities, promote connection & much more. Morning tea provided.



**MONDAY 13<sup>TH</sup> NOVEMBER**

## BINGO

**Location:** In Centre  
**Start:** 10:00am  
**Duration:** 2hr

A social morning tea for likeminded people to meet or catch up with friends. Eyes down at 10:15am. Lucky door prize, mini hampers and more. All materials and morning tea supplied.



**TUESDAY 11<sup>TH</sup> NOVEMBER**

## REMEMBRANCE DAY SERVICE

**Location:** In Centre  
**Start:** 10:00am  
**Duration:** 2hr

This Remembrance Day we honour the service & sacrifice of our Veterans. Join us for a respectful service followed by a provided morning tea. Showcased memorabilia display & Navy Veteran special guest.



**WEDNESDAY 12<sup>TH</sup> NOVEMBER**


## MIDWEEK MUSE POETRY + PHYSIO FIT SESSION

**Location:** In Centre  
**Start:** 9:30am  
**Duration:** 1.5hrs

This week we welcome special guest Sandy from the Bundaberg Poets' Society. You can listen, read it, write it & enjoy it! This is followed by our NEW Physio Fit session run by our qualified Physio TJ.



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**THURSDAY NOVEMBER 13TH**

## CAFE COMPANIONS - TOM QUINN

**Location:** Tom Quinn Centre  
**Start:** 10:00am  
**Duration:** 1.5hr

Join our friendly crew of Cafe Companions for a morning that is equal parts caffeine & greenery! We begin with a relaxed morning tea then stroll and browse the gardens of Tom Quinn. Customers will need to purchase their own morning tea and merchandise.



**FRIDAY NOVEMBER 14TH**

## SILVER STEPPERS WALKING GROUP

**Location:** Botanical Gardens  
**Start:** 10:00am  
**Duration:** 1.5hr

We take a stroll through the beautiful botanic gardens of Bundaberg and learn some interesting historical facts along the way. Picnic style brunch provided. Customers will need to bring sun smart items & water bottle.



**MONDAY NOVEMBER 17TH**

## CAFE COMPANIONS - SANDHILLS

**Location:** Sandhills Bowls Club, Bargara  
**Start:** 10:30am  
**Duration:** 2hr

Join us at Sandhills Bowls Club in Bargara for a cheerful morning with tasty treats and fresh cuppas. It's the perfect spot to catch up, share a laugh & soak in the welcoming club atmosphere. Customers will need to purchase their own morning tea.




**TUESDAY NOVEMBER 18TH**

## FREE INFORMATION SESSION

**Location:** In Centre  
**Start:** 10:00am  
**Duration:** 2hr

Invite a friend to come along to discover our fun-filled social connections group! Games, puzzles, crafts, engaging discussions and information on our program provided - there's something for everyone to enjoy while making new connections. It's completely FREE!!

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**WEDNESDAY 19<sup>TH</sup> NOVEMBER**

## **MAKERSPACE WORKSHOP + PHYSIO FIT SESSION**

**Location:** In Centre

**Start:** 9:30am

**Duration:** 1.5hr

Create your very own scented and bath salts. Keep for yourself or gift to a friend. All materials for & morning tea provided. Opportunity to also complete clay ornaments if you attended the previous craft session. This is followed by our NEW Physio Fit Session run by our qualified Physio TJ.



**THURSDAY 20<sup>TH</sup> NOVEMBER**

## **CAFE COMPANIONS - BEACH MILL**

**Location:** Beach Mill Cafe, Bargara

**Start:** 9:30am

**Duration:** 1.5hr

Sip on your favourite brew, enjoy some tasty treats and soak in the ocean breeze while sharing a laugh and conversations with friendly faces. Customers will need to purchase their own morning tea.



**FRIDAY 21<sup>ST</sup> NOVEMBER**

## **PUB CLUB SOCIAL LUNCH**

**Location:** The spotted Dog Tavern

**Start:** 11am

**Duration:** 2hr

Enjoy a hearty meal & lively conversation in a friendly & welcoming atmosphere. It's the perfect way to catch up, make new friends & share a laugh. Customers will need to purchase their own meals.



**MONDAY 24<sup>TH</sup> NOVEMBER**

## **BEGINNERS MAHJONG**

**Location:** In Centre

**Start:** 10:00am

**Duration:** 2hr

Join us for a relaxed and friendly morning where you can learn the basics of Mahjong in an easy beginner's session. It's the perfect chance to keep your mind active, meet new friends and share some laughs, all while enjoying a delicious morning tea that is provided.



# November Activities & Outings



**TUESDAY NOVEMBER 25TH**

## **SILVER STEPPERS BARGARA ESPLANADE**

**Location:** Bargara Esplanade Memorial  
**Start:** 10:00am  
**Duration:** 1.5hr

Start your day with fresh sea air & great company by joining us & meeting our safe & supportive walking group. After the walk, unwind, share stories & indulge in a fully provided picnic brunch. Customers will need to bring sun smart items & water bottle.



**WEDNESDAY NOVEMBER 26TH**

## **UNO CLUB + PHYSIO FIT SESSION**

**Location:** In Centre  
**Start:** 10:00am  
**Duration:** 1.5hr

A game of strategy and friendly rivalry! Play in teams or on your own, Uno is sure to get you thinking and get you laughing! This is followed by our NEW Strength & Balance class run by our qualified Physio TJ.



**FRIDAY NOVEMBER 28TH**

## **SUNCARE CHRISTMAS PARTY**

**Location:** Old Bundy Tavern  
**Start:** 11:30am  
**Duration:** 3hr

Join us for our first annual customer Christmas party! Live entertainment, buffet meal, games and more! Spaces are limited, please ensure to call and reserve your seat so you don't miss out! We look forward to sharing this special event with you!