



Social Connections Program

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

GYMPIE

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 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.



June 2026 In Centre & Outings Overview

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>1 Sit Fit Location: Gympie Hub Start: 9.30am (1hr)</p> <p>MAHJONG Beginners Location: Gympie Hub Start: 11.30am (3hrs)</p>	<p>2 Games Day Location: Gympie Hub Start: 10.00am Duration: 4hrs</p>	<p>3 HEARTBEAT PROGRAM</p>	<p>4 Walk n Talk Group Location: Gympie Duck Ponds. Start: 9.00am (1hr)</p> <p>500 Cards Location: Gympie Hub Start: 11.30am (3hrs)</p>	<p>5 Ginger Factory Location: Yandina Start: 10:00am Duration: 4hrs Ticket: \$14+ own lunch</p>	
<p>8 Stand Fit Location: Gympie Hub Start: 9.30am (1hr)</p> <p>Indoor Bowls Location: Gympie Hub Start: 11.30am (2.5hrs)</p>	<p>9 Digital Tech Support Location: Gympie Hub Start: 10.00am Duration: 1.5hrs</p>	<p>10 Tin Can Bay Country Club Location: Tin Can Bay Start: 11.30am Duration: 3hrs</p>	<p>11 Sit Fit Fitness Location: Gympie Hub Start: 9.30am Duration: 1hr</p>	<p>12 The Jockey Club Location: Gympie Start: 12:00pm Duration: 3hrs</p>	
<p>15 Sit Fit Location: Gympie Hub Start: 9.30am (1hr)</p> <p>500 Cards Location: Gympie Hub Start: 11.30am (3hrs)</p>	<p>16 In Centre Movie Location: Gympie Hub Start: 11.00am Duration: 3hrs</p>	<p>17 Eumundi Markets Location: Eumundi Start: 10.00am Duration: 4hrs</p>	<p>18 Morning Melodies Location: Gympie RSL Start: 10.00am Duration: 3hrs</p>	<p>19 Ten Pin Bowling Location: Gympie Ten Pin Start: 11.30am Duration: 3hrs Cost: \$20</p>	
<p>22 Stand Fit Location: Gympie Hub Start: 9.30am (1hr)</p> <p>SEQUENCE Beginners Location: Gympie Hub Start: 11.30am (3hrs)</p>	<p>23 Suncare Trivia Location: Gympie Hub Start: 10.00am Duration: 3hrs</p>	<p>24 Australia's Biggest Morning Tea Location: Suncare Maroochydore Start: 10.00am (4hrs) Cost: \$20</p>	<p>25 Walk n Talk Group Location: Gympie Duck Ponds. Start: 9.00am (1hr)</p> <p>Indoor Bowls Location: Gympie Hub Start: 11.30am (2.5hrs)</p>	<p>26 The Victory Hotel Location: Gympie Start: 12.00pm Duration: 2.5hrs</p>	
<p>29 ART N CRAFT: Painting Group Step by Step Tutorial Location: Gympie Hub Start: 11.30am Duration: 4hrs</p>	<p>30 Suncare Bingo Location: Gympie Hub Start: 12.30pm Duration: 3hrs</p>				

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



MONDAY

SIT FIT & STAND FIT

LOCATION: Gympie Centre
START: 9.30am (1hr)
1st - 4th Monday in June

MAHJONG GAME GROUP

LOCATION: Gympie Centre
START: 11.30am (3hrs)
1st Monday in June

INDOOR BOWLS

LOCATION: Gympie Centre
START: 11.30am (2.5hrs)
2nd Monday in June

500 CARD GROUP

LOCATION: Gympie Centre
START: 11.30am (3hrs)
3rd Monday in June

SEQUENCE GAME GROUP

LOCATION: Gympie Centre
START: 11.30am (3hr)
4th Monday in June

ART N CRAFT GROUP:

PAINT N SIP

LOCATION: Gympie Centre
START: 11.30am (4hrs)
5th Monday in June
Morning Tea provided



TUESDAY

SUNCARE GAMES DAY

LOCATION: Gympie Centre
START: 10.00am (4hrs)
1st Tuesday in June

DIGITAL TECH SUPPORT

LOCATION: Gympie Centre
START: 10.00am (1.5hrs)
2nd Tuesday in June

SUNCARE MOVIE

LOCATION: Gympie Centre
START: 11.00am (3hrs)
3rd Tuesday in June

SUNCARE TRIVIA

LOCATION: Gympie Centre
START: 10.00am (3hrs)
4th Tuesday in June

SUNCARE BINGO

LOCATION: Gympie Centre
START: 12.30am (3hrs)
5th Tuesday in June

Light lunch provided.



THURSDAY

500 CARD GROUP

LOCATION: Gympie Centre
START: 11.30am (3hrs)
1st Thursday in June

SIT FIT

LOCATION: Gympie Centre
START: 9.30am (1hr)
2nd Thursday in June

INDOOR BOWLS

LOCATION: Gympie Centre
START: 11.30am (2.5hr)
4th Thursday in June

Morning Tea provided



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



WEDNESDAY 3 JUNE

HEARTBEAT LUNCHEON

LOCATION: Gympie Bowls Club
START: 12.00pm
DURATION: 2hrs

Suncare's philanthropic luncheon designed to bring the socially isolated together to form new connections and friendships.

Eligibility to attend applies. Please speak to your Lifestyle Coordinator for more information.



THURSDAY 4 JUNE

WALK N TALK

LOCATION: Gympie Duck Ponds
START: 9.00am
DURATION: 1hr

Join us for a relaxing walk through the Gympie Duck Ponds.

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 5 JUNE

YANDINA GINGER FACTORY

LOCATION: Yandina
START: 10.00am
DURATION: 4hrs

Come along to the Yandina Ginger Factory for a fun day out, exploring gardens, tasting ginger treats, enjoying train rides, shopping local products, and soaking up Sunshine Coast charm together.

Refreshments, train rides and extra tours will be at your own expense. But there will be time to explore if you choose to do so.



WEDNESDAY 10 JUNE

TIN CAN BAY COUNTRY CLUB

LOCATION: Tin Can Bay
START: 12.00pm
DURATION: 3hrs

Join us for our regular catch up with our Cooloola Coast friends.

Let's have Chinese or a Chicken Snitty together and catch up over a drink!



FRIDAY 12 JUNE

THE JOCKEY CLUB

LOCATION: The Jockey Club
Gympie Southside
START: 12.00pm
DURATION: 3hrs

Another local hang out in Gympie! Lets check out the menu and surrounds at The Jockey Club on Southside.

Enjoy a relaxing lunch or just grab a drink and catch up in great company together.



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



WEDNESDAY 17 JUNE

EUMUNDI MARKETS

LOCATION: Eumundi
START: 10.30am
DURATION: 4hrs

Join us for an enjoyable day at the Eumundi Markets, browsing unique stalls, tasting fresh food, and soaking up live music.

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

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



THURSDAY 18 JUNE

MORNING MELODIES

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

Live music and comfortable surrounds with a \$20 main and dessert special.

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



FRIDAY 19 JUNE

TEN PIN BOWLING

LOCATION: Ten Pin Centre Gympie
START: 12.00pm
DURATION: 3hrs

Cost: \$20 – pay individually at the venue, which includes 2 games and shoe hire.

Join us for a fun-filled ten pin bowling outing, enjoying friendly competition and laughter.

Suitable for all abilities, with snacks on offer.



WEDNESDAY 24 JUNE

AUSTRALIAS BIGGEST MORNING TEA

LOCATION: Suncare Centre Maroochydore
START: 11.00am
DURATION: 4hrs

Come along for another fun filled trip to our Suncare centre at Maroochydore for a yummy morning tea and live entertainment with Hurianna.

Get ready to kick your heels up and have some fun with our Sunny Coast friends!



FRIDAY 26 JUNE

THE VICTORY HOTEL

LOCATION: The Victory Hotel Gympie.
START: 12.30pm
DURATION: 2.5hrs

Join us at the newly refurbished Victory Hotel in Gympie to enjoy the magic view, explore the new menu, relax together, and savour great food in a local setting.



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

June 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 April.

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 in the month of April - as part of a 7 week program.

THURSDAYS

PHYSIO FIT

DATE: Thursday 4th
LOCATION: Gympie Centre
START: 9.30am - 10:30am
DURATION: 1hr

PHYSIO FIT

DATE: Thursday 18th
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.



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