



Social Connections Program



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

OCTOBER 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
			1 Fun Fitness  Indoor Bowls 	2 Ten Pin Bowling  \$
5 Fun Fitness  500 Cards 	6 Information Session 	7 Barefoot Bowls  \$	8 Walk n Talk Group  \$ Sequence Game 	9 Bli Bli Hotel  \$
12 Fun Fitness  Indoor Bowls 	13 Knitting & Crocheting  Suncare Bingo 	14 Marina Grill  \$	15 Morning Melodies  \$	16 Suncare Singalong 
19 Fun Fitness  Mahjong Beginners 	20 Bunnings Cafe 	21 OktoberFest  \$	22 Walk n Talk Group  \$	23 Mt Pleasant Hotel \$
26 Fun Fitness  The Hobby Circle 	27 Digital Tech Support 	28 Shopper Bus \$	29 Maroochy Botanical Gardens \$	30 500 Cards 

Ten Pin Bowling Gympie

Date	Friday 2 nd October
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 game, shoe hire & snack. Pay at venue.
	Drop off at entrance

Barefoot Bowls Gympie Bowls Club

Date	Wednesday 7 th October
Time	11.00am - 2.00pm (3hrs)
Celebrating Seniors Month! Come along and try some barefoot bowls and enjoy a lunch together at the Gympie Bowls Club!	
\$	\$20 to play plus refreshments.
	Drop off at entrance

Walk n Talk Group Gympie Duck Ponds

Date	Thursday 8 th October
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.	
\$	Cost of refreshments after walk
	Fair amount of mobility required. 3 km round circuit.

Bli Bli Hotel

Date	Friday 9 th October
Time	11.00am - 2.30pm (3.5hrs)
Enjoy a delightful lunch at the modern Bli Bli Hotel, known for its welcoming atmosphere, terrace dining and delicious menu. Great food, and good company.	
\$	Cost of meal and drinks
	Drop off at entrance. May require some walking due to parking.



Marina Grill Tin Can Bay

Date	Friday 14 th October
Time	11.30am - 2.30pm (3hrs)
Enjoyed a relaxing lunch at Marina Grill, Tin Can Bay, overlooking the marina waters. Fresh seafood, friendly service and beautiful views made for a memorable dining experience shared with friends.	
\$	Cost of meal and drinks
	Drop off at entrance.

Morning Melodies Gympie RSL

Date	Thursday 15 th October
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 meal special. Drinks are extra.
	Drop off at entrance

OktoberFest Suncare Centre Maroochydore

Date	Wednesday 21 st October
Time	11.00am - 2.00pm (3hrs)
Come and enjoy a festive Oktoberfest luncheon filled with delicious food, lively music and wonderful company. Bringing everyone together for an afternoon of laughter, friendship and community spirit.	
	\$20 for lunch
	Drop off at entrance



Bunnings Cafe Gympie

Date	Tuesday 20 th October
Time	11.00am - 1.00pm (2hrs)
Join us for a fun outing to Bunnings and surrounding area! Browse the gardens shop, discover creative ideas, enjoy a coffee with friends, and spend a relaxed morning exploring and socialising together.	
	Cost of refreshments
	Drop off at entrance

Walk n Talk Group Gympie Duck Ponds

Date	Thursday 22 nd October
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.	
	Cost of refreshments after walk
	Fair amount of mobility required. 3 km round circuit.

Mount Pleasant Hotel Gympie

Date	Friday 23 rd October
Time	11.30am–2.30pm (3hrs)
Enjoy a wonderful lunch at the historic Mt Pleasant Hotel, Gympie. Known for its warm hospitality, quality pub meals and welcoming atmosphere.	
\$	Cost of meal and drinks
	Drop off at ramp entrance. May require walking due to parking.

Shopper Bus The Plaza, Maroochydore

Date	Wednesday 28 th October
Time	10.30am–2.30pm (4hrs)
Enjoy a fun shopping day at the Sunshine Plaza. Browse your favourite stores and enjoy the variety of food on offer. Please have your mobile phone with you.	
\$	Cost of meal and drinks
	Fair amount of mobility required for the day.

Maroochy Botanical Gardens Tanawha

Date	Thursday 29 th October
Time	10.30am – 2.30pm (4hrs)
Explore the rich history of Maryborough on this enjoyable day trip. Historical buildings, charming streetscapes and local landmarks while learning about the unique past.	
\$	Cost of meal and drinks
	Fair amount of mobility required.



Fun Fitness

Date	Thursday 1 st October
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

Indoor Bowls

Date	Thursday 1 st October
Time	11.30am - 2pm (2hrs)
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 5 th October
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 seated YOGA!	
	Light lunch provided
	Drop off at ramp entrance. May require walking due to parking

500 Cards

Date	Monday 5 th October
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.	
	Tea & Coffee provided
	Drop off at ramp entrance. May require walking due to parking

**Information Session**

Date	Tuesday 6 th October
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!	
	FREE Morning Tea provided.
	Drop off at ramp entrance. May require walking due to parking

Sequence Game

Date	Tuesday 8 th October
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 12 th October
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 - Let's DANCE!	
	Tea & Coffee provided
	Drop off at ramp entrance. May require walking due to parking

Indoor Bowls

Date	Monday 12 th October
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

Knitting & Crocheting Group

Date	Tuesday 13 th October
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 13 th October
Time	12.00pm - 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	Tuesday 16 th October
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!	
	Light lunch provided
	Drop off at ramp entrance. May require walking.

Fun Fitness

Date	Monday 19 th October
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 - Stand & Stretch!

 Tea & Coffee provided

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

Mahjong Beginners

Date	Monday 19 th October
Time	11.30am - 2.30pm (3hrs)

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

 Light lunch provided

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

Fun Fitness

Date	Monday 26 th October
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 26 th October
Time	11.00am - 2.30pm (3.5hrs)

A fun and passionate art, craft and leisure group - so come join in on our centre activity or bring your own project. It's another Paint n Sip this month!
Ladies & Gentlemen all welcome!

 Light Lunch provided

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

**Digital Tech Support**

Date	Tuesday 27 th October
Time	9.30am - 11.00am (1.5hrs)

This month we will be focussing on using your mobile phone. How to take photos, send photos through messages, access your emails, send email etc. What we don't know, we can research together!



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

500 Cards**Date** Friday 30th October**Time** 10.00am - 1.00pm (3hrs)

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



Morning Tea 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





SPECIAL EVENT

Suncare Sing-a-long

Suncare Gympie HUB

Date Friday 16th October

Time 11.00am - 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!



SPECIAL EVENT

Celebrating Seniors Month!

Gympie Bowls Club

Date Wednesday 7th October

Time 11.00am - 2.00pm

Join us as we celebrate Seniors Month together!

Enjoy a wonderful opportunity to connect with friends, share stories, take part in fun activities, and recognise the valuable contributions seniors make to our community.

Let's celebrate, laugh, and create special memories together.

Please note: There is an extra cost for this event listed above. \$20 to play. Extra for refreshments.



SPECIAL EVENT

OktoberFest

Suncare Community Centre Maroochydore

Date Wednesday 21st October

Time Arrive 11.00am - Conclude 2.00pm

Come and enjoy a festive Oktoberfest luncheon filled with delicious food, lively music and wonderful company. Bringing everyone together for an afternoon of laughter, friendship and community spirit.

- \$ \$20 - includes lunch and prizes
- Wheelchair Accessible
- Drop off at entrance



SPECIAL IN-CENTRE HIGHLIGHT

The Hobby Circle

Suncare Gympie HUB

Date Monday 26th October

Time 11.00am - 2.30pm

Why not bring your own creative project and share what you have done?! Lets create together and share your imagination and gifts.

A fun and passionate art, craft and leisure group - so come join in on our centre activity.

Ladies & Gentlemen all welcome - even if you don't feel creative!

SPECIAL EVENT

Free Information Session

Suncare Gympie Hub

Date Tuesday 6th October

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 Channon, Lawrence and Ferguson Streets.

