

Social Connections Program

1/2-4 HORSESHOE BEND, GYMPIE, QLD, 4570

GYMPIE

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 In Centre & Outings Overview

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
		1 Goomeri Bakery & Coffee Shop Location: Start: 10.30am Duration: 4hrs	2 Walk n Talk Group Location: Gympie Duck Ponds Start: 9.30am (1.5hr)	3 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	
			500 Cards Location: Gympie Hub Start: 11.30am (3hrs)	Coffee Barn Cafe & Lifeline Location: Gympie Start: 11.30am (3hrs)	
	6 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	7 Mary Street Shops & Coffee Location: Gympie Start: 10.30am Duration: 3hrs WORLD CHOCOLATE DAY	9 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	10 Cemetary Tour & Lunch Location: Gympie Start: 11.00am Duration: 3hrs	
	MAHJONG Beginners Location: Gympie Hub Start: 11.30am (3hrs)		SEQUENCE Beginners Location: Gympie Hub Start: 11.30am (3hrs)		
		8 Tin Can Bay Country Club Location: Tin Can Bay Start: 11.30am Duration: 4hrs			
13 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	14 Digital Tech Support Location: Gympie Hub Start: 9.30am (1.5hrs)	15 Shopper Bus: The Plaza Location: Maroochydore Start: 10.30am Duration: 4hrs	16 Morning Melodies Location: Gympie RSL Start: 10.00am Duration: 3hrs	17 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	
Indoor Bowls Location: Gympie Hub Start: 11.30am (2.5hrs)	In Centre Movie Location: Gympie Hub Start: 11.30am (3hrs)				
20 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	21 Mystery Tour Location: Gympie Region Start: 10.00am Duration: 4hrs	22 Christmas in July Location: Maroochydore Start: 11.00am Duration: 3hrs	23 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	24 The Longhorn Lounge Location: Gympie Start: 12.30pm (2.5hrs)	
500 Cards Location: Gympie Hub Start: 11.30am (3hrs)			Your Choice Games Location: Gympie Hub Start: 11.30am (3hrs)		
27 Fun Fitness Location: Gympie Hub Start: 9.30am (1hr)	28 Suncare Bingo Location: Gympie Hub Start: 10.00pm (2hrs)	29 Village Green Cafe & Explore Location: Amamoor Start: 10.30am Duration: 4hrs	30 Walk n Talk Group Location: Gympie Duck Ponds. Start: 9.30am (1.5hr)	31 Gympie Woodworks Museum Location: Gympie Start: 10.00am Duration: 3hrs Cost: \$20pp	
The Hobby Circle Bring your own project or join in on our activity. Location: Gympie Hub Start: 11.00am (4hrs)	Suncare Trivia Location: Gympie Hub Start: 12.30am (2hrs)		Indoor Bowls Location: Gympie Hub Start: 11.30am (2.5hrs)		



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

www.suncare.org.au

July 2026 Centre Activities

Light lunch or MT provided in centre.

1/2-4 HORSESHOE BEND, GYMPIE, QLD, 4570



MONDAY

FUN FITNESS

LOCATION: Gympie Centre

START: 9.30am (1hr)

1st – 4th Monday in July

A combination fitness class of sitting, standing and sometimes – dancing! Follow along and go at your own pace!

MAHJONG GAME GROUP

LOCATION: Gympie Centre

START: 11.30am (3hrs)

1st Monday in July

INDOOR BOWLS

LOCATION: Gympie Centre

START: 11.30am (2.5hrs)

2nd Monday in July

500 CARD GROUP

LOCATION: Gympie Centre

START: 11.30am (3hrs)

3rd Monday in July

THE HOBBY CIRCLE

LOCATION: Gympie Centre

START: 11.00am (4hrs)

4th Monday in July

A fun and passionate art, craft & leisure group. Come join in on a centre activity or bring your own project. Ladies & Gentlemen all welcome!



TUESDAY

DIGITAL TECH SUPPORT

LOCATION: Gympie Centre

START: 9.30am (1.5hrs)

2nd Tuesday in July

SUNCARE MOVIE

LOCATION: Gympie Centre

START: 11.30am (3hrs)

2nd Tuesday in July

SUNCARE TRIVIA

LOCATION: Gympie Centre

START: 10.00am (2hrs)

4th Tuesday in July

SUNCARE BINGO

LOCATION: Gympie Centre

START: 12.30am (2hrs)

4th Tuesday in July



THURSDAY

500 CARD GROUP

LOCATION: Gympie Centre

START: 11.30am (3hrs)

1st Thursday in July

FUN FITNESS

LOCATION: Gympie Centre

START: 9.30am (1hr)

2nd & 4th Thursday in July

A combination fitness class of sitting, standing and sometimes – dancing! Follow along and go at your own pace!

SEQUENCE GAME GROUP

LOCATION: Gympie Centre

START: 11.30am (3hr)

2nd Thursday in July

YOUR CHOICE GAMES

LOCATION: Gympie Centre

START: 11.30am (3hrs)

4th Thursday in July

INDOOR BOWLS

LOCATION: Gympie Centre

START: 11.30am (2.5hr)

5th Thursday in July



FRIDAY

FUN FITNESS

LOCATION: Gympie Centre

START: 9.30am (1hr)

1st & 3rd Friday in July

A combination fitness class of sitting, standing and sometimes – dancing!

Follow along, make your own adjustments and go at your own pace! We will be there to support you.



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

July 2026 Outings

Gympie Region 



WEDNESDAY 1 JULY

GOOMERI BAKERY & COFFEE SHOP

LOCATION: Goomeri Township
START: 10.30am
DURATION: 4hrs

Join us for a relaxed coffee stop at the famous Goomeri Bakery, then wander through Goomeri town to explore its quaint shops, country charm, friendly locals, and unique treasures that make this trip a delightful local favourite for everyone today.



THURSDAY 2 JULY

WALK N TALK

LOCATION: Gympie Duck Ponds and Coffee at Gold Museum Cafe
START: 9.30am
DURATION: 1.5hrs

Join us for a relaxing walk through the Gympie Duck Ponds and then a quick coffee afterwards. A fair amount of mobility is required. Please bring walker or any aids if required.

Please bring a hat and water bottle for the stroll. Times change seasonally. Locations change upon request. Start time is slightly later during winter.



FRIDAY 3 JULY

COFFEE BARN CAFE & LIFELINE OP SHOP

LOCATION: Ed Campion Dr Gympie
START: 11.30am
DURATION: 3hrs

Come along to check out the new Lifeline Store in Gympie - with a yummy catch up afterwards at the Coffee Barn Cafe across the way.

Refreshments, will be at your own expense. But there will be time to explore if you choose to do so.

A fair amount of mobility is required. Please bring walker or any mobility aids if required.



TUESDAY 7 JULY

MARY STREET SHOPS & COFFEE

LOCATION: Mary Street, Gympie
START: 10.30am
DURATION: 3hrs

Join us for a relaxing walk down our beautiful Mary St together.

Refreshments, will be at your own expense. But there will be time to explore if you choose to do so.

A fair amount of mobility is required. Please bring walker or any aids if required.



WEDNESDAY 8 JULY

TIN CAN BAY COUNTRY CLUB

LOCATION: Tin Can Bay
START: 11.30pm
DURATION: 4hrs

Join us for our regular catch up with our Cooloola Coast friends.

Let's have Chinese or a Chicken Snitty together and catch up over a drink!

Don't forget our leisurely drive around the esplanade to take in the scenic views of our beautiful Bay.



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



FRIDAY 10 JULY

CEMETARY WALK & LUNCH

LOCATION: Gympie Cemetery & Gympie Sports Club
START: 11.00am
DURATION: 3hrs

Join us for an informative and nostalgic walk through the Gympie cemetery before having lunch at the **Gympie Sports Club**.

A fair amount of mobility is required. Bring walker or any aids if required. Please bring a hat and water bottle to stay comfortable.



WEDNESDAY 15 JULY

SHOPPER BUS: THE PLAZA

LOCATION: Maroochydore
START 10:30am
DURATION: 4hrs

Enjoy a fun shopping day at Sunshine Plaza.

Browse your favourite stores, enjoy lunch together, and share great company.

This group requires fair mobility to attend. Please have your mobile charged and on your person and bring any walking aids if needed.



THURSDAY 16 JULY

MORNING MELODIES

LOCATION: Gympie RSL
START 10:00am
DURATION: 3hrs

Live music and comfortable surrounds with a \$20 main and dessert special.

Please consider bringing a light coat or jumper, as RSL can get a bit chilly sometimes.



TUESDAY 21 JULY

MYSTERY TOUR: GYMPIE REGION

LOCATION: Gympie Region
START 10:00am
DURATION: 4hrs

Join our mystery drive through the Gympie region, discovering hidden gems, scenic roads, friendly company, surprise stops, and shared laughter.

An inviting adventure encouraging curiosity, connection, and enjoyment for everyone together.



WEDNESDAY 22 JULY

CHRISTMAS IN JULY

LOCATION: Suncare Centre Maroochydore
START: 11.00am
DURATION: 3hrs
COST: \$20
Cost will be invoiced.

Enjoy Christmas in July: bringing cosy cheer, festive fun, warm company, hearty food, laughter, memories, and a touch of winter magic that lifts spirits and connects everyone together. Come and celebrate with us and the Sunny Coast crew!



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



FRIDAY 24 JULY

THE LONGHORN LOUNGE

LOCATION: Bligh St, Gympie
START: 12.30pm
DURATION: 2.5hrs

Join us for an enjoyable afternoon at the new Longhorn Lounge.

It boasts:
Bold Flavours.
Rustic Vibes.
Unforgettable Treats.

Lets check it out together!



WEDNESDAY 29 JULY

VILLAGE GREEN CAFE & LOCAL EXPLORE

LOCATION: Amamoor Region
START: 10.30am
DURATION: 4hrs

Join us at the Village Green Cafe to see the Rattler leave the station and head back to Gympie. While we then sit, relax and enjoy some yummy food.

Afterwards we may even have time to explore the hinterland with a trip towards the Gympie Music Muster site.



THURSDAY 30 JULY

WALK N TALK

LOCATION: Gympie Memorial Park and Nelson Reserve and Coffee afterwards at The Hatch.
START: 9.30am
DURATION: 1.5hrs

Join us for a relaxing walk through the Gympie Memorial Park and Nelson Reserve and then a quick coffee afterwards.

A fair amount of mobility is required. Please bring walker or any aids if required. Please bring a hat and water bottle to for the stroll. Times change seasonally. Locations change upon request. Start time is slightly later during winter.



FRIDAY 31 JULY

GYMPIE WOODWORKS MUSEUM

LOCATION: Gympie
START: 10.00am
DURATION: 3hrs
COST: \$20

Cost will be invoiced. Price includes entry, demonstration and morning tea.

Come along and experience the history. The buildings on the site are of architectural and cultural significance and are a reflection of the great 'timber and tin' tradition of Queensland architecture.



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

July Therapy Activities

TUESDAYS

HYDRO FIT

LOCATION: Gympie ARC
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 April.

WEDNESDAYS

COGNITIVE STIMULATION THERAPY

LOCATION: Gympie 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 Wednesday in the month of April – as part of a 7 week program.

THURSDAYS

PHYSIO FIT

DATE: Thursday 2nd
LOCATION: Gympie Centre
START: 9.30am – 10:30am
DURATION: 1hr

PHYSIO FIT

DATE: Thursday 16th
LOCATION: Gympie Centre
START: 9.30am – 10:30am
DURATION: 1hr

PHYSIO FIT

DATE: Thursday 30th
LOCATION: Gympie Centre
START: 9.30am – 10:30am
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.



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