

Social Connections Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509

NORTH BRISBANE

JULY 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.



JULY 2026 Outing Program

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
		1 Plot 4504 Market Garden Location: Narangba Start: 10:00am Duration: 3hrs	2 Belvedere Hotel Location: Woody Point Start: 10:00am Duration: 3hrs	3 Sensational Scrabblers Location: Boronia Cottage Start: 9:00am Duration: 4hrs 3 Abby Museum Location: Caboolture Start: 10:00am Duration: 3hrs	
6 NAIDOC Celebration Location: North Lakes Start: 10:00am Duration: 3hrs	7 Crafting with Heart Location: North Lakes Centre Start: 10:00am Duration: 3hrs	8 Antartica Presenation Location: Maroocydoore Centre Start: 10:00am Duration: 3hrs	9 Sands Social Location: Sandgate Start: 10:00am Duration: 3hrs	10 Sensational Scrabblers Location: Boronia Cottage Start: 9:00am Duration: 4hrs 10 Cycling Without Age Location: Botanical Garden Start: 10:00am Duration: 4hrs	
13 Mystery trip Location: Suprise on day Start: 10:00am Duration: 3hrs	14 City Hall Concert Location: Brisbane Start: 10:00am Duration: 4hrs	15 Boondall Wetlands Location: Boondall Start: 10:00am Duration: 3hrs	16 The Barn on Flaxton Location: Flaxton Start: 10:00am Duration: 4hrs	17 Sensational Scrabblers Location: Boronia Cottage Start: 9:00am Duration: 4hrs 17 Full Moon Hotel Location: Burpengary Start: 10:00am Duration: 3hrs	
20 Scrapbooking Location: Boronia Cottage Start: 10:00am Duration: 3hrs	21 Gold Class Cinema Location: North Lakes Start: 10am Duration - 4hrs	22 Christmas in July Location: Maroocydore Centre Start: 10am Duration: 3hrs	23 Clock Tower Tour Location: Brisbane City Start: 10:00am Duration: 4hrs	24 Sensational Scrabblers Location: Boronia Cottage Start: 9:00am Duration: 4hrs 24 Crafting with Heart Location: North Lakes Centre Start: 10:00am Duration: 3hrs	
27 Westfield Location: Carindale Start: 10am Duration - 3 hrs	28 Wheel of Brisbane Location: South Bank Start: 10:00am Duration: 4hrs	29 Lookout Cafe' Location: Glasshouse Mountains Start: 10:00am Duration: 3hrs	30 Friendship Day Location: North Lakes Start: 10:00am Duration: 3hrs	31 Sensational Scrabblers Location: Boronia Cottage Start: 9:00am Duration: 4hrs 31 Bee Gees Way Location: Redcliffe Start: 10:00am Duration: 4hrs	



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WEDNESDAY 1ST JULY

PLOT 4504 MARKET GARDEN

Location: Pioneer Rd,
Narnagba
Start: 10.00am
Duration: 3hrs

About: Plot4504 Market Garden blends history with fresh, pesticide-free produce.

Enjoy farm-to-table food, fresh coffee, and a relaxed space for us to share. All products are sourced from their farm or local farmers nearby, bringing you food with a truly local soul.

Food and Drinks at own cost



THURSDAY 2ND JULY

BELVEDERE HOTEL

Location: Woody Point
Start: 10:00am
Duration: 3hr

About: The Belvedere is an iconic waterfront venue located in Woody Point Redcliffe peninsula.

With sensational views and a great variety of food, you will find something you will love to eat while you sit back and relax.

Food and Drinks at own cost



FRIDAY 3RD JULY

ABBEY MUSEUM

Location: Caboolture
Start: 10:00am
Duration: 3 hr

About: The Abbey Museum is a treasure trove of world history that engages all. Journey through years of human history, from the world of prehistoric hunters to the time of the Industrial Revolution and the Rise of Imperialism. Immerse yourself in history, culture and an international collection like no other.

Cost: \$15 Entry
Food and Drinks at own cost



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MONDAY 6TH JULY

NAIDOC CELEBRATIONS

Location: North Lakes Centre
Start: 10:00am
Duration: 3 hrs

About: Join us as we celebrate the rich history and culture of our First Nations peoples.

Enjoy a tasting of bush tucker and discover simple ways to incorporate these unique flavours into your everyday meals.

We'll also explore a collection of artifacts, creating opportunity to learn and connect between all cultures.

Morning tea provided



TUESDAY 7TH JULY

CRAFTING WITH HEART

Location: North Lakes centre
Start: 10:00am
Duration: 3hrs

About: Love crafting? Want to make a difference in our community?

Join our crafting with heart group, where we create handmade items to donate to people who need a little extra care. It's a wonderful way to create, connect with others and give back to our community

Morning tea provided



WEDNESDAY 8TH JULY

ANTARTICA PRESENTATION

Location: Sunshine Coast Centre
Start: 10am
Duration: 3hrs

About: Curious about what it's really like to live and work in Antarctica?

Join us for an engaging session with guest Speaker **Peter Johnson**, who has travelled to Antarctica eight times.

Peter will share his firsthand experiences and insights into life on the world's southernmost continent.

Cost: \$10



THURSDAY 9TH JULY

THE SANDS SOCIAL

Location: Keogh St, Sandgate
Start: 10:00am
Duration: 3hr

About: A local favourite of the sandgate community. A casual environment and great meal selections

Food and drinks at own cost



FRIDAY 10TH JULY

CYCLING WITHOUT AGE

Location: Botanical Gardens
Start: 10:00am
Duration: 4hr

About: Cycling Without Age is a not-for-profit charity. They assist people to connect with the community by giving bike rides on trishaw ebikes, run by volunteer cyclists.

You don't ride the bike - this is done by the volunteers. You just enjoy the breeze and views

Afterwards, we will stop for a bite to eat.

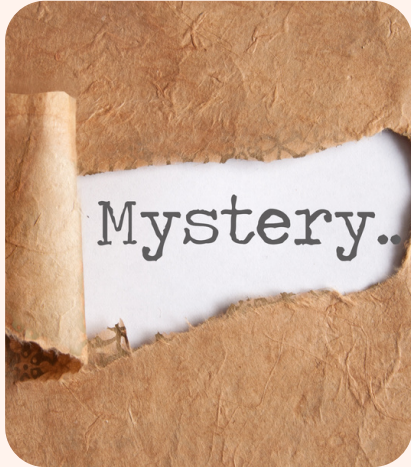
Drinks and treats at own cost



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MONDAY 13TH JULY

MYSTERY TRIP!!

Location: Surprise on the day

Start: 10:00am

Duration: 3hr

About: Get ready for an adventure full of surprises! This time you help decide where we go. Place your ideas in the mystery box and we will draw one of the suggestions out before the day.

The destination will remain a mystery until we head off

Food and Drinks at own cost



TUESDAY 14TH JULY

CITY HALL CONCERT

Location: Adelaide St, Brisbane

Start: 10:00am

Duration: 4hr

About: Lord Mayor's City Hall presents "The Best of Josh Groban" concert featuring the Two Tenors.

A former Ten Tenors performer, Roger Davy joins musical theatre artist Mathew Leigh, accompanied by maestro of the keys Matt Rofe. It is sure to be a concert that will make you smile.

Food and Drinks at own cost



WEDNESDAY 15TH JULY

BOONDALL WETLANDS

Location: Paperbark DR, Boondall

Start: 10:00am

Duration: 3hr

About: Boondall Wetlands is a nature lover's paradise. We can watch shorebirds from the bird hides, stroll through mangroves on the boardwalk, and spot native wildlife from the walking tracks.

After a relaxing morning, we will enjoy a picnic and admire the wetlands and Moreton Bay from Anne Beasley Lookout.

Cost: \$10 BBQ lunch



THURSDAY 16TH JULY

THE BARN OF FLAXTON

Location: Flaxton Dr, Flaxton

Start: 10am

Duration: 4hr

About: The Barn on Flaxton was established in 1969 and is perfectly positioned between Mapleton and Montville, perched on the Blackall Range of the Sunshine Coast.

The local owners are passionate about offering great food and coffee in a relaxed and homely atmosphere.

Food and Drinks at own cost



FRIDAY 17TH JULY

FULL MOON HOTEL

Location: Eagle Tce, Sandgate

Start: 10:00am

Duration: 3hr

About: The Full Moon Hotel has an authentic coastal environment, in the heart of Sandgate.

with a wide variety of food to choose from you will be sure to find something you will love to eat.

Food and Drinks at own cost



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MONDAY 20TH JULY

SCRAPBOOKING

Location: Boronia Cottage

Start: 10.00am

Duration: 3hr

About: Turn your favourite photos into beautiful keepsakes

Bring your favourite photos and your creative spirit

Includes all scrapbooking supplies and Lunch

Additional \$10 to your account - (no cash payments)



TUESDAY 21ST JULY

GOLD CLASS MOVIES

Location: North Lakes

Start: 10.00am

Duration: 4hr

About: Let's go to the Movies in Style!

Relax, unwind and indulge yourself with the first class cinema experience.

Exclusive loung access, in seat service and fully reclining seats!

*Movie will be chosen closer to date

Ticket cost: \$27

Food and Drinks at own cost



WEDNESDAY 22ND JULY

CHRISTMAS IN JULY

Location: Suncare Maroochydore

Start: 10am

Duration: 4hr

About: Get ready for a festive winter celebration filled with delicious food, Christmas cheer, plenty of fun and Live entertainment!

Please bring a small gift (value of \$5 or less) to place under the tree and share the Christmas spirit

Additional \$20 to your account (no cash payments)



THURSDAY 23RD JULY

CLOCK TOWER TOUR

Location: Ann St, Brisbane

Start: 10:00am

Duration: 3hr

About: The Clock Tower Tour includes a ride in one of Brisbane's oldest working cage lifts!

Take a look behind Australia's largest analogue clock faces and time to explore the observation platform that shares a unique perspective of your city.

See if you can catch a glimpse of the bells!

Food and Drinks at own cost



FRIDAY 24TH JULY

CRAFTING WITH HEART

Location: North Lakes centre

Start: 10:00am

Duration: 3hr

About: Love crafting? Want to make a difference in our community?

Join our crafting with heart group, where we create handmade items to donate to people who need a little extra care. It's a wonderful way to create, connect with others and give back

Morning tea provided



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MONDAY 27TH JULY

WESTFIELD CARINDALE

Location: Creek Rd, Carindale
Start: 10.00am
Duration: 3hr

About: Come for a fun day out shopping at Westfield in Carindale. Browse your favourite stores – there is sure to be something for everyone.

Remember to bring your spending money



TUESDAY 28TH JULY

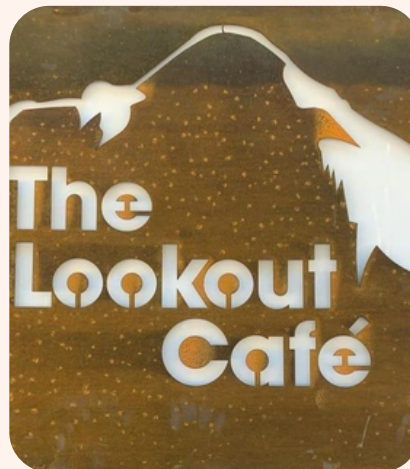
WHEEL OF BRISBANE

Location: Southbank
Start: 10.00am
Duration: 4hr

About: The Wheel of Brisbane is an iconic landmark on South Bank, rising 60 metres above ground!

Come and enjoy a ride in the safety and comfort of an enclosed air-conditioned gondola.

Cost: \$19.95
Food and Drinks at own cost



WEDNESDAY 29TH JULY

THE LOOKOUT CAFE'

Location: Glasshouse Mountains
Start: 10.00am
Duration: 3hr

About: We will take a scenic drive to the Glasshouse Mountains.

Then we will take some time to stop, enjoy the views and eat some wholesome food at the Lookout Cafe'

Food and Drinks at own cost



THURSDAY 30TH JULY

FRIENDSHIP DAY

Location: North Lakes Centre
Start: 10.00am
Duration: 3hr

About: International Friendship Day is to recognise the importance of friendships in our lives.

Let's come together for a relaxed lunch filled with good food, great conversations and plenty of laughs.

Bring along a baby photo of yourself for a fun gussing game, with prizes for the best guesses!



FRIDAY 31ST JULY

BEE GEES WAY

Location: Redcliffe
Start: 10.00am
Duration: 3hr

About: The laneway features music, historical information, and an outdoor TV.

Featuring interviews with Barry about the band and their time in Moreton Bay region.

We will then have lunch on the Redcliffe waterfront

Food and Drinks at own cost



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