

Social Connections Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700

ROCKHAMPTON

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

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Pub & Grub Lunch

Location - Kabra Pub

Start - 9:00-1:00pm

Duration - 3 hrs

2

Beaches and brunch

Location - Yeppoon shore front

Start - 10:00

Duration - 4hrs

3

Games and trivia

Location - Suncare Hub

Start - 10:00

Duration - 3 hrs

6

Yeppoon \$10 Movie Day

Location - Morse Ck Rd

Start - 10:00am

Duration - 4hrs

7

Kershaw Gardens Walking Group and Cafe Chats

Location - Morse Ck Rd

Start - 9:00am

Duration - 3hrs

8

Play Pals:

Intergeneration outing

Location - 321 Berserker St

Start - 11:00

Duration - 3 hrs

9

Schotia Place Lunch

Location - 201 Bolsover St

Start - 10:00

Duration - 3 hrs

10

NAIDOC Family Expo

Location - cricket grounds

Start - 10:00

Duration - 3 hrs

13

Chair Yaga

Location - Suncare Hub

Start - 10:00

Duration - 3:00hrs

14

\$13 Movie Rockhampton

Location - 331 Yaamba Rd

Start - 10:00

Duration - 4:00hrs

15

Kershaw Gardens Walking group and Cafe Chats

Location - Morse Ck Rd

Start - 9:00am

Duration - 3:00hrs

16

Thai Taste 2

Location - Chainbridge St

Start - 11am

Duration - 3:00hrs

17

Games and trivia

Location - Suncare Hub

Start - 10:00

Duration - 3 hrs

20

BINGO & LUNCH

Location - 1 Lion Crk Rd

Start - 10:00

Cost - \$24

Duration - 3:00hrs

21

Gladstone Outing & Lunch

Location - Auckland Hill

Start - 10:00

Duration - 3 hrs

22

Play Pals

Intergeneration outing

Location - 321 Berserker St

Start - 11:00

Duration - 3 hrs

23

FoBook Swap and Lunch

Location - Yeppoon Community Hub

Start - 12noon

Duration - 4 hrs

24

Kershaw Gardens Walking Group and Cafe Chats

Location - Morse Ck Rd

Start - 9:00am

Duration - 3:00hrs

27

Emu Park Breaking Bread and Bargains

Location - Emu park

Start - 10:00

Duration - 4hrs

28

Indoor Bowling

Location - 100 Musgrave St

COST - \$15.00 with shoe hire

Start - 10:00

Duration - 4 hrs

29

Pub & Grub Lunch Yeppoon

Location - Shore Front

Start - 10:30

Duration - 4 hrs

30

Gladstone Op-Shop and Lunch

Location - Railway Hotel

Start - 11:30

Duration - 4 hrs

31

Games and Trivia

Location - Suncare Hub

Start - 10:00

Duration - 3 hrs



IMPORTANT UPDATE

Kershaw walking groups
7th
15th
24th



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

www.suncare.org.au

JULY 2026 Outing Program

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WEDNESDAY 1ST JULY

PUB AND GRUB LUNCH

Location- Kabra Pub

Start -10:00

Duration - 3 hrs

ABOUT - Come along for a social outing to the Kabra Pub and enjoy tasty pub food, a relaxed atmosphere, and great company.

A fun opportunity to get out and about, connect with others, and enjoy a change of scenery.



THURSDAY 2ND JULY

BEACHES AND BRUNCH

Location - Yeppoon Beach & Local Cafe

Start - 11:00

Duration - 4hours

ABOUT - Enjoy a relaxing day out visiting the iconic Yeppoon shore front and beach with other like minded people.

We will end the outing with delicious fresh fish & chips from the local café.



FRIDAY 3RD JULY

GAMES AND TRIVIA

Location - Suncare Hub

Start - 10:00am

Duration - 3hours

ABOUT - Join us for a fun filled games day, enjoying a variety of modern and classic games, including: Uno & Mahjong.

Challenge your friends, test your skills, and share plenty of laughs in a relaxed, social atmosphere. A perfect way to connect, have fun, and enjoy some friendly competition.



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MONDAY 6TH JULY

MOVIE MADNESS

Location - Yeppoon Cinema
Cost- \$10 + food & drink
Start- 10:00am
Duration - 4hrs

About- Join us for a relaxing day out at the Yeppoon Cinema, at seniors pricing. Movie will be decided on the day, depending on availability. Afterwards, we will enjoy some lunch at one of the many shopping centre cafes.



TUESDAY 7TH JULY

KERSHAW GARDENS

Location - Kershaw Gardens
Start- 9:00am
Duration - 3 hrs

About- Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections. Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.

All abilities welcomed!



WEDNESDAY 8TH JULY

PALS YOUNG & OLD

Location- 321 Berserker St
Start -11:00
Duration - 3hrs

About - Join us at Illoura Child Care for our intergenerational outing where we bridge the gap between the young and the old.

These interactions aim to preserve stories, promote healthier aging and reduce loneliness.



THURSDAY 9TH JULY

SCHOTIA PLACE

Location-201 Bolsover St
Start -11:00
Cost- \$10:00
Duration - 3 hrs

About - Join us back at Schotia Place to meet new people and enjoy a budget-friendly meal within a relaxed atmosphere.

Listen to great music and enjoy the companionship of others in a comfortable, all abilities locations.



FRIDAY 10TH JULY

NAIDOC FAMILY FUN

Location-Rockhampton Cricket Ground
Start -11:00-3:00 pm
Cost- \$10:00
Duration - 3 hrs

About - The NAIDOC Expo in Rockhampton celebrates Aboriginal and Torres Strait Islander culture, bringing community together through stalls, culture and connection.

Join us for a group outing to enjoy the expo together.



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MONDAY 13TH JULY

CHAIR YOGA

Location-Suncare Hub

Start -10:00

Duration - 3 hrs

About- You are invited to join our chair yoga class, a gentle way to stretch and move while staying seated in a comfy chair

You will have the option to work at your own pace, doing only what feels right for you and your body.

Let's relax, breathe, and enjoy some gentle movement together.



TUESDAY 14TH JULY

MOVIE MADNESS

Location - Rocky Cinema

Cost- \$12 + food & drink

Start- 10:00am

Duration - 4hrs

About- Join us for a relaxing day out at the Yeppoon Cinema, at seniors pricing. Movie will be decided on the day, depending on availability.

Afterwards, we will enjoy some lunch at one of the many nearby cafes.



WEDNESDAY 15TH JULY

KERSHAW GARDENS

Location - Kershaw Gardens

Start- 9:00am

Duration - 3 hrs

About- Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections.

Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.

All abilities welcomed!



THURSDAY 16TH JULY

THAI TASTE 2

Location - The Rockhampton Leagues club

Start - 10:00am

Duration- 3 hrs

About - Join us for an enjoyable outing to the famous Thai Taste 2.

This is a great opportunity to enjoy a cultural experience while getting out and about to socialise with others.

Tempt your taste buds!



FRIDAY 17TH JUNE

GAMES AND TRIVIA

Location - Suncare Hub

Start - 10:00am

Duration - 3hours

ABOUT - Join us for a fun filled games day, enjoying a variety of modern and classic games, including: Uno & Mahjong.

Challenge your friends, test your skills, and share plenty of laughs in a relaxed, social atmosphere. A perfect way to connect, have fun, and enjoy some friendly competition.



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MONDY 20ND JULY

BINGO AND LUNCH

Location – Rocky Sports Club
Start – 10:30am
Duration – 3hrs
Cost – \$24 for all games and lunch included

About – Join us for a fun morning of bingo at the Rocky Sports Club.

Enjoy playing bingo in a lively social setting against other avid players before we make our way to the dining room for a delicious lunch.

This outing is a great one for those who dare to win while enjoying the company of other Bingo enthusiasts.



TUESDAY 21ND JULY

BLUNCH IN STYLE

Location– Pavillion on Auckland Hill
Start – 10:00
Duration – 3hrs

About – Please join us for a relaxed outing to the Pavilion Café on Auckland Hill.

You will enjoy getting out for a café visit in a picturesque setting as you take in the surroundings.

Enjoy a meal or snack as you share time with others people, filling your social cup!



WEDNESDAY 22ND JULY

PLAY PALS YOUNG AND OLD

Location– 321 Berserker St
Start – 11:00
Duration – 3 hrs

About – Join us at Illoura child care for our second intergenerational outing.

We aim to create an exciting and engaging activity led by the children as we watch them play and learn.

If you are up to it, you may enjoy some play yourself or even share a story or two.



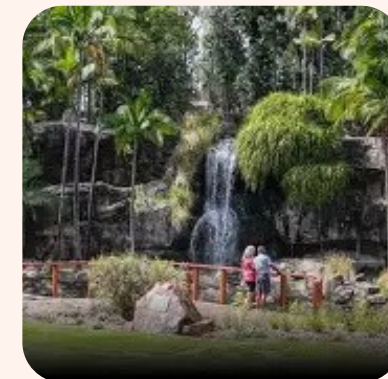
THURSDAY 23RD JULY

BOOKS AND BRUNCH

Location– Yeppoon Community Hub
Start – 10:00
Duration – 4hrs

About– This one is for all the book lovers that would enjoy swapping your preloved books for something new and enticing.

Afterwards, we will enjoy a relaxing break for morning tea to share stories and book recommendations with our new friends.



FRIDAY 24TH JULY

KERSHAW GARDENS

Location – Kershaw Gardens
Start– 9:00am
Duration – 3 hrs

About– Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections.

Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.

All abilities welcomed!



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MONDAY 27TH JULY

BREAKING BREAD

Location - Byfield National Park - Emu Park
Start - 10:00am
Duration - 4 hrs

About - Join us for a relaxed outing combining some op-shopping with a café lunch at Coastal Hill Café.

You will enjoy browsing the local op shops at your own pace before heading to the café for lunch, making this a laid-back and enjoyable outing with a mix of shopping, good food, and time out in the community.



TUESDAY 28TH JULY

BOWLING & BURGERS

Location - Rockhampton
Start - 10:00am
Duration - 4 hrs
Cost - \$15 includes shoe hire

About - Enjoy a wildly fun social outing of indoor ten pin bowling at the Rockhampton Bowling Alley.

You don't have to be an expert to enjoy this activity as lane assist bowling is available for those that need it.

Afterwards, we will enjoy flame grilled burgers at Hungry Jacks.



WEDNESDAY 29TH JULY

PUB & GRUB LUNCH

Location - Keppel Sands
Start - 10:00am
Duration - 4 hrs

About - Enjoy a relaxed drive to Keppel Sands, followed by an outing at the Keppel Sands Pub.

You will enjoy the change of scenery along the way and settle in for a meal or refreshments while spending time out of town, and enjoying good company.



THURSDAY 30TH JULY

GLADSTONE OP SHOP & LUNCH

Location - Gladstone Op Shops
Start - 10:00am
Duration - 4 hrs

About - Join us for a day out exploring the Gladstone Op Shops, browsing for hidden treasures at your own pace.

Afterwards, enjoy a well earned break to refuel with a delicious lunch of your choice.

This activity is designed for those that love a bargain!



FRIDAY 31ST JULY

GAMES AND TRIVIA

Location - In Centre
Start - 10:00am
Duration - 3 hours

About - Let your competitive spirits thrive with a fund day of games and trivia.

We have a large variety of games suitable for all levels of experience, including Uno and Mahjong.

A perfect way to enjoy the company of others in this fun and relaxed environment.



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

May Therapy Activities

WEDNESDAYS

AQUA-FIT

Time: 10:00–11:00

Location: 2ND World War Memorial Aquatic

Duration: 1 hour

Maximum: 8 customers



FRIDAYS

PHYSIO-FIT

TIME: 10.00am –11.00am

LOCATION: 80 Denham Street Rockhampton

MAX: 8 people

DURATION: 1 hour

COST: \$80



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