

Social Connections Program



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

SEPTEMBER 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 Information Session 	2 Fun Fitness  Indoor Bowls 	3 SoMa SoMa, Gympie \$	4 Ten Pin Bowling  \$
7 Fun Fitness  500 Cards 	8 Knitting & Crocheting 	9 Tin Can Bay CC  \$	10 Walk n Talk Group  \$ Sequence Game 	11 Montville Pub  \$
14 Fun Fitness  Indoor Bowls 	15 Your Choice Games 	16 Mad Hatters Tea Party \$ 	17 Morning Melodies  \$	18 Theebine Hotel  \$
21 Fun Fitness  Mahjong Beginners 	22 Gympie Cinemas \$ 	23 Shopper Bus  \$	24 Walk n Talk Group  \$ 500 Cards 	25 Northern Grounds Pub  \$
28 Fun Fitness  The Hobby Circle 	29 Digital Tech Support  Suncare Bingo 	30 Maryborough Tour \$		

SoMa SoMa Gympie

Date	Wednesday 3 rd September
Time	10.00am - 1.00pm (3hrs)
Enjoy a relaxed outing at one of the regions most popular cafes and indulge in a delicious coffee and light meal.	
\$	Cost of meal and drinks
	May require 200m+ walking depending on parking

Ten Pin Bowling Gympie

Date	Friday 4 th September
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
	Drop off at entrance

Tin Can Bay Country Club Tin Can Bay

Date	Wednesday 9 th September
Time	11.30am - 2.30pm (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!	
\$	Cost of meal and drinks
	Drop off at entrance

Walk n Talk Group Gympie Duck Ponds

Date	Thursday 10 th September
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
	3 km round circuit



Montville Pub Montville

Date	Friday 11 th September
Time	10.30am - 2.30pm (4hrs)
Enjoy the scenic trip to the charming village of Montville, soak up the scenic views and enjoy a delicious pub meal with friends.	
\$	Cost of meal and drinks
	Hilly area and walking is required

Mad Hatters Tea Party Maroochydore

Date	Wednesday 16 th September
Time	10.30am - 2.30pm (4hrs)
Step into the world of whimsy and fun and enjoy a lunch filled with themed activities and decor. Come dressed wearing your best Mad Hat. Prizes to be won.	
\$	\$15 for lunch
	Drop off at entrance

Morning Melodies Gympie RSL

Date	Thursday 17 th September
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

Theebine Hotel Theebine

Date	Friday 18 th September
Time	11.00am - 2.00pm (3hrs)
Enjoy the scenic drive through the beautiful hinterland to visit this charming pub, built in 1906. Rich in local history, the pub offers a hearty meal to enjoy with friends	
\$	Cost of meal and drinks
	Drop off at entrance

Gympie Cinemas Gympie

Date	Tuesday 22 nd September
Time	10.00am - 1.00pm (3hrs)
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.	
\$	\$12 ticket, plus snacks and drinks
	Drop off at entrance where possible. May require some walking



Shopper Bus: Sunshine Plaza Maroochydore

Date	Wednesday 23 rd September
Time	10.00am - 2.00pm (4hrs)
Enjoy a fun shopping day at Sunshine Plaza. Browse your favourite stores then enjoy lunch together. Please have your mobile charged and on your person.	
\$	Cost of meal and drinks
	Fair amount of mobility required

Walk n Talk Gympie Duck Ponds

Date	Thursday 24 th September
Time	9.30am - 11.00am (1.5hrs)
Join us for a relaxing walk through the Gympie Duck Ponds and possibly a coffee thereafter. A fair amount of mobility is required. Please bring walker, hat and water bottle.	
	Cost of refreshments after walk
	Maximum 3klm around circuit

Northern Grounds Hotel Diddillibah

Date	Friday 25 th September
Time	11.30am - 2.30pm (3hrs)
Set among the beautiful surrounds of the Maroochy River, this local favourite offers welcoming atmosphere and delicious food to enjoy with friends.	
	Cost of meal and drinks
	Drop off at entrance

Maryborough Tour Maryborough

Date	Wednesday 30 th September
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



Information Session

Date	Tuesday 1 st September
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

Fun Fitness

Date	Wednesday 2 nd September
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	Wednesday 2 nd September
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 7 th September
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 - Let's DANCE!	
	Tea & Coffee provided
	Drop off at ramp entrance. May require walking due to parking

**500 Cards**

Date	Monday 7 th September
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

Knitting & Crocheting Group**Date** Tuesday 8th September**Time** 10.00am - 1.00pm (3hrs)

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.



Light lunch provided



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

Sequence Game**Date** Thursday 10th September**Time** 11.30am - 2.30pm (3hrs)

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 14th September**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 seated YOGA!



Tea & Coffee provided



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

Indoor Bowls**Date** Monday 14th September**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.



Light lunch provided



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

**Your choice Games****Date** Tuesday 15th September**Time** 11.00am - 2.00pm (3hrs)

Join in the fun with a Your Choice games session! 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

Fun Fitness**Date** Monday 21st September**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 21st September**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

500 Cards**Date** Thursday 24th September**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 28th September**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 28th September**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 29th September**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!



Morning Tea provided



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

Suncare Bingo**Date** Tuesday 29th September**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



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

Mad Hatter's Tea Party

Suncare Community Centre

Date Wednesday 16th September, 2026

Time Arrive 10.30am - Conclude 1.30pm

You are invited to a wonderfully whimsical Mad Hatter's Lunch. Enjoy a fun filled afternoon of delicious food, delightful company and plenty of laughter.

With themed decorations, colourful surprises and a touch of madness, this special event is the perfect opportunity to create memorable moments.

Best "Mad Hat" wins a prize

 \$15 - includes lunch and prizes

 Wheelchair Accessible

 1km walk to the leagues club

