

Social Connections Program



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

SEPTEMBER 2026



SUNCARE : 200 BOAT HARBOUR DRIVE, PIALBA



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 Spring Social  	2	3	4 Hervey Bay RSL 
7	8 Craft & Creation 	9	10 The Boat Club 	11 Social Lunch  
14	15 Trivia 	16	17	18 Op-Shop Day 
21	22 Social Lunch  	23	24 Rotary Markets 	25 Information Session 
28	29 Bingo 	30		



Social Lunch Hervey Bay RSL

Date	Friday 4 th September
Time	10.30am - 1.30pm (3hrs)
Our monthly stop at the Hervey Bay RSL. Come along and soak in the vibrant atmosphere with live music and enjoy the company of great people. Seniors' menu available.	
\$	Cost of meal and drinks
	50m walk from carpark to entrance

The Hervey Bay Boat Club

Date	Thursday 10 th September
Time	10.30am - 1.30pm (3hrs)
Come along & enjoy one of the best views of K'gari (Fraser Island) from the Lighthouse Cafe at the Hervey Bay Boat Club in great company.	
\$	Cost of meal and drinks
	Drop off point at front entrance 40m walk from carpark to entrance

Op-Shop Day

Date	Friday 18 th September
Time	10.30am - 1.30pm (3hrs)
Whether you're searching for a special gem or simply love the thrill of a bargain hunt, this is a great opportunity to explore, socialise and have fun!	
\$	Cost of purchases
	Requires fair mobility to attend



Rotary Markets Maryborough

Date	Thursday 24 th September
Time	09.30am - 2.30pm (5hrs)
Wander around a large range of stalls with everything from farm-fresh produce to jewellery & original hand-made crafts.	
\$	Cost of meal, drinks & purchases
	Requires fair mobility to attend.



Spring Social

Date Tuesday 1st September

Time 10.30am - 1.30pm (3hrs)

Join us as we celebrate the first day of Spring with great company, friendly conversation & a chance to enjoy some laughs and good food.

 \$10 - lunch provided

 Parking available at the venue

Craft & Creation

Date Tuesday 8th September

Time 10.30am - 1.30pm (3hrs)

Join us for a fun & relaxing day of crafts, where we create bright and meaningful decorations & gifts for our upcoming R U OK? Day luncheon.

 Morning tea provided

 Parking available at the venue

Social Lunch

Date Friday 11th September

Time 10.30am - 1.30pm (3hrs)

Today we come together to connect, share & support one another. Enjoy meaningful conversation starters, engaging activities & a relaxed atmosphere designed for connection & wellbeing.

 \$10 - lunch provided

 Parking available at the venue



Trivia

Date Tuesday 15th September

Time 10.30am - 1.30pm (3hrs)

Share a few laughs and test your knowledge whilst enjoying a friendly and welcoming atmosphere.

 Morning tea provided

 Parking available at the venue



Social Lunch

Date Tuesday 22nd September

Time 10.30am - 1.30pm (3hrs)

Join us for a relaxed and enjoyable social lunch, where you can share a delicious meal, meet new people and enjoy great conversation in a friendly & welcoming atmosphere.

\$ \$10 - lunch provided

🚶 Parking available at the venue



Information Session

Date Friday 25th September

Time 10.30am - 12.30pm (2hrs)

A free information session for all where we explain My Aged Care & the support available. Bring a friend or family member along for a cuppa & a chat.

\$ Free

🚶 Parking available at the venue



Bingo

Date Tuesday 29th September

Time 10.30am - 1.30pm (3hrs)

Whether you're a seasoned player or giving it a go for the first time, everyone is welcome. Come along, enjoy a fun-filled social morning in great company.

\$ Morning tea provided

🚶 Parking available at the venue



AQUA FITNESS

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.

Tuesdays - 11am



Location advised upon enquiry



Parking available at the venue



COGNITIVE STIMULATION THERAPY

Led by a qualified 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!

Hervey Bay Suncare Hub

Wednesdays 10.30am & 12.00pm



Suitable for wheelchair users



Parking available at the venue



SPECIAL EVENT

Free Infomation Session

Suncare Community Centre

Date Friday 25th September

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 at the venue





SPECIAL EVENT

Suncare Rotary Markets Day

Suncare Community Centre

Date Thursday 24th September

Time 09.30am - 1.30pm

Join us for a delightful day out at the Maryborough Rotary Markets, where you can browse a wonderful selection of local stalls, discover unique treasures, enjoy fresh produce, and soak up the friendly community atmosphere. It's a great opportunity to enjoy a relaxed outing, connect with others, and spend a lovely morning exploring everything the markets have to offer.



SPECIAL EVENT

Suncare Social Lunch R U OK? Day

Suncare Community Centre

Date Friday 11th September

Time 10.30am - 1.30pm

Today we come together to connect, share & support one another. Enjoy meaningful conversation starters, engaging activities & a relaxed atmosphere designed for connection & wellbeing. R U OK? Day is all about checking in and raising awareness that it's ok, to not be ok. Join us for a morning of connection, engaging activities and a delicious lunch.