



# Social Connections Program

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

GYMPIE

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 Connection 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 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 or associated ticket expenses
- Meal deals may change when attending the venue.

## CANCELLATIONS

Cancellations made less than 48 hours before the outing or activity will incur a cancellation fee. Call 1800 786 227 to cancel your activity or outing.

## 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 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



# May 2026 In Centre & Outings Overview

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



### 4 PUBLIC HOLIDAY LABOUR DAY

**5 Sit Fit**  
Location: Gympie Centre  
Start: 10.00am (1hr)

**500 Cards**  
Location: Gympie Centre  
Start: 11.30am (3hrs)  
Light lunch provided

**6 Morning tea @  
Farmer & Sun**  
Location: Gympie Sthside  
Start: 10.30am (2hrs)

**7 Walk n Talk Group**  
Location: Gympie Duck  
Ponds.  
Start: 9.00am (1hr)

**Art n Craft Group**  
Location: Gympie Centre  
Start: 11.30am (3hrs)  
Light lunch provided.

**8 Morning Tea at Fairhill  
Gardens**  
Location: Ninderry  
Start: 10:30am  
Duration: 2.5hr

**11 Stand Fit**  
Location: Gympie Centre  
Start: 10.00am (1hr)

**Indoor Bowls**  
Location: Gympie Centre  
Start: 11.30am (2.5hrs)  
Light lunch provided.

**12 The Coffee Club**  
Location: Gympie Central.  
Start: 11.00am (2hrs)  
Enjoy coffee and cake  
together, with some of our  
Suncare nurses.

**13 Tin Can Bay Country Club**  
Location: Tin Can Bay  
Start: 11.30pm (2.5hrs)

**14 Sit Fit**  
Location: Gympie Centre  
Start: 10.00am (1hr)

**MAHJONG Beginners**  
Location: Gympie Centre  
Start: 11.30am (3hrs)  
Light lunch provided

### 15 PUBLIC HOLIDAY GYMPIE SHOW

**18 Sit Fit**  
Location: Gympie Centre  
Start: 10.00am (1hr)

**500 Cards**  
Location: Gympie Centre  
Start: 11.30am (3hrs)  
Light lunch provided

**19 Coolum Beach Surf Club**  
Location: Coolum Beach  
Start: 11.00am (2.5hrs)

**20 Gympie Regional Library**  
Location: Gympie  
Start: 10.00am (2hrs)

**21 Morning Melodies**  
Location: Gympie RSL  
Start: 10.00am (3hrs)

**22 Suncare Bingo**  
Location: Gympie Centre  
Start: 11:30am (2hrs)  
Including a celebratory  
morning tea for all our  
amazing Suncare Social  
Connection volunteers!

**25 Stand Fit**  
Location: Gympie Centre  
Start: 10.00am (1hr)

**Indoor Bowls**  
Location: Gympie Centre  
Start: 11.30am (2.5hrs)  
Light lunch provided.

**26 Suncare Trivia**  
Location: Gympie Centre  
Start: 9.30am (1.5hrs)

**In Centre Movie**  
Location: Gympie Centre  
Start: 11.30am (2.5hrs)

**27 The Shopper Bus**  
Location: The Plaza,  
Maroochydore.  
Start: 10.30am (4hrs)

**28 Sit Fit**  
Location: Gympie Centre  
Start: 10.00am (1hr)

**SEQUENCE Beginners**  
Location: Gympie Centre  
Start: 11.30am (3hrs)  
Light lunch provided

**29 Your Choice Games Day**  
Location: Gympie Centre  
Start: 10.00am (3hrs)  
Your chance to play new  
games and try your luck  
at something different.

## NOTES

12<sup>th</sup> May -

International

Nurses Week

22<sup>nd</sup> May -

International

Volunteer

Week



## MONDAY

### SIT FIT

**Location:** Gympie Centre  
**Start:** 9.30am (1hr)  
3<sup>rd</sup> Monday in May

### 500 CARD GROUP

**Location:** Gympie Centre  
**Start:** 11.30am (3hrs)  
3<sup>rd</sup> Monday in May

### STAND FIT

**Location:** Gympie Centre  
**Start:** 10.00am (1hr)  
2<sup>nd</sup> & 4<sup>th</sup> Monday in May

### INDOOR BOWLS

**Location:** Gympie Centre  
**Start:** 11.30am (2.5hrs)  
2<sup>nd</sup> & 4<sup>th</sup> Monday in May



## TUESDAY

### SIT FIT

**Location:** Gympie Centre  
**Start:** 10.00am (1hr)  
1<sup>st</sup> Tuesday in May

### 500 CARD GROUP

**Location:** Gympie Centre  
**Start:** 11.30am (3hrs)  
1<sup>st</sup> Tuesday in May

### SUNCARE MOVIE

**Location:** Gympie Centre  
**Start:** 11.30am (2.5hrs)  
4<sup>th</sup> Tuesday in May  
MOVIE: "TBA"



## THURSDAY

### SIT FIT

**Location:** Gympie Centre  
**Start:** 10.00am (1hr)  
2<sup>nd</sup> & 4<sup>th</sup> Thursday in May

### ART N CRAFT GROUP

**Location:** Gympie Centre  
**Start:** 11.30am (3hr)  
1<sup>st</sup> Thursday in May

### MAHJONG GAME GROUP

**Location:** Gympie Centre  
**Start:** 11.30am (3hrs)  
2<sup>nd</sup> Thursday in May

### SEQUENCE GAME GROUP

**Location:** Gympie Centre  
**Start:** 11.30am (3hr)  
4<sup>th</sup> Thursday in May



## FRIDAY

### SUNCARE BINGO

**Location:** Gympie Centre  
**Start:** 11.30am (2hrs)  
4<sup>th</sup> Friday in May

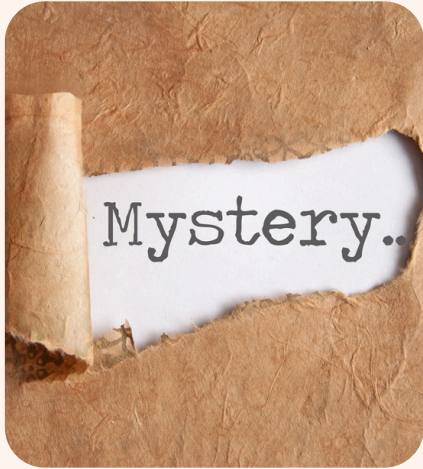
It's National Volunteer Week!  
Bingo will be including a celebratory morning tea for all our amazing Suncare Social Connection volunteers!

Please join us in honouring our Volunteers, with a fun game of Bingo and refreshments.

### YOUR CHOICE GAMES DAY

**Location:** Gympie Centre  
**Start:** 10.00am (3hrs)  
4<sup>th</sup> Friday in May  
Your chance to play new games and try your luck at something different.





**FRIDAY 1ST MAY**

## **MYSTERY TOUR & LUNCH**

**Location:** Sunshine Coast  
**Start:** 11.00am  
**Duration:** 3hrs

Join us for a delightful Mystery Tour on the Sunshine Coast—enjoy scenic surprises, friendly company, and a day full of joy, curiosity, and unforgettable moments.

Reserve your spot today, please!



**WEDNESDAY 6TH MAY**

## **MORNING TEA @ FARMER & SUN**

**Location:** Gympie Southside  
**Start:** 10.30am  
**Duration:** 2hrs

Enjoy a relaxed morning tea at Farmer and Sun, Southside Gympie.

Great coffee, fresh food, and warm company—join us for a lovely outing filled with conversation and smiles.



**THURSDAY 7TH MAY**

## **WALK N TALK GROUP**

**Location:** Gympie Duck Ponds  
**Start:** 9.00am  
**Duration:** 1hr

Enjoy a gentle Walk and Talk at the Duckponds, Gympie.

Breathe fresh air, enjoy nature, and share friendly conversation in a relaxed, supportive setting.

Join us for a lovely outing!

This outing requires a good level of mobility to attend. Please bring a water bottle and hat!



**FRIDAY 8TH MAY**

## **MORNING TEA @ FAIRHILL GARDENS**

**Location:** Ninderry, Sunshine Coast.  
**Start:** 10.30am  
**Duration:** 2.5hr

Enjoy a peaceful morning tea at Fairhill Gardens.

Relax among beautiful greenery, share good company, and savour a lovely outing filled with conversation, nature, and fresh country charm.

Join us!



**TUESDAY 12TH MAY**

## **INTERNATIONAL NURSES DAY @ THE COFFEE CLUB**

**Location:** Gympie Central Shopping Centre.  
**Start:** 11:00am  
**Duration:** 2hr

Join us for morning tea at The Coffee Club, Gympie Central, as we celebrate **International Nurses Day** with our wonderful Suncare Nurses. Enjoy great company, conversation, and appreciation! Join us for a comfortable, social outing you'll really enjoy! Just sit and catch up or take a leisurely stroll through the shops.



**WEDNESDAY 13TH MAY**

**TUESDAY 19TH MAY**

**WEDNESDAY 20TH MAY**

**THURSDAY 21ST MAY**

**WEDNESDAY 27TH MAY**

## **TIN CAN BAY COUNTRY CLUB**

**Location:** Tin Can Bay  
**Start:** 11.30am  
**Duration:** 2.5hr

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!

## **COOLUM BEACH SURF CLUB**

**Location:** Coolum Beach  
**Start:** 11.00am  
**Duration:** 2.5hrs

Enjoy a relaxing lunch at the Coolum Beach Surf Club.

Take in the ocean views, savour delicious meals, and share wonderful company.

Join us for a refreshing coastal outing!

## **GYMPIE REGIONAL LIBRARY**

**Location:** Gympie Library  
**Start:** 10.00am  
**Duration:** 2hrs

Discover inspiration at Gympie Library, where you can unwind, explore new stories, and borrow or read books for every interest.

A welcoming space to learn, imagine, and connect with community.

## **MORING MELODIES @ GYMPIE RSL**

**Location:** Gympie RSL  
**Start:** 10.00am  
**Duration:** 3hr

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

Fun, laughter and dancing too!

## **SHOPPER BUS: SUNSHINE PLAZA**

**Location:** Maroochydore  
**Start:** 10.30am  
**Duration:** 4hr

Enjoy a fun shopping day at Sunshine Plaza.

Browse your favourite stores, enjoy lunch together, and share great company.

This group requires fair mobility to attend. Please have your mobile charged and on your person if you have one.



**TO MAKE A BOOKING:** CALL 1800 786 227 or visit our website [www.suncare.org.au](http://www.suncare.org.au) to receive our program straight to your inbox.



### 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

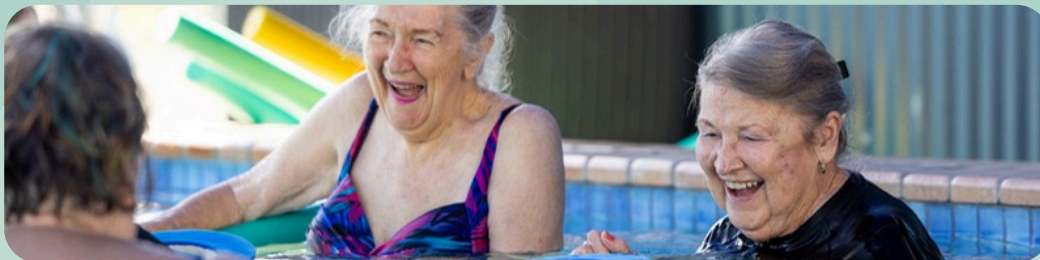
**Date:** Thursday 7<sup>th</sup>  
**Location:** Gympie Centre  
**Start:** 9.30am - 10:30am  
**Duration:** 1hr

#### PHYSIO FIT

**Date:** Thursday 21<sup>st</sup>  
**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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