



Social Connections Program



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



NOVEMBER 2026

SUNCARE : 2-4 HORSESHOE BEND, GYMPIE



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
2 Fun Fitness 9.30-10.30am 500 Cards 11.30-2.30pm	3 Information Session 10.30am-12.30pm Digital Tech Support 1.00pm-2.30pm	4 Paint & Sip 11.00am-2.00pm	5 Walk n Talk Group 9.30am-11.00am Sequence Game 11.30am-2.00pm	6 Ten Pin Bowling 12.00pm-3.00pm
9 Fun Fitness 9.30-10.30am Indoor Bowls 11.30am-2.00pm	10 Gympie Cinemas Between 10am-3pm	11 Remembrance Day Picnic 10.30-1.30pm	12 Shopper Bus 10.30am-2.30pm	13 Fun Fitness 9.30-10.30am 500 Cards 11.30am-2.30pm
16 Fun Fitness 9.30-10.30am Mahjong Beginners 11.30am-2.30pm	17 Knitting & Crocheting 9.30am-11.30am Suncare Bingo 12.00pm-2.00pm	18 Spring Garden Party 11.00am-2.00pm	19 Morning Melodies 10.00am-1.00pm	20 Suncare Singalong 10.00am-1.00pm
23 Fun Fitness 9.30-10.30am The Hobby Circle 11.30am-2.30pm	24 The Brown Jug 10.30am-12.30pm	25 Beach Stroll & Lunch 10.30am-2.30pm	26 Walk n Talk Group 9.30am-11.00am Indoor Bowls 11.30am-2.00pm	27 Mystery Tour 10.30am-2.30pm
30 Fun Fitness 9.30-10.30am Frustration Game 11.30am-2.30pm				

Paint & Sip Maroochydore Suncare Centre

Date	Wednesday 4 th November
Time	11.00am - 2.00pm (3hrs)
Being creative has never been so much fun! Join the Sunny Coast crew for some painting - with lots of giggles and scribbles and take home your own masterpiece	
\$	\$15 to paint. Lunch included.
	Drop off at entrance

Walk n Talk Group Gympie Duck Ponds

Date	Thursday 5 th November
Time	9.30am - 11.00am (1.5hrs)
Join us for a relaxing walk through the Gympie Duck Ponds and a coffee afterwards. Independent mobility required. Bring walker, hat and water bottle.	
\$	Purchase own coffee if desired.
	Fair amount of mobility required. 3 km round circuit.

Ten Pin Bowling Gympie Ten Pin

Date	Friday 6 th November
Time	12.00pm - 3.00pm (3hrs)
Join us for a fun-filled ten pin bowling outing, enjoying friendly competition and laughter. Suitable for all abilities, with snacks on offer.	
\$	\$20 for game, & shoe hire. Purchase own snacks. Pay at venue.
	Drop off at entrance

Sovereign Cinemas Gympie

Date	Tuesday 10 th November
Time	TBA (3hr allocation for movie)
Treat yourself to a fun and relaxing outing at Gympie Cinemas! Come along for some entertainment. Note: Movie to be advised and times may change closer to the day.	
\$	\$15 ticket & candy bar purchases.
	Drop off at entrance. May require some walking due to parking.



Remembrance Day Picnic Memorial Park Gympie

Date	Wednesday 11 th November
Time	10.30am - 1.30pm (3hrs)
Remembrance Day is a day of national commemoration held on November 11 each year. Join us for a picnic alongside any community celebrations in Memorial Park.	
\$	\$10 - refreshments included.
	Drop off at entrance. May require some walking due to parking.

The Shopper Bus Kawana Waters Shopping Centre

Date	Thursday 12 th November
Time	10.30am - 2.30pm (4hrs)
Enjoy a fun shopping day at Kawana Waters Shopping Centre. Browse your favourite stores then enjoy lunch together. Please have your mobile charged with you.	
	cost of personal refreshments
	Drop off at entrance. Fair amount of mobility required.

Morning Melodies Gympie RSL

Date	Thursday 19 th November
Time	10.00am - 1.00pm (3hrs)
Live music and 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.	
	\$20 for lunch. Pay at venue.
	Drop off at entrance



Spring Garden Party Maroochydore Suncare Centre

Date	Wednesday 18 th November
Time	11.00am - 2.00pm (3hrs)
Celebrate spring at our Garden Party! Dress in your best spring attire, enjoy a yummy lunch, live entertainment, great company and lots of seasonal cheer!	
	\$20 lunch.
	Drop off at entrance

The Brown Jug Gympie

Date	Tuesday 24 th November
Time	10.30am - 12.30pm (2hrs)
The Brown Jug is a quaint intimate little cafe in our beautiful Mary street. Let's meet together and support our local cafe.	
	Cost of refreshments
	Drop off entrance. May require some walking due to parking.

Beach Stroll & Lunch Mystery Location

Date	Wednesday 25th November
Time	10.30am - 2.30pm (4hrs)
Let's find a beautiful beach and take a short stroll on the sand in the sun! Afterwards we will have lunch together and relax. Come along for the adventure!	
\$	Cost of refreshments
	Drop off at ramp entrance. May require walking due to parking.

Walk n Talk Group Gympie Duck Ponds

Date	Thursday 26th November
Time	9.30am - 11.00am (1.5hrs)
Join us for a relaxing walk through the Gympie Duck Ponds and a coffee afterwards. Independent mobility required. Bring walker, hat and water bottle.	
\$	Purchase own coffee if desired.
	Fair amount of mobility required.

Mystery Tour Mary Valley

Date	Friday 27 th November
Time	10.30am - 2.30pm (4hrs)
A relaxing tour through the Mary Valley - with some delightful stops that will include beautiful views. Light lunch included in \$20. I dare you to join the Mystery!	
\$	Personal spending plus \$20
	Fair amount of mobility required.



Fun Fitness

Date	Monday 2 nd November
Time	9.30am - 10.30am (1hr)
A combination fitness class of sitting, standing and sometimes - dancing! Follow along and go at your own pace! Today - It's Strength & Balance.	
	Tea & Coffee provided
	Drop off at ramp entrance. May require walking due to parking

500 Cards

Date	Monday 2 nd November
Time	11.30am - 2.30pm (3hrs)
Enjoy a lively game of 500 cards with friends, friendly competition, plenty of laughs, and a welcoming social atmosphere.	
	Light lunch provided
	Drop off at ramp entrance. May require walking due to parking

Information Session

Date	Tuesday 3 rd November
Time	10.30am-12.30pm (2hrs)
Join us for a relaxed monthly information session. We'll explain My Aged Care, the support available. Bring a friend or family member along, enjoy a cuppa, and have a chat!	
	Morning Tea provided.
	Drop off at ramp entrance. May require walking due to parking

Digital Tech Support

Date	Tuesday 3 rd November
Time	1.00pm - 2.30pm (1.5hrs)
This month we will be focussing on using your mobile phone. So bring a list of anything that you are finding challenging and what we don't know, we can research together!	
	Tea & Coffee provided
	Drop off at ramp entrance. May require walking due to parking

**Sequence Game**

Date	Thursday 5 th November
Time	11.30am-2.00pm (2.5hrs)
Put your strategy skills to the test with Sequence! Plan your moves, work as a team, and enjoy a fun, interactive game that keeps everyone engaged. Beginners Welcome!	
	Light lunch provided
	Drop off at ramp entrance. May require walking due to parking

Fun Fitness**Date** Monday 9th November**Time** 9.30am - 10.30am (1hr)

A combination fitness class of sitting, standing and sometimes - dancing! Follow along and go at your own pace!
Today - It's Stand & Stretch

 Tea & Coffee provided Drop off at ramp entrance. May require walking due to parking**Indoor Bowls****Date** Monday 9th November**Time** 11.30am - 2.00pm (2.5hrs)

Join us at our friendly centre for a fun game of indoor bowls! Enjoy light exercise, friendly competition, plenty of laughs, and great company in a welcoming environment.

 Light lunch provided Drop off at ramp entrance. May require walking due to parking**Fun Fitness****Date** Friday 13th November**Time** 9.30am - 10.30am (1hr)

A combination fitness class of sitting, standing and sometimes - dancing! Follow along and go at your own pace!
Today - It's Chair Yoga

 Tea & Coffee provided Drop off at ramp entrance. May require walking due to parking**500 Cards****Date** Friday 13th November**Time** 11.30am - 2.30pm (3hrs)

Enjoy a lively game of 500 cards with friends, friendly competition, plenty of laughs, and a welcoming social atmosphere.

 Light lunch provided Drop off at ramp entrance. May require walking due to parking**Fun Fitness****Date** Monday 16th November**Time** 9.30am - 10.30am (1hr)

A combination fitness class of sitting, standing and sometimes - dancing! Follow along and go at your own pace!
Today - It's Chair Dancing!

 Tea & Coffee provided Drop off at ramp entrance. May require walking due to parking**Mahjong for Beginners****Date** Monday 16th November**Time** 11.30am - 2.30am (3hr)

Challenge your mind and enjoy an engaging game of Mahjong! Match tiles, build strategies, and share conversation with others in a relaxed, welcoming setting.

 Light lunch provided Drop off at ramp entrance. May require walking due to parking

Knitting & Crocheting**Date** Tuesday 17th November**Time** 9.30am - 11.30am (2hrs)

Bring along your knitting or crocheting project and join our new group! Share ideas, techniques, inspire others, and enjoy relaxing conversation while creating together in a friendly environment.



Morning Tea provided.



Drop off at ramp entrance. May require walking due to parking

Suncare Bingo**Date** Tuesday 17th November**Time** 12.00am - 2.00pm (2hrs)

Join in the fun with Suncare Bingo! Enjoy excitement, friendly chatter, and the chance to win while sharing laughs and making wonderful memories together.



Light lunch provided



Drop off at ramp entrance. May require walking due to parking

Suncare Sing-a-Long**Date** Friday 20th November**Time** 10.00am - 1.00pm (3hrs)

Join us for a fantastic fun, in-centre Sing-a-long and Music Bingo!

No experience needed, just bring your voice and let's make this a regular gig!



\$10 refreshments included.



Drop off at ramp entrance. May require walking due to parking

Fun Fitness**Date** Monday 23rd November**Time** 9.30am - 10.30am (1hrs)

A combination fitness class of sitting, standing and sometimes - dancing! Follow along and go at your own pace!
Today - It's Chair Cardio!



Tea & Coffee provided



Drop off at ramp entrance. May require walking due to parking

**The Hobby Circle****Date** Monday 23rd November**Time** 11.30am - 2.30pm (3hrs)

A fun and passionate art, craft and leisure group! Join our incentre activity or bring your own project. It's another Paint n Sip this month! Ladies & Gents all welcome!



Light Lunch provided



Drop off at ramp entrance. May require walking due to parking

Indoor Bowls

Date	Thursday 26 th November
Time	11.30am - 2.00pm (2.5hrs)
Join us at our friendly centre for a fun game of indoor bowls! Enjoy light exercise, friendly competition, plenty of laughs, and great company in a welcoming environment.	
\$	Light lunch provided
	Drop off at ramp entrance. May require walking due to parking

Fun Fitness

Date	Monday 30 th November
Time	9.30am - 10.30am (1hrs)
A combination fitness class of sitting, standing and sometimes - dancing! Follow along and go at your own pace! Today - It's Strength & Balance.	
\$	Tea and Coffee provided
	Drop off at ramp entrance. May require walking due to parking.

Frustration Card Game

Date	Monday 30 th November
Time	11.30am - 2.30pm (3hrs)
Think you've got what it takes to beat the frustration? Join us for an exciting game filled with fun, laughter, and friendly rivalry. Come along, make new friends, and enjoy a great afternoon of cards!	
\$	Light lunch provided
	Drop off at ramp entrance. May require walking due to parking.



Monday	Tuesday	Wednesday	Thursday	Friday
	Hydro Fit Gympie ARC 11.00am - 12.00pm	Cognitive Stimulation Therapy Gympie HUB 9.30am - 10.15am Cognitive Stimulation Therapy Gympie HUB 10.45am - 11.30am	Physio Fit Gympie HUB 9.30am - 10.30am	
ARC: Aquatic Recreational Centre - Tozer Street, Gympie HUB: Suncare Centre - Horseshoe Bend, Gympie				

HYDRO FIT

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.



Suitable for wheelchair users



Maximum 200m walk from carpark

COGNITIVE STIMULATION THERAPY

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!



Suitable for wheelchair users



Limited parking which will determine distance to walk

PHYSIO FIT

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.



Suitable for wheelchair users



Limited parking which will determine distance to walk





HIGHLIGHT

Suncare Sing-a-long

Suncare Gympie HUB

Date Friday 20th November

Time 10.00am - 1.00pm

Join us for a fantastic fun, in-centre Sing-a-long and Music Bingo! Enjoy great music, laughter, and friendship as we sing favourite tunes together.

No experience needed, just bring your voice and let's make this a regular gig!

\$10 - Light lunch and refreshments included.



OUTING HIGHLIGHT

Remembrance Day Picnic

Gympie Memorial Park

Date Wednesday 11th November

Time 10.30am - 1.30pm

Remembrance Day is a day of national commemoration held on November 11 each year. Join us for a picnic alongside any community celebrations in Memorial Park.

Make sure you bring a hat, waterbottle and comfy clothes.

\$10 - Light lunch and refreshments included.



SPECIAL EVENT

Spring Garden Party

Suncare Community Centre Maroochydore

Date Wednesday 18th November

Time 11.00am – 2.00pm

Celebrate spring at our Garden Party! Dress in your best spring attire, enjoy a yummy lunch, live entertainment, great company and lots of seasonal cheer!

\$ \$20 – includes lunch and prizes

 Wheelchair Accessible

 Drop off at entrance



IN-CENTRE HIGHLIGHT

Information Session

Suncare Gympie HUB

Date Tuesday 3rd November

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. Parking available on Channon, Lawrence and Ferguson Streets.

UP-COMING SPECIAL EVENT

Gympie Christmas Spirit Luncheon

Kingston House Gympie

Date Friday 18th December

Time 11.30am – 2.30pm

Join us in December for our Gympie Suncare Christmas Spirit Luncheon. Enjoy a beautiful lunch and Christmas cheer with your Suncare friends.

Seats will be limited, so keep an eye out for details in the December calendar.



\$30 includes meal and entertainment.



Wheelchair Accessible



Drop off at entrance. Limited parking which will determine distance to walk.

