

Social Connections Program



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



SEPTEMBER 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 requires 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.

WAITLISTS:

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 Walking Group 	3	4
7 Bingo 	8 Craft & Creation  	9 Picnic in the Park 	10 Social Lunch 	11
14 Cards - Hand & Foot 	15 Tom Quinn Cafe  	16 Walking Group 	17 Trivia Day  	18 Information Session 
21 Games Hub 	22 Carpet Bowls  	23 Picnic in the Park 	24 Bundaberg RSL  	25
28 Bingo 	29 Op-Shop & Lunch 	30 Walking Group 		



Angel's Mini Mart & Cafe

Date	Tuesday 1 st September
Time	10.00am - 1.00pm (3hrs)
Angel's Mini Mart & Cafe is a low-cost grocery store, complete with a wonderful little cafe. Browse a wide variety of goods and enjoy a fresh made cuppa and meal.	
	Cost of meal, drinks & purchases
	10m walk, car park directly at front

Walking Group Bargara Esplanade

Date	Wednesday 2 nd September
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

Picnic in the Park Christensen Park, Bargara

Date	Wednesday 9 th September
Time	10.00am - 1.00pm (3hrs)
Also known as "The Basin". Enjoy stunning ocean views and keep an eye out for the Humpback Whales as they make their way along the Humpback Highway.	
	\$10 - Lunch Provided
	10m walk from carpark to shelter



Tom Quinn Community Centre Cafe

Date	Tuesday 15 th September
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 16 th September
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 23 rd September
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 24 th September
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

Op-Shop & Social Lunch Moore Park Beach

Date	Tuesday 29 th September
Time	10.00am - 2.00pm (4hrs)
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.	
\$	Cost of meal and drinks
	20m walk from carpark to entrance



Walking Group Bundaberg Botanical Gardens

Date	Wednesday 30 th September
Time	10.00am - 1.00pm (3hrs)
Meet us at Cafe 1928 and enjoy a stroll amongst the lush gardens. Once our walk is complete, we wind down with a cuppa & meal at the 1928 cafe.	
\$	Cost of meal and drinks
	1-2km walking distance

Bingo

Date	Monday 7 th September
Time	10.00am - 1.00pm (3hrs)
Whether you're a seasoned player or giving it a go for the first time, everyone is welcome. Come along, enjoy a fun-filled social morning in great company.	
	Morning tea provided
	Parking available on Barolin Street

Craft & Creation

Date	Tuesday 8 th September
Time	10.00am - 1.00pm (3hrs)
Join us for a fun & relaxing day of crafts, where we create bright and meaningful decorations & gifts for our upcoming R U OK? Day luncheon.	
	\$10 - lunch & all materials provided
	Parking available on Barolin Street

Social Lunch

Date	Thursday 10 th September
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.	
	Lunch provided
	Parking available on Barolin Street

Cards Hand & Foot

Date	Monday 14 th September
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



Trivia

Date	Thursday 17 th September
Time	10.00am - 1.00pm (3hrs)
Share a few laughs and test your knowledge whilst enjoying a friendly and welcoming atmosphere.	
	\$5 - Morning tea provided
	Parking available on Barolin Street

Free Information Session

Date	Monday 8 th September
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



Games Hub

Date	Monday 21 st September
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 22 nd September
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 - Lunch provided
	Parking available on Barolin Street

Bingo

Date	Monday 28 th September
Time	10.00am - 1.00pm (3hrs)
Whether you're a seasoned player or giving it a go for the first time, everyone is welcome. Come along, enjoy a fun-filled social morning in great company.	
\$	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 18th September

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

Suncare Picnic in the Park

Suncare Community Centre

Date Wednesday 9th September

Time 10.00am - 1.00pm

Join us for a fantastic day out at "The Basin", where you can take in the ocean views & enjoy great company with a delicious outdoor lunch in a relaxed and welcoming setting. Please note there is an additional \$10 from your package for this outing, and the event is weather dependant.



SPECIAL EVENT

Suncare Social Lunch R U OK? Day

Suncare Community Centre

Date Thursday 10th September

Time 10.00am - 1.00pm

Today we come together to connect, share & support one another. Enjoy meaningful conversation starters, engaging activities & a relaxed atmosphere designed for connection & wellbeing. R U OK? Day is all about checking in and raising awareness that it's ok, to not be ok. Join us for a morning of connection, engaging activities and a delicious lunch.