

Social Connections Program

200 BOAT HARBOUR DRIVE, PIALBA, QLD, 4655

HERVEY BAY

August 2026



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



Important information



BOOKING PROCESS:

Suncare is improving the way we manage registrations for our Social Connections programs.

Customers interested in attending our in centre based activities or social outings will now have from the 1st - 14th of each month prior to register interest in specific activities.

Expressions of interest will be received either by calling Suncare on 1800 786 227 or submitting an email to contact@suncare.org.au.

We kindly ask you do not contact your Lifestyle Coordinator as this will help ensure your interest is not missed.

ACTIVITY PRICING:

Suncare activities that attract additional pricing, including costs associated with tickets, meals or purchases are at your own cost. Where possible, prices will be listed.

TRANSPORT:

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.

CANCELLATION POLICY

Suncare policy requires all cancellations for scheduled in centre activities and social outings to be communicated with Suncare at least 24 hours or 1 x full business day, prior. Failure to notify Suncare will result in you being billed for the cancelled service.

This process allows us to ensure we have the correct resources for each activity and provides opportunity for someone else to attend in your place, that may have been on a waitlist.

CONFIRMATION CALLS:

Suncare will only contact those customers scheduled to attend an outing to confirm estimated transport pick up time. This call will be made the day before the outing.

WAITLISTS:

Suncare will make every effort to avoid waitlists for people wanting to participate in our in centre activities or social outings by applying additional resources where possible.

However, on occasion, this may be unavoidable. If a new spot becomes available, Suncare will use a lottery system to ensure it is fair and reasonable for everyone.



In Centre Day Respite - Coming Soon!



Caring for a loved one is meaningful and rewarding, but at times, it can also be tiring and demanding. Taking regular time to rest, recharge, and look after your own wellbeing is essential for both carers and those they support.

Suncare's Day Respite program is designed to ease carer strain while providing a positive experience for customers.

Suncare's Day Respite program provides a safe, friendly, and engaging place to spend the day, offering the perfect balance of social connection, enjoyable activities, and supportive care. Our programs are designed for people who would like a day out in a relaxed environment while being supported by our caring and experienced staff.

Each Day Respite session offers a variety of activities that encourage connection and wellbeing. Depending on the day, this may include group games, creative activities, gentle movement, music, outings, or simply time to chat and relax with others.

Customers are encouraged to take part at their own pace, with plenty of choice and flexibility throughout the day.

Morning tea and lunch are provided, making it a comfortable and enjoyable experience from start to finish.

Day Respite offers valuable peace of mind for carers, knowing their loved ones are spending the day in a supportive setting, building friendships, and enjoying meaningful activities. Whether you attend regularly or just occasionally, you'll be welcomed into a warm community where everyone is respected, supported, and encouraged to enjoy their day.

To find out more or register your interest, please contact your Suncare Lifestyle Coordinator who will be happy to assist.





FRIDAY 7TH AUGUST

ART, CRAFT, CREATION

LOCATION: Suncare Hub
START: 10:30am
DURATION: 3hr

ABOUT - Perfect for Beginners! Join us as we take you through step by step on creating your own city skyline painting, while enjoying a delicious morning tea.

Please Note: Additional \$10 billed to account (No cash payments). Suitable for beginners.



TUESDAY 11TH AUGUST

WALKING GROUP

LOCATION: Botanical Gardens, Urangan
START: 10:30am
DURATION: 3hr

ABOUT - Enjoy some fresh air and wonderful company as we take a leisurely stroll around the botanical gardens. Once our walk is completed, we will enjoy a social cuppa at the Orchid house.

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



THURSDAY 13TH AUGUST

SUNCARE OPEN DAY

LOCATION: Suncare Hub
START: 9:00am
DURATION: Day event

ABOUT - YOU'RE INVITED!

Come along and see how Suncare is creating opportunities for people to stay connected, engaged and involved in the community. This is our OFFICIAL Suncare Community Services open day for Hervey Bay. Join us, meet our wonderful team and enjoy a fun filled day!



FRIDAY 14TH AUGUST

BINGO

LOCATION: Suncare Hub
START: 10:30am
DURATION: 3hr

ABOUT - Come share a laugh and enjoy a game or 5 of bingo with us. Morning tea provided.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

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HERVEY BAY REGION



TUESDAY 18TH AUGUST

LUNCH CLUB OUTING

LOCATION: Hervey Bay Boat Club

START: 11:30am

DURATION: 3hr

ABOUT - Our monthly stop at the Hervey bay Boat club, where we enjoy live entertainment, good food and even better company. Join us for lunch, a dance and a whole lot of fun!

Please Note: Customers to purchase their own meals.



FRIDAY 21ST AUGUST

GAMES HUB

LOCATION: Suncare Hub

START: 10:30am

DURATION: 3hr

ABOUT - Join us for fun and laughter as we try new games! Play in pairs or as a group. Games to be advised and based on customer choice on the day.

Please Note: Suitable for beginners. Morning tea provided.



TUESDAY 25TH AUGUST

BEGINNERS CHAIR YOGA

LOCATION: Suncare Hub

START: 10:30am

DURATION: 3hr

ABOUT - A gentle beginners class in a safe and supportive environment. Using a chair for stability and comfort, we focus on simple stretches, breath exercises and being in the moment.

Please Note: No prior experience necessary. Please wear comfortable, non restricting clothing. Morning tea provided.



FRIDAY 28TH AUGUST

LUNCH CLUB OUTING

LOCATION: RSL, Torquay

START: 11:30am

DURATION: 3hr

ABOUT - Our monthly stop at the Hervey Bay RSL. Come along and soak in the lively atmosphere and enjoy the company of great people.

Please Note: Customers to purchase their own meals.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August Therapy Activities

TUESDAYS

HYDRO FIT

LOCATION: Hervey Bay Aquatic Centre

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 August.

WEDNESDAYS

COGNITIVE STIMULATION THERAPY

LOCATION: Hervey Bay Centre

START:

- 10.30am - 11.30am - Session One
- 12.00pm - 1.00pm - 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 Tuesday in the month of August as part of a 7-week program.



TO MAKE A BOOKING: CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.