



Social Connections Program

81 BAROLIN STREET, BUNDABERG SOUTH, QLD 4670

BUNDABERG

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.



to the outing; just be sure to book in by calling 1800 786 227 or add your name to the waitlist. 48 hours' notice is required for cancellations.

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 In Centre & Outings Overview

BUNDABERG REGION



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	NOTES
		1 Walking Group & Morning Tea Start: 9:30am (4hr)	2 Lunch Club Outing Start - 11:30am Duration - (4hr)	
		1 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)		
6 Bingo Location - Suncare Hub Start - 10:00am Duration - (3hr)	7 Coffee & Catch-Up Start - 10:00am Duration - (4hr)	8 Art, Craft, Creation Location: Suncare Hub Start: 8:30am (3hr)	9 Movie Morning & Brunch Start - 08:30am Duration - (3hr)	
		8 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)		
13 Scrabble Location - Suncare Hub Start - 10:00am Duration - (3hr)	14 Beginners Chair Yoga Start - 10:00am Duration - (3hr)	15 Walking Group & Morning Tea Start: 9:30am (4hr)	16 Lunch Club Outing Start - 11:30am Duration - (4hr)	
		15 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)		
20 Mahjong Location - Suncare Hub Start - 10:00am Duration - (3hr)	21 Coffee & Catch up Start - 10:00am Duration - 4hrs	22 Social Lunch Location: Suncare Hub Start: 12pm (3hr)	23 Cards - Hand & Foot Location - Suncare Hub Start - 10:00am Duration - (3hr)	
		22 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)		
27 Bingo Location - Suncare Hub Start - 10:00am Duration - (3hr)	28 Indoor Bowls Location - Suncare Hub Start - 10:00am Duration - (3hr)	29 Walking Group & Morning Tea Start: 9:30pm (4hr)	30 Fish & Chips by the Sea Start - 10:30am Duration - (4hr)	
		29 Physio Fit Location: Suncare Hub Start: 11:00am (1hr)		



MONDAY

BINGO

LOCATION: Bundaberg Hub

START: 10:00am (3hr)

1st & 4th Monday in July

MAHJONG

LOCATION: Bundaberg Hub

START: 10:00am (3hr)

3rd Monday in July

SCRABBLE

LOCATION: Bundaberg Hub

START: 10:00am (3hr)

2nd Monday in July

Morning Tea provided



TUESDAY

BEGINNERS CHAIR YOGA

LOCATION: Bundaberg Hub

START: 10:00am (3hr)

2nd Tuesday in July

INDOOR BOWLS

LOCATION: Bundaberg Hub

START: 10:00am (3hr)

4th Tuesday in July

Morning Tea provided



WEDNESDAY

WALKING GROUP

LOCATION: Location varies, see

below for more information

START: 9:30am (4hr)

1st, 3rd, 5th Wednesday in July

ART, CRAFT, CREATION

LOCATION: Bundaberg Hub

START: 8:30am (3hr)

2nd Wednesday in July

SOCIAL LUNCH

LOCATION: Bundaberg Hub

START: 12pm (3hr)

4th Wednesday in July

PHYSIO FIT

LOCATION: Bundaberg Centre

START: 11:00am (1hr)

Every Wednesday



THURSDAY

MOVIE MORNING & BRUNCH

LOCATION: Bundaberg Hub

START: 8:30am (3hr)

2nd Thursday in July

CARDS - HAND & FOOT

LOCATION: Bundaberg Hub

START: 10:00am (3hr)

4th Thursday in July

Morning Tea provided



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

July 2026 Outings

BUNDABERG REGION



WEDNESDAY 1ST JULY

WALKING GROUP & MORNING TEA

LOCATION: Bargara Esplanade

START: 09:30am

DURATION: 4hr

ABOUT - Meet us at the ANZAC Memorial on the Bargara Esplanade and enjoy a stroll with lovely sea views. Once our walk is complete, we wind down with a cuppa at the local gem cafe, Ricks @ Bargara.

Please Note: This group requires fair mobility to attend. Please bring hat and water bottle. Customers to purchase their own morning tea.



THURSDAY 2ND JULY

LUNCH CLUB OUTING

LOCATION: Bundy Social Club

START: 11:30am

DURATION: 4hr

ABOUT - Our monthly stop at the Bundy Social Club. Come along and soak in the amazing river views and enjoy the company of great people.

Please Note: Customers to purchase their own meals - \$15 member meals, \$20 Non-members of Bundy Social Club.



TUESDAY 7TH JULY

COFFEE & CATCH UP

LOCATION: The Garden Mill Cafe

START: 10:00am

DURATION: 4hr

ABOUT - Located at 100 Hughs Road, Bargara, this ambient little cafe is sure to leave you with full bellies and full hearts. Join us as we catch up with old friends and new with great food and even better conversations.

Please Note: Customers to purchase their own meals.



WEDNESDAY 15TH JULY

WALKING GROUP & MORNING TEA

LOCATION: Botanic Gardens

START: 9:30am

DURATION: 4hr

ABOUT - Meet us at Cafe 1928 and enjoy a stroll amongst the lush gardens. Once our walk is complete, we wind down with a cuppa at the 1928 cafe.

Please Note: This group requires fair mobility to attend. Please bring hat and water bottle. Customers to purchase their own morning tea.



THURSDAY 16TH JULY

LUNCH CLUB OUTING

LOCATION: RSL

START: 11:30am

DURATION: 4hr

ABOUT - Our monthly stop at the Bundy RSL. Come along and soak in the lovely river views and enjoy the company of great people.

Please Note: Customers to purchase their own meals. Seniors' meals available.



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

July 2026 Outings

BUNDABERG REGION 



TUESDAY 21ST JULY

COFFEE & CATCH UP

LOCATION: Tom Quinn Centre
START: 10:00am
DURATION: 4hr

ABOUT - We head to the Tom Quinn Community Centre for a delicious coffee catch up with great food and company. take the opportunity to browse the nursery with a wide variety of plants for sale at a great price.

Please Note: Customers to purchase their own meals and shopping. Time inclusive of transport.



WEDNESDAY 22ND JULY

SOCIAL LUNCH

LOCATION: Suncare Hub
START: 12pm
DURATION: 3hr

ABOUT - Join us at the Suncare Community Hub on Barolin Street for a social lunch! Join us for great company, good conversation and share a laugh with us.



TUESDAY 28TH JULY

INDOOR BOWLS

LOCATION: Suncare Hub
START: 10:00am
DURATION: 3hr

ABOUT - Join us at the Suncare Community Hub on Barolin Street for a social game of indoor bowls. Guaranteed to give you a laugh, you'll enjoy your day with great company and conversations.



WEDNESDAY 29TH JULY

WALKING GROUP & MORNING TEA

LOCATION: Mary Kinross Park
START: 09:30am
DURATION: 4hr

ABOUT - Meet us at Mary Kinross park in Bargara and enjoy a stroll with lovely views. We have the opportunity to enjoy a nice hot cuppa from the Crafty Goose Coffee Van.

Please Note: This group requires fair mobility to attend. Please bring hat and water bottle. Customers to purchase their own morning tea.



THURSDAY 30TH JULY

FISH & CHIPS BY THE SEA

LOCATION: Driftwood cafe, Elliott Heads
START: 10:30am
DURATION: 4hr

ABOUT - We head out to Elliott Heads t enjoy fish & chips by the sea. After our meal, we will enjoy a stroll along the foreshore.

Please Note: This group requires fair mobility to attend. Please bring hat and water bottle. Customers to purchase their own meals.



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

June Therapy Activities

TUESDAYS

HYDRO FIT

LOCATION: Bundaberg 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 July

TUESDAYS

COGNITIVE STIMULATION THERAPY

LOCATION: Bundaberg Centre

START:

- 9.30am – 10.15am – Session One
- 10.45am – 11:30am – 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 July as part of a 7-week program.

WEDNESDAYS

PHYSIO FIT

LOCATION: Bundaberg 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.

Physio Fit is running every Wednesday in the month of July.



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