

Social Connections Program

1/2-4 HORSESHOE BEND, GYMPIE, QLD, 4570

GYMPIE

August 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 1st – 14th 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.

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.



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.



August 2026 In Centre & Outings Overview

Gympie Region



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
3 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr) MAHJONG Beginners Location: Gympie Hub Start: 11.30am (3hrs)	4 Suncare Information Session and Morning Tea Location: Gympie Hub Start: 10.30am	5 Suncare Country Muster Location: Maroochydore Start: 10.30am (3hrs) Cost: \$20	6 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr) 500 Cards Location: Gympie Hub Start: 11.30am (3hrs)	7 Local Dairy Farm Tour & Lunch Location: Gympie Start: 10.00am (4hrs) Cost: \$10	
10 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr) Indoor Bowls Location: Gympie Hub Start: 11.30am (2.5hrs)	11 The Wild Vine Cafe and Borumba Dam Location: Imbil Start: 10.00am Duration: 4hrs	12 Sleepy Lagoon Hotel Location: Tin Can Bay Start: 11.30am Duration: 4hrs	13 Walk n Talk Group Location: Gympie Duck Ponds Start: 9.30am (1.5hr) SEQUENCE Beginners Location: Gympie Hub Start: 11.30am (3hrs)	14 Cobb & Co Camp Ground Location: Tandur Start: 10.30am Duration: 4hrs	
17 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr) 500 Cards Location: Gympie Hub Start: 11.30am (3hrs)	18 Digital Tech Support Location: Gympie Hub Start: 9.30am (1.5hr) Suncare Bingo Location: Gympie Hub Start: 12.00pm (2hrs)	19 Dingo Creek Winery Location: Traveston Start: 10.30am Duration: 4hrs	20 Morning Melodies Location: Gympie RSL Start: 10.00am Duration: 3hrs	21 Little H Cafe and Salvation Army Store Location: Gympie South Start: 10.00am Duration: 3hrs	
24 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr) The Hobby Circle Bring your own project or join in on our activity. Location: Gympie Hub Start: 11.00am (4hrs)	25 Sovereign Cinemas Location: Gympie Start: 10.00am (3hrs) Cost: \$12	26 The Lookout Cafe Location: Glasshouse Mtns Start: 10.30am Duration: 4hrs	27 Walk n Talk Group Location: Gympie Duck Ponds. Start: 9.30am (1.5hr) Indoor Bowls Location: Gympie Hub Start: 11.30am (2.5hrs)	28 Rusty Rails Cafe Location: Gympie Rattler Station Start: 10.00am Duration: 2hrs	
31 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr) Your Choice Games Location: Gympie Hub Start: 11.00am (3hrs)					



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

www.suncare.org.au

August 2026 Centre Activities

1/2-4 HORSESHOE BEND, GYMPIE, QLD, 4570



MONDAY

FUN FITNESS

LOCATION: Gympie Centre

START: 9.30am (1hr)

1st – 5th Monday in August

A combination fitness class of sitting, standing and sometimes – dancing! Follow along and go at your own pace!

MAHJONG GAME GROUP

LOCATION: Gympie Centre

START: 11.30am (3hrs)

1st Monday in August

INDOOR BOWLS

LOCATION: Gympie Centre

START: 11.30am (2.5hrs)

2nd Monday in August

500 CARD GROUP

LOCATION: Gympie Centre

START: 11.30am (3hrs)

3rd Monday in August

THE HOBBY CIRCLE

LOCATION: Gympie Centre

START: 11.00am (4hrs)

4th Friday in August

A fun and passionate art, craft and leisure group – so come join in on a centre activity or bring your own project.

Ladies & Gentlemen all welcome!



TUESDAY

SUNCARE INFORMATION

SESSION AND MORNING TEA

LOCATION: Gympie Centre

START: 10.30am (3hrs)

1st Tuesday in August

DIGITAL TECH SUPPORT

LOCATION: Gympie Centre

START: 9.30am (1.5hr)

3rd Tuesday in August

This month we will be focussing on using Microsoft WORD. We will create documents, save documents and send documents together!

SUNCARE BINGO

LOCATION: Gympie Centre

START: 12.00pm (2hrs)

3rd Tuesday in August



THURSDAY

FUN FITNESS

LOCATION: Gympie Centre

START: 9.30am (1hr)

1st Thursday in August

A combination fitness class of sitting, standing and sometimes – dancing! Follow along and go at your own pace!

500 CARD GROUP

LOCATION: Gympie Centre

START: 11.30am (3hrs)

1st Thursday in August

SEQUENCE GAME GROUP

LOCATION: Gympie Centre

START: 11.30am (3hr)

2nd Monday in August

INDOOR BOWLS

LOCATION: Gympie Centre

START: 11.30am (2.5hr)

4th Thursday in August



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August 2026 Outings

Gympie Region 



WEDNESDAY 5 AUGUST

SUNCARE COUNTRY MUSTER

LOCATION: Maroochydore
START 10:30am
DURATION: 3hrs
Cost: \$20
Dust off your cowboy hat and get ready for a fantastic time. Enjoy live entertainment, singing, lunch and a bit of boot scootin'

Enjoy great company and plenty of fun at the very first Suncare Muster, held at the Maroochydore Community Centre. Includes meal and entertainment.



FRIDAY 7 AUGUST

LOCAL DAIRY FARM TOUR AND PICNIC

LOCATION: Cedar Pocket
START: 10.00am
DURATION: 4hrs
Cost: \$10
Step out for a unique and refreshing experience with a visit to a local dairy farm! Join us for a delightful day in the countryside, where you can enjoy the fresh air, peaceful surroundings, and a closer look at farm life.

Note: Please wear closed in shoes and appropriate clothing. You may get a little bit dirty!



TUESDAY 11 AUGUST

THE WILD VINE CAFE AND BORUMBA DAM

LOCATION: Imbil Town Centre
START: 10.00am
DURATION: 4hrs

Nestled in the heart of Imbil, this lovely café offers the perfect setting to unwind, connect, and enjoy a peaceful day out.

Come along for good company, tasty treats, and a refreshing change of scenery—you're sure to leave feeling relaxed and uplifted—especially after a quick drive to Borumba Dam!



WEDNESDAY 12 AUGUST

SLEEPY LAGOON HOTEL

LOCATION: Tin Can Bay
START: 11.30am
DURATION: 4hrs

Enjoy a relaxing outing at the newly refurbished Sleepy Lagoon Hotel!

Savour delicious food, refreshing drinks, and great company in a beautifully updated setting with charming seaside views on our fun bus ride.



THURSDAY 13 AUGUST

WALK N TALK GROUP

LOCATION: Gympie Duck Ponds
START: 9.30am
DURATION: 1.5hr

Join us for a relaxing walk through the Gympie Duck Ponds and a coffee thereafter. Start time is slightly later during winter. A fair amount of mobility is required. Please bring walker or any aids if required. Please bring a hat and water bottle to stay comfortable and hydrated during the stroll.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.



FRIDAY 14 AUGUST

COBB & CO CAMP GROUNDS/MYSTERY TOUR

LOCATION:
START: 10.30am
DURATION: 4hrs

Enjoy a relaxing day out and picnic at the beautiful Cobb & Co Campgrounds!

Come along and take in the fresh country air, peaceful surroundings; and soak up the historic surroundings, and scenic views that make this spot so special.



WEDNESDAY 19 AUGUST

DINGO CREEK WINERY

LOCATION: Traveston
START: 10.30am
DURATION: 4hrs

Indulge in a relaxing and scenic outing at Dingo Creek Winery!

Join us for a delightful day in the countryside, where you can unwind among beautiful vineyard views and enjoy the peaceful atmosphere.

Treat yourself to delicious food, refreshing drinks, and friendly conversation in this charming setting.



THURSDAY 20 AUGUST

MORNING MELODIES

LOCATION: Gympie RSL
START: 10:00am
DURATION: 3hrs

Live music and comfortable surrounds with a \$20 main and dessert special. Some free raffle tickets included!

Please consider bringing a light coat or jumper, as RSL can get a bit chilly sometimes.



FRIDAY 21 AUGUST

LITTLE H CAFE & THE SALVATION ARMY SHOP

LOCATION: Gympie Southside
START: 10.00am
DURATION: 3hrs

Enjoy a morning of exploring our local Salvation Army Op Shop and afterwards a nice coffee and treat at our local Little H Cafe.

Come and hang out with us and the Fun Bus crew!



TUESDAY 25 AUGUST

SOVEREIGN CINEMAS

LOCATION: Gympie Cinemas
START: TBA
DURATION: 3hrs
COST: \$12 Seniors ticket price plus anything you would like from Candy Bar.

Treat yourself to a fun and relaxing outing at Gympie Cinemas! Come along for entertainment, good company, and a trip to the movies you'll love!

Note: Movie to be advised and times may change closer to the day.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August 2026 Outings

Gympie Region 



WEDNESDAY 26 AUGUST

THE LOOKOUT CAFE

LOCATION: Glasshouse Mtns
START: 10.30pm
DURATION: 4hrs

Treat yourself to a day out with breathtaking views and great company at The Lookout Café, Glass House Mountains!

Come along for a delightful escape—good food, beautiful scenery, and even better company await!



THURSDAY 27 AUGUST

WALK N TALK GROUP

LOCATION: Gympie Duck Ponds
START: 9.30am
DURATION: 1.5hr

Join us for a relaxing walk through the Gympie Duck Ponds and a coffee thereafter. Start time is slightly later during winter.

A fair amount of mobility is required. Please bring walker or any aids if required.

Please bring a hat and water bottle to stay comfortable and hydrated during the stroll.



FRIDAY 28 AUGUST

RUSTY RAILS CAFE

LOCATION: Gympie Rattler station
START: 10.00am
DURATION: 2hrs

Step out and enjoy a relaxed local outing at Rusty Rails Café!

Come along for good food, friendly faces, and a wonderful morning out right here in Gympie!



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

NEW: EXPLORE YOUR OPTIONS AT THE SUNCARE HUB INFORMATION SESSION

- Are you curious about what support is available to help you stay independent at home?
- Do you need help with understanding My Aged Care?

Join us at the Suncare Hub for an informative and welcoming session designed to help you better understand the services, supports and opportunities available to you.

Suncare is hosting an information session where you will have the opportunity to hear directly from the local Suncare team, who bring extensive knowledge of services across the region.

They will walk you through everything you need to know in a clear and easy to understand way, with plenty of time for questions and open conversation with the Suncare team.

WHAT YOU WILL LEARN:

- How to register with My Aged Care, including step by step guidance
- What Suncare services are available and the value they provide
- How to access additional support
- The benefits of staying connected, active and supported within your community
- Who to talk to and how to get started

THIS SESSION IS IDEAL FOR ANYONE:

- Exploring support at home for the first time
- Wanting to understand what additional support is available
- Considering changing providers
- Looking to make the most out of their existing package
- Seeking more social connection
- Wanting to meet the local Suncare team
- Friends and family interested in attending

WHY ATTEND?

Navigating Aged Care can feel overwhelming, but it doesn't need to be. This session provides a relaxed and supportive environment where you gain practical information and assistance that allows you to take the next step with confidence.

Our Lifestyle Coordinator, Care Partner and Clinician will be available on the day to support you with all of your needs.

WHEN?

- Tuesday 4th August 2026
- From 10.30am – 12.30pm (arrive at a time that suits you)
- Morning Tea Provided

It would be appreciated if you contacted Suncare to commit your attendance to ensure we cater appropriately: 1800 786 227

We look forward to seeing you in person and providing any support you need!

August Therapy Activities

TUESDAYS

HYDRO FIT

LOCATION: Gympie ARC
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 August.

WEDNESDAYS

COGNITIVE STIMULATION THERAPY

LOCATION: Gympie 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 Wednesday - as part of a 7 week program.

THURSDAYS

PHYSIO FIT

DATE: Thursday 13th
LOCATION: Gympie Centre
START: 9.30am - 10:30am
DURATION: 1hr

PHYSIO FIT

DATE: Thursday 27th
LOCATION: Gympie Centre
START: 9.30am - 10.30am
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.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.