



# Social Connections Program

81 BAROLIN STREET, BUNDABERG SOUTH, QLD 4670

**BUNDABERG**

June 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 1<sup>st</sup> - 14<sup>th</sup> 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](mailto: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.



For 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.



# June 2026 In Centre & Outings Overview

## BUNDABERG REGION



### MONDAY

**1 Bingo**  
**Location** - Suncare Hub  
**Start** - 10:00am  
**Duration** - (3hr)

**8 Mahjong**  
**Location** - Suncare Hub  
**Start** - 10:00am  
**Duration** - (3hr)

**15 Scrabble**  
**Location** - Suncare Hub  
**Start** - 10:00am  
**Duration** - (3hr)

**22 Indoor Bowls**  
**Location** - Suncare Hub  
**Start** - 10:00am  
**Duration** - (3hr)

**29 Bingo**  
**Location** - Suncare Hub  
**Start** - 10:00am  
**Duration** - (3hr)

### TUESDAY

**2 Railway Museum & Lunch**  
**Start** - 10:30am  
**Duration** - (4hr)

**9 Walking Group Cafe Companions**  
**Start** - 10:00am  
**Duration** - (4hr)

**16 Op Shop & Lunch**  
**Start** - 10:30am  
**Duration** - (4hr)

**23 Walking Group & Cafe Companions**  
**Start** - 10:00am  
**Duration** - 4hrs

**30 Shopping Trip & Lunch**  
**Start** - 10:00am  
**Duration** - 4hrs

### WEDNESDAY

**3 Walking Group & Rick's at Bargara**  
**Start:** 9:00am (4hr)

**3 Physio Fit**  
**Location:** Suncare Hub  
**Start:** 11:00am (1hr)

**10 Cuppas & Craft**  
**Location:** Suncare Hub  
**Start:** 12pm (3hr)

**10 Physio Fit**  
**Location:** Suncare Hub  
**Start:** 11:00am (1hr)

**17 Walking Group & Cafe 1928**  
**Start:** 9:30am (4hr)

**17 Physio Fit**  
**Location:** Suncare Hub  
**Start:** 11:00am (1hr)

**24 Garden Club**  
**Location:** Suncare Hub  
**Start:** 12pm (3hr)

**24 Physio Fit**  
**Location:** Suncare Hub  
**Start:** 11:00am (1hr)

### THURSDAY

**4 Pub Club Lunch & Scenic Drive**  
**Start** - 11:30am  
**Duration** - (4hr)

**11 Pub Club Lunch & Scenic Drive**  
**Start** - 12:00pm  
**Duration** - (4hr)

**18 Pub Club Lunch & Scenic Drive**  
**Start** - 11:30am  
**Duration** - (4hr)

**25 Cards - Hand & Foot**  
**Location** - Suncare Hub  
**Start** - 10:00am  
**Duration** - (3hr)



# June 2026 Outings



**TUESDAY 2 JUNE**

## **RAILWAY MUSEUM & LUNCH**

**LOCATION:** Bundaberg North  
**START:** 10:30am  
**DURATION:** 3hr

**ABOUT** - We head to the Bundaberg Railway Museum to soak in some true local history and nostalgia. After checking out days gone past, we head to The Railway Hotel, Spotted Dog Tavern for a delicious meal and great company.

**Please Note:** Some walking will be required. Please bring a hat and water bottle. Customers to purchase their own meals.



**WEDNESDAY 3 JUNE**

## **WALKING GROUP**

**LOCATION:** Bargara Esplanade  
**START:** 09:00am  
**DURATION:** 3hr

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

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



**THURSDAY 4 JUNE**

## **PUB CLUB SOCIAL LUNCH**

**LOCATION:** Bundy Social Club  
**START:** 11:30am  
**DURATION:** 3hr

**ABOUT** - Our monthly stop at the Bundy Social Club. Come along and soak in the amazing river views and enjoy the company of great people.

**Please Note:** Customers to purchase their own meals - \$15 member meals, \$20 Non-members of Bundy Social Club.



**TUESDAY 9 JUNE**

## **CAFE COMPANIONS**

**LOCATION:** Innes Park Bakery  
**START:** 10:00am  
**DURATION:** 3hr

**ABOUT** - Today we head to the award-winning Innes Park Bakery for good company and good food set amongst a calming coastal atmosphere. Enjoy freshly baked goods and enjoy the sea breeze.

**Please Note:** Customers to purchase their own meals.



**THURSDAY 11 JUNE**

## **PUB CLUB SOCIAL LUNCH**

**LOCATION:** Elliott Heads Bowls Club  
**START:** 12:00pm  
**DURATION:** 3hr

**ABOUT** - Join us at the Elliott Heads bowls club for a relaxed and laughter filled day by the coast. With plenty of time for a meal and a cuppa it's the perfect chance to unwind, connect and enjoy great company.

**Please Note:** Customers to purchase their own meals.



**To Register your Interest: CALL 1800 786 227 or EMAIL: [contact@suncare.org.au](mailto:contact@suncare.org.au).**

# June 2026 Outings



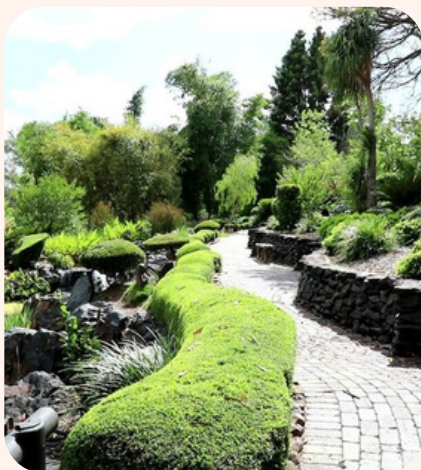
**TUESDAY 16 JUNE**

## OP-SHOP & MORNING TEA

**LOCATION:** Moore Park Beach  
**START:** 11:30am  
**DURATION:** 3hr

**ABOUT** - We head out to Moore Park Beach on a treasure hunt to find something special at The Hub Op-Shop, followed by lunch at the Moore park Beach tavern.

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



**WEDNESDAY 17 JUNE**

## WALKING GROUP

**LOCATION:** Botanic Gardens  
**START:** 9:00am  
**DURATION:** 3hr

**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 18 JUNE**

## PUB CLUB SOCIAL LUNCH

**LOCATION:** RSL  
**START:** 11:00am  
**DURATION:** 3hr

**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.



**TUESDAY 23 JUNE**

## CAFE COMPANIONS

**LOCATION:** The Garden Mill Cafe  
**START:** 10:00am  
**DURATION:** 3hr

**ABOUT** - Located at 100 Hughs Road, Bargara, this ambient little cafe is sure to leave you with full bellies and full hearts. Join us as we catch up with old friends and new with great food and even better conversations.

**Please Note:** Customers to purchase their own meals.




**TUESDAY 30 JUNE**

## STOCKLANDS SHOPPING

**LOCATION:** Stocklands Shopping Centre  
**START:** 10:00am  
**DURATION:** 3hr

**ABOUT** - Today we head to Stocklands Sugarland for some retail therapy. Join us as we browse favourite stores, share great company and enjoy lunch together.

**Please Note:** This group requires fair mobility to attend. Please have your mobile phone charged and, on your person, if you have one.

 **To Register your Interest: CALL 1800 786 227 or EMAIL: [contact@suncare.org.au](mailto:contact@suncare.org.au).**

# June 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 June.**

## 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 an Allied 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 June 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 June.**



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