

Social Connections Program



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

DECEMBER 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 10.30am-12.30pm  Digital Tech Support 1.00pm-2.30pm 	2 Shopper Bus 10.00am-2.00pm  	3 Walk n Talk Group 9.30am-11.00am  Sequence Game 11.30am-2.00pm 	4 Fun Fitness 9.30-10.30am  Ten Pin Bowling 9.30am-3.00pm  	
	7 Fun Fitness 9.30-10.30am  500 Cards 11.30-2.30pm 	8 Knitting & Crocheting 10.00am-2.00pm 	9 Rainbow Beach 11.00am-2.00pm  	10 Fun Fitness 9.30-10.30am  The Pheonix Hotel 12.00pm-2.30pm  	11 Suncare Singalong 10.00am-1.00pm 
	14 Fun Fitness 9.30-10.30am  Indoor Bowls 11.30am-2.00pm 	15 Frustration Card Game 11.30am-2.30pm 	16 Christmas Lights Night 5.00pm-9.00pm 	17 Morning Melodies 10.00am-1.00pm  	18 Christmas Spirit Lunch 11.30am-2.30pm  
21 Fun Fitness 9.30-10.30am  Mahjong Beginners 11.30am-2.30pm 	22 Rest, Relax & Restore 9.00-10.30am  Suncare Bingo 12.00pm-2.00pm  	23 BBQ & Carols 11.00am-2.00pm  	24 Walk n Talk Group 9.30am-11.00am   500 Cards 11.30am-2.30pm 	25 Christmas Day Public Holiday	
28 Boxing Day Public Holiday	29 In-Centre Movie 	30 Fun Fitness 9.30-10.30am  Indoor Bowls 11.30am-2.00pm 	31 New Years Eve Lunch 10.00am-1.00pm  		

Shopper Bus The Plaza Shopping Centre

Date Wednesday 2nd December

Time 10.00am - 2.00pm (4hrs)

Enjoy a fun shopping day at The Plaza Shopping Centre. Browse your favourite stores then enjoy lunch together. Please have your mobile charged with you.

 Cost of refreshments

 Drop off at entrance

Walk n Talk Group Gympie Duck Ponds

Date Thursday 3rd December

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 4th December

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 & snacks. Pay at venue.

 Drop off at entrance

Rainbow Beach Surf Club Rainbow Beach

Date Wednesday 9th December

Time 11.00am - 2.00pm (3hrs)

Enjoy the panoramic views of rainbow beach while hanging with friends. There will also be time for a stroll down main street shops.

 Cost of refreshments

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



The Pheonix Hotel Gympie

Date Thursday 10th December

Time 12.00pm - 2.30pm (2.5hrs)

An easy lunch with friends at the quiet and friendly Pheonix Hotel. Good meals, ramp access and beautifully presented surroundings.

 Cost of refreshments and lunch

 Drop off at entrance

**Christmas Lights Night & Dinner
Gympie Circuit**

Date	Wednesday 16th December
Time	5.30pm - 9.00pm (3.5hrs)
Enjoy dinner overlooking the golf course, while we wait for the sun to set - before we then set off and look at the best Christmas Lights that Gympie has to offer!	
\$	Cost of refreshments and meal.
	Drop off at ramp entrance. May require walking due to parking.

**Morning Melodies
Gympie RSL**

Date	Thursday 17th December
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.

**Christmas Spirit Luncheon
Kingston House Gympie**

Date	Friday 18 th December
Time	11.30am - 2.30pm (3hrs)
Enjoy a beautiful lunch and Christmas cheer with your Suncare friends. Cost includes 2 course meal and entertainment. Drinks will be extra at the venue.	
\$	\$30 plus drinks at venue
	Drop off at entrance.

**BBQ and Christmas Carols
Maroochydore Suncare Centre**

Date	Wednesday 23rd December
Time	11.00am - 2.00pm (3hrs)
A pre-Christmas Aussie BBQ and Christmas carols to lead us into the Christmas long weekend. Don't forget to dress up and have your favourite carol on hand!	
\$	\$15
	Drop off at entrance.

**Walk n Talk Group
Gympie Duck Ponds**

Date	Thursday 24 th December
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.

Information Session

Date	Tuesday 1 st December
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 1 st December
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 3 rd December
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!	
	FREE Morning Tea provided.
	Drop off at ramp entrance. May require walking due to parking.

Fun Fitness

Date	Friday 4 th December
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.

**Fun Fitness**

Date	Monday 7 th December
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	
	Light lunch provided.
	Drop off at ramp entrance. May require walking due to parking.

500 Cards

Date	Monday 7 th December
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 and Crocheting

Date	Tuesday 8 th December
Time	10.00am - 2.00pm (4hrs)
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.

Fun Fitness

Date	Thursday 10 th December
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!	
	Light lunch provided.
	Drop off at ramp entrance. May require walking due to parking.

Suncare Sing-a-Long

Date	Friday 11 th December
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 due to parking.

Fun Fitness

Date	Monday 14 th December
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!	
	Light lunch provided.
	Drop off at ramp entrance. May require walking due to parking.

Indoor Bowls

Date	Monday 14 th December
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.	
	Refreshments provided.
	Drop off at ramp entrance. May require walking due to parking.

Frustration Card Game**Date** Tuesday 15th December**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.**Fun Fitness****Date** Monday 21st December**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.**Mahjong Beginners****Date** Monday 21st December**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.

 Tea and Coffee provided. Drop off at ramp entrance. May require walking due to parking.**Rest, Relax & Restore****Date** Tuesday 22nd December**Time** 9.00am – 10.30am (1.5hrs)

Take a moment to relax, unwind, and connect with others in our Suncare well-being circle. Our meditation group will boost wellbeing, calm, and joy. Maybe even a cheeky tarot reading!

 Tea and Coffee provided. Drop off at ramp entrance. May require walking due to parking.**Suncare Bingo****Date** Tuesday 22nd December**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.

 \$5 and light lunch provided. Drop off at ramp entrance. May require walking due to parking.

500 Cards

Date	Thursday 24 th December
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.	
	Morning tea provided.
	Drop off at ramp entrance. May require walking due to parking

In-centre Movie

Date	Wednesday 29 th December
Time	10.30am - 1.30pm (3hrs)
Join us for an enjoyable movie experience in great company. Relax, share some laughs, and connect with friends while enjoying a classic film together. Movie TBA.	
	Snacks and refreshments provided.
	Drop off at ramp entrance. May require walking due to parking.

Fun Fitness

Date	Wednesday 30 th December
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 Stand and Stretch.	
	Tea and coffee provided.
	Drop off at ramp entrance. May require walking due to parking.

Indoor Bowls

Date	Wednesday 30 th December
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.	
	Refreshments provided
	Drop off at ramp entrance. May require walking due to parking

New Years Eve In-centre Lunch

Date	Thursday 31 st December
Time	10.00am - 1.00pm (3hrs)
Enjoy some lively games to ring in "midday" NYE 2027... lets reflect on our wonderful year together and enjoy some laughs! Prizes for best NYE outfit!	
	\$20 includes lunch and prizes
	Drop off at ramp entrance. May require walking due to parking.



Monday	Tuesday	Wednesday	Thursday	Friday
	Hyrdo Fit Gympie ARC 11.00am-12.00pm	Cognitive Stimulation Therapy Gympie HUB 9.30am-10.15am Cognitive Stimulation Therapy Gympie HUB 10.45am-33.30m	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

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. Don't forget to wear your best Christmas gear. With special prizes and entertainment.

\$ \$30

♿ Wheelchair accessible

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



📞 To make a booking call 1800 786 227 or email contact@suncare.org.au



SPECIAL EVENT

New Years Eve Lunch

Suncare Gympie HUB

Date	Friday 18 th 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. Don't forget to wear your best Christmas gear. With special prizes and entertainment.	
\$	\$20
	Drop off at ramp entrance.
	May require walking due to parking.



SPECIAL IN-CENTRE HIGHLIGHT

Information Session

Suncare Gympie HUB

Date	Tuesday 1 st December
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.	