



Social Connections Program

81 BAROLIN STREET, BUNDABERG SOUTH, QLD 4670

BUNDABERG

May 2026



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



Important information



SUPPORT AT HOME FUNDING UPDATE

You can now attend our Social Connections Activities starting from \$10 per hour. CHSP customers are now welcome; contact your Care Partner to learn more.

Non Suncare Customers may now attend starting from \$10 per hour. Contact 1800 786 227 to learn more and ask for a free trial.

CLINICAL THERAPY PRICE UPDATE

Clinical therapy classes, led by our qualified Allied Health Professionals, are now available at \$80 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.



THERAPY PRE ASSESSMENT

Please note: All Therapy Calendar groups require pre-assessment and minimum numbers to proceed. A \$16/hr co-payment applies.

MEAL PRICES

- Customers are responsible for the cost of meals on outings.
- Meal deals may change when attending the venue.

CANCELLATIONS

- Support at Home services require 48 hours notice for cancellations.
- CHSP services require 24 hours notice for cancellations.

HEALTH AND WELLBEING STATEMENT

Your health and wellbeing, and that of our community, comes first. If you're feeling unwell or have any symptoms of illness, we ask that you please stay home and rest rather than attend activities or outings.

To help keep everyone safe, we may also ask you to wear a mask if you're showing symptoms while with us. Thank you for helping us look after one another.



TRANSPORT NOTICE

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.

Outings: Destinations and costs change weekly. Bookings are essential to avoid disappointment — transport is limited, and some activities depend on numbers.

If transport is full, you may be able to book individual transport — please discuss this option with your Care Partner. You're also welcome to make your own way 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.

Why Social Connections Matter



FEELING LONELY? YOU'RE NOT ALONE

Almost 1 in 3 Australians (32%) experience moderate loneliness, and more than 1 in 6 (17.5%) experience severe loneliness. Loneliness can affect anyone - regardless of how many friends they have. It's not about the number of people around you, but about whether you feel truly connected and that you belong.

Loneliness and social isolation don't reflect weakness or personal failure - they simply show that we all need stronger, more meaningful connections.

WHY IT'S IMPORTANT

Loneliness and social isolation can have a serious impact on mental, emotional, and physical health. Research shows loneliness can increase the risk of early death by 26% - the same health risk as smoking 15 cigarettes a day.

They have also been linked to:

- Higher rates of chronic disease, depression, and anxiety
- Lower wellbeing and quality of life
- Increased risk of suicide and premature death
- Higher likelihood of dementia, high blood pressure, and weakened immune function
- Greater emotional distress and reduced feelings of wellness



HOW SOCIAL PROGRAMS HELP

Joining a Social Connections Program is a simple and enjoyable way to combat loneliness and build a sense of belonging. Being part of a community group:

- Fosters a sense of shared purpose and belonging
- Connects you to wider social supports
- Encourages meaningful relationships
- Increases engagement and joy through shared activities
- Helps reduce stress and promote overall wellbeing





MONDAY

BINGO

Location: Bundaberg Centre
Start: 10:00am
Duration: 2hr
2nd Monday & 3rd Thursday in May

MAHJONG

Location: Bundaberg Centre
Start: 10:00am
Duration: 2hr
3rd Monday in May

SCRABBLE

Location: Bundaberg Centre
Start: 10:00am
Duration: 2hr
4th Monday in May

Morning Tea provided



WEDNESDAY

CUPPAS & CRAFT

Location: Bundaberg Centre
Start: 9:30am
Duration: 1.5hr
2nd Wednesday in May

WALKING GROUP

Location: Location Varies, see below for more information
Start: 9:00am
Duration: 1.5hr
2nd Thursday & 3rd Wednesday in May

GARDEN CLUB

Location: Bundaberg Centre
Start: 9:30am
Duration: 1.5hr
4th Wednesday in May

PHYSIO FIT

Location: Bundaberg Centre
Start: 11:00am
Duration: 1hr
Every Wednesday





TUESDAY 5TH MAY

HISTORICAL MUSEUM & LUNCH

Location: Botanical Gardens
Start 11:00am
Duration: 2hr

About: We head to the beautiful Botanic Gardens for a visit to the fascinating Bundaberg Historical Museum to explore local history. We'll finish the outing with a relaxed lunch at Cafe 1928.

Please Note: Customers to purchase their own meals.



WEDNESDAY 6TH MAY

HEARTBEAT LUNCHEON HERVEY BAY

Location: Hervey Bay

About: Heartbeat Hervey Bay is back! Suncare's Heartbeat Program is proudly delivering this lunch event - bringing community, connection and support to older Australians.

Join us for a free two-course meal, live entertainment and lucky door prizes — so why not bring a friend? Bookings are essential — please call 1800 786 227 and mention the Heartbeat lunch booking. (2 persons per booking). This event is not a part of the Social Connections Program.



THURSDAY 7TH MAY

HEARTBEAT LUNCHEON BUNDABERG

Location: Bundaberg

About: Heartbeat Bundaberg is back! Suncare's Heartbeat Program is proudly delivering this lunch event - bringing community, connection and support to older Australians.

Join us for a free two-course meal, live entertainment and lucky door prizes — so why not bring a friend? Bookings are essential — please call 1800 786 227 and mention the Heartbeat lunch booking. (2 persons per booking). This event is not a part of the Social Connections Program.



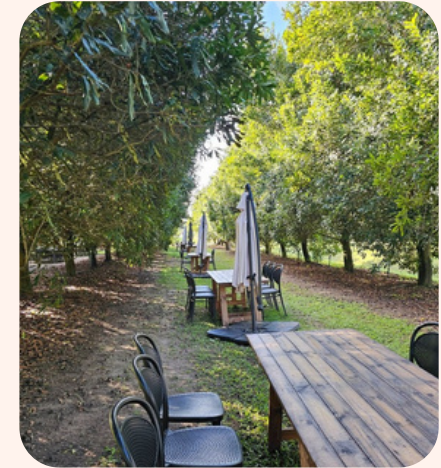
FRIDAY 8TH MAY

PUB CLUB SOCIAL LUNCH

Location: Bargara Golf Club
Start: 11:30am
Duration: 2hr

About: Join us for a relaxed lunch, friendly conversation and fantastic ocean views. Our Pub Club social lunches are the perfect way to meet new people and explore our region.

Please Note: Customers to purchase their own meals.



TUESDAY 12TH MAY

CAFE COMPANIONS

Location: The Orchard Table
Start: 10:00am
Duration: 2hr

About: Set within a lush macadamia orchard and part of Macadamia's Australia, this cafe offers a welcoming atmosphere perfect for conversation over coffee, seasonal dishes and locally inspired treats.

Please note: Customers to purchase their own meals.



THURSDAY 14TH MAY

FRIDAY 15TH MAY

TUESDAY 19TH MAY

WEDNESDAY 20TH MAY

FRIDAY 22TH MAY

WALKING GROUP

Location: Mary Kinross Park
Start: 10:00am
Duration: 2hr

About: We head to the beautiful Mary Kinross Park located in Bargara to enjoy a stroll along the parklands leading to beautiful ocean views. After our stroll, we'll stop at the Crafty Goose coffee van to indulge in local coffee.

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

PUB CLUB SOCIAL LUNCH

Location: Bundy Social Club
Start: 11:30am
Duration: 1.5hr

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.

BAMBOOLAND

Location: Torbanlea
Start: 10:00am
Duration: 3hr

About: Enjoy a light lunch, browse an incredible range of new and exotic plants, and wander the beautifully curated gardens. Transport departs at 9am. Limited spaces available. Customers to purchase their own plants.

Please Note: This will be a long day of driving and walking required. Please bring hat and water bottle.

WALKING GROUP

Location: Bargara Esplanade
Start: 9:00am
Duration: 1.5hr

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.

PUB CLUB SOCIAL LUNCH

Location: The Waves Sports Club
Start: 11:30am
Duration: 2hr

About: Join us for a social lunch, friendly conversation and good food at one of our local sports' clubs. It's a great way to connect with new friends or catch up with old ones.

Please Note: Customers to purchase their own meals.



TO MAKE A BOOKING: CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

May 2026 Outings



TUESDAY 26 MAY

FRIDAY 29 MAY

CAFE COMPANIONS

Location: Tom Quinn Centre
Start: 10:00am
Duration: 2hr

About: Social Connections is heading to the Tom Quinn Centre for a relaxed morning tea and a wander through the nursery to browse and purchase plants. A lovely opportunity to connect and enjoy good company.

Please Note: Customers to purchase their own morning tea.

PUB CLUB SOCIAL LUNCH

Location: RSL
Start: 11:00am
Duration: 2hr

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.



TO MAKE A BOOKING: CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

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 May.

TUESDAYS

COGNITIVE STIMULATION THERAPY

Location: Bundaberg Centre

Start:

- 10:00am - 11:30am, session one
- 11:30am - 1:30pm, session two

Duration: 45min each session

About: Led by a Registered Nurse 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! Morning tea provided.

Cognitive Stimulation Therapy (CST) is running every Tuesday in the month of May 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 May.

