



Social Connections Program

2-8 GEORGE STREET, MAROOCHYDORE, QLD, 4558.

SUNSHINE COAST

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 morning of the outing when Suncare staff are close by.

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.



July 2026 Outings Program

Contact Suncare between 1st - 14th June, to register your interest

SUNSHINE COAST NORTH

2-8 George Street, Maroochydore



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

Yandina Historic house morning tea
Location: Yandina
Start: 10.00am
Duration: 3hr
Cost: Own Meal

7

Shop at Erbachers followed by lunch at the Maroochy Bridge Hotel
Location: Maroochydore
Start: 10:30am
Duration: 3hr
Cost: Own meal

1

BEE GEES Memorial
Location: Redcliffe
Start: 10 am
Duration: 4 hr
Cost: Own Meal

2

The Waves Club Lunch
Location: Caloundra
Start: 11.30pm
Duration: 2.5hr
Cost: Own meal

3

Manawee Gardens & Lunch Buderim Tavern
Location: Buderim
Start: 10:30am
Duration: 3hr
Cost: Own Meal

13

Sea Life Mooloolaba then Morning Tea at the warf
Location: Mooloolaba
Start: 10.00am
Duration - 3hrs
Cost: \$37 and Meal

14

Shopper Bus - Sunshine Plaza
Location: Maroochydore
Start: 10.30am
Duration: 3.5hr
Cost: Own Meal

15

Paint'n'Sip + Pizza
Location: Suncare Community Centre
Start: 10.30am
Duration: 3hr
Cost: \$5 (Lunch)

16

Morning Melodies at Gympie RSL.
Location: Gympie
Start: 10:30am
Duration: 3hr
Cost: \$20

17

In Centre Movie
Location: Suncare Community Centre
Start: 10:30am
Duration: 3hr
Cost \$10 (Lunch)

20

World Chocolate Day Cup Cake decorating
Location: Suncare Community Centre
Start: 10:00am
Duration: 3hr

21

Pub Lunch
Location: Landsborough
Start: 11.00am
Duration: 2.5 hr
Cost: Own meal

22

Christmas In July
Location: Suncare Community Centre
Start: 10.30am
Duration: 3hr
Cost: \$20 (Lunch)

23

Live entertainment and lunch at Club Kawana
Start: 11:30am
Duration: 2.5hr

23

Mates Motor - Mystery Lunch
Start: 11:30am
Duration: 2hr

24

Shopper Bus - Kawana Shopping World
Location: Kawana
Start: 10.30am
Duration: 3.5hr
Cost: Own Meal

27

Flo's Creperie Noosa
Start: 10..00am
Location: Noosa
Duration: 3hr
Cost: Own Meal

28

Picnic, Chatter and Games at Cotton Tree
Location: Cotton Tree
Start: 10.30am
Duration: 3hr
Cost: Lunch Provided

29

Barefoot Bowls and Lunch
Location: Mooloolaba
Start: 10.30
Duration: 3.5hr
Cost: \$20 plus Own Meal

30

Lunch at Coolum Surf Club
Location: Coolum
Start: 11.30
Duration: 2.5hr
Cost: Own Meal

31

Lunch at The Barn on Flaxton
Location: Flaxton
Start: 11:30am
Duration: 2.5 hr
Cost: Own Meal



TUESDAY MORNING WALK

This is an alternate outing offered every Tuesday, where different locations are visited for a morning stroll and breakfast.

LOCATION: Various
DURATION: 2 hrs

NOTES

July 2026 Outings Program

Contact Suncare between 1st - 14th June to register your interest

SUNSHINE COAST **SOUTH**

2-8 George Street, Maroochydore



WEDNESDAYS



- 1 BEE GEES Memorial**
Location: Redcliffe RSL
Start: 10am
Duration: 2hr
Cost: Own Meal



- 8 Antartica Presentation**
Start: 10am
Duration - 3hr
Cost: \$10 Lunch



- 15 Paint'n'Sip + Pizza**
Location: Suncare Community Centre
Start: 10.30am
Duration - 3 hr
Cost: \$5 for Pizza



- 22 Christmas In July**
Location: Suncare Community Centre
Start: 10.30am
Duration: 3 hr
Cost: \$15

LIVE ENTERTAINMENT



- 29 Barefoot Bowls and Lunch**
Location: Mooloolaba
Start: 10.30
Duration: 3.5 hr
Cost: \$20 plus Own Meal



FRIDAYS



- 3 Manawee Gardens followed by Lunch at Buderim Tavern**
Location: Buderim
Start: 10:30am
Duration: 3hr
Cost: Own Meal



- 10 Lunch and Train ride BIG PINEAPPLE**
Location: Woombye
Start: 10:30am
Duration: 3hr
Cost: \$15 plus Own meal



- 17 In Centre Movie -**
Location: Suncare Community Centre
Start: 10:30am
Duration: 3hr
Cost \$10 Lunch



- 24 Shopper Bus - Kawana Shopping World**
Location: Kawana
Start: 10.30am
Duration: 3.5 hr
Cost: Own Meal



- 31 Lunch at The Barn on Flaxton**
Location: Flaxton
Start: 11:30am
Duration: 2.5hr
Cost: Own Meal

Sunshine Coast South catchment area is: Currimundi and all suburbs within 15 km radius.

If you live outside this catchment area, please contact Suncare and we will try to accommodate your needs.

NOTES



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

Outing Information



LUNCH OUTINGS

Join us for a fun outing to enjoy a tasty lunch at one of the many lovely locations on the Sunshine Coast.

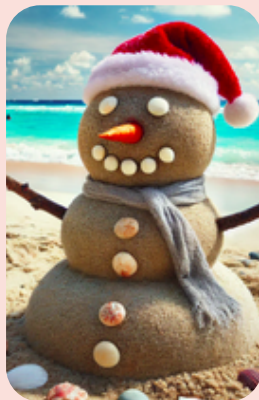
This activity is open to all abilities and you will be fully supported by our team with our door to door service.

Lunch is at your own cost and our team will help you with selecting and ordering your food.

On the way home, our team will often choose the scenic route so you can end the outing in a relaxing manner.

CHRISTMAS IN JULY

Come and celebrate Christmas in July! Enjoy a wonderful day of entertainment, delicious food, and great company. Please bring a small gift (to the value of \$5 or less) to place under the tree and share in the festive spirit.



PAINT'N'SIP + PIZZA

Come along and get creative at our relaxed Paint and Sip activity, the perfect way to unwind, connect, and try something new! Enjoy delicious home-cooked pizza, great company, and a welcoming atmosphere as you create your own unique masterpiece to take home. No experience needed, just bring yourself and a willingness to have fun

IN CENTRE MOVIE

MOVIE: Sister Act, starring the fabulous Whoopi Goldberg.
\$10 cost for in house KFC - Yummol!!



PICNIC, CHATTER AND GAMES AT COTTON TREE

Come and soak up the sunshine at the beautiful Cotton Tree Park! Enjoy a relaxed day out with a picnic lunch included, surrounded by stunning views and fresh ocean air. We'll have some fun games to get involved in, or if you prefer, simply relax, chat, and take in the peaceful scenery of Cotton Tree.

ANTARTICA PRESENTATION

Curious about what it's really like to live in Antarctica? Come and join us at the Suncare Community Centre for an engaging session with guest speaker Peter Johnston, who has travelled to Antarctica eight times. Peter will share his firsthand experiences and insights into life on the world's southernmost continent. Lunch also provided.



NAIDOC WEEK CELEBRATIONS

Join us as we celebrate the rich history and culture of our First Nations People.



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

July 2026 In Centre Activities Program

Contact Suncare between 1st - 14th June, to register your interest

SUNSHINE COAST NORTH

2-6 George Street, Maroochydore



MONDAYS

CRAFT CORNER

Time: 9:00am - 12:00pm
Duration: 3hr

BINGO

Time: 1:00pm - 2:30pm
Duration: 1.5hr

TUESDAYS

DANCE CLASS BY JOE

Time: 9:00am - 10:00am
Duration: 1hr

INDOOR BOWLS

Time: 1:00pm - 3:30pm
Duration: 2.5hr

CARDS - HAND & FOOT

Time: 1:00pm - 4:00pm
Duration: 3hr

THURSDAYS

CHAIR FITNESS

Time: 10:30am - 11:30am
Duration: 1hr

BOARD GAME EXTRAVAGANZA

Time: 1:00pm - 4:00pm
Duration: 3hr

FRIDAYS

INDOOR BOWLS

Time: 9:30am - 11:30am
Duration: 2hr

KNIT AND NATTER

Time: 1:00pm - 3:00pm
Duration: 2hr
Afternoon Tea included

SUNDAYS

INDOOR BOWLS

Time: 1:00pm - 3:30pm
Duration: 2.5hr

CENTRE BASED RESPITE: Provides short term support for older people, providing care and assistance while their usual carer takes a break.

Suncare's respite service includes centre based activities, nutritious meals and personalised support by qualified and experienced staff, ensuring older people are cared for in a safe and engaging environment.

Suncare's Centre-Based Respite Service is available Monday to Friday, 8.30am - 4.30pm



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

July 2026 In Centre Activities Program

Contact Suncare between 1st - 14th June, to register your interest

SUNSHINE COAST SOUTH

Address - 2 Nanyima Street, Buddina
(Kawana Tennis Club)



WEDNESDAYS

ART GROUP

Time: 10:00am - 12:00pm

Duration: 2hr

About: This activity is for people who are proficient in painting. Attendees provide their own paints and equipment (easels, canvases, etc).

MAHJONG

Time: 1:00pm - 4:00pm

Duration: 3hr

About: This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

FRIDAYS

MAHJONG

Time: 9:30am - 12:30pm

Duration: 3hr

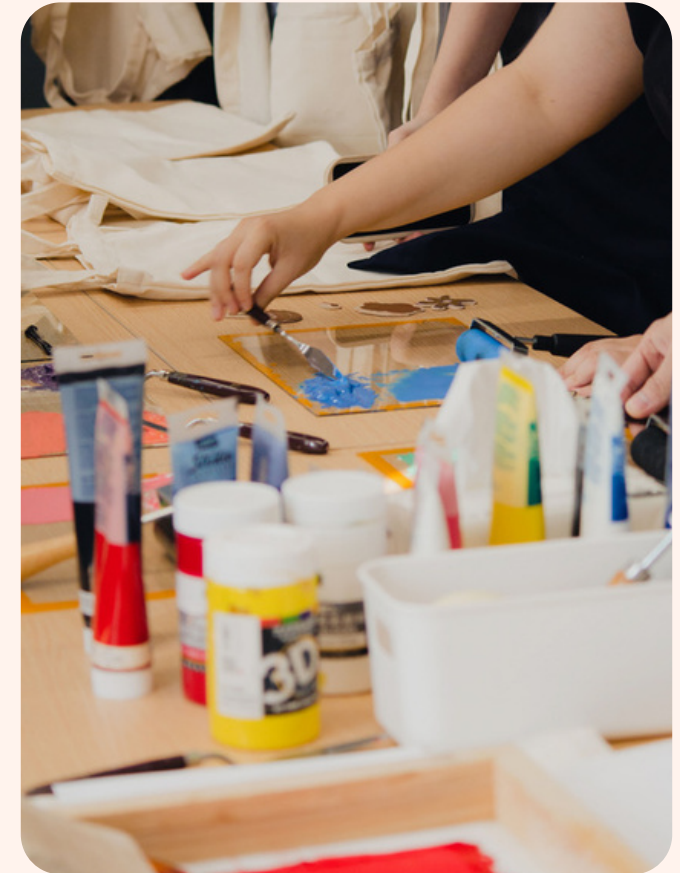
About: This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

BOARD GAME EXTRAVAGANZA

Time: 1:00pm - 4:00pm

Duration: 3hrs

About: Test your competitive spirit!
A fun activity for all abilities, playing a variety of board games against other like minded board game enthusiasts.



Buddina Social Group

The Buddina Social Group incorporates a number of activities and games located at
Kawana Tennis Club -
2 Nanyima St, Buddina



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

July In Centre Activities

Contact Suncare between 1st - 14th June to register your interest

NAMBOUR

Address - 174-176 Currie Street, Nambour
(Nambour Anglican Parish Hall)



FRIDAYS

3

SOCIAL GROUP - \$5 GAME

Time: 9:00am - 11:00am

Duration: 2hr

About: Bring a wrapped gift to the total of \$5.

Participants attempt to roll a 6 on a die to get a prize.

Everyone wins!

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

About: A simple, fun exercise and movement program designed for seated participation.

10

SOCIAL GROUP - BINGO

Time: 9:00am - 11:00am

Duration: 2hr

About: Enjoy a friendly game of Bingo against other Bingo enthusiasts and see how lucky you can be.

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

About: A simple, fun exercise and movement program designed for seated participation.

17

SOCIAL GROUP - TALKING HEADS

Time: 9:00am - 11:00am

Duration: 2hr

About: Also known as Celebrity Heads - test your sluthing skills to guess the mystery person.

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

About: A simple, fun exercise and movement program designed for seated participation.

24

SOCIAL GROUP - TRIVIA

Time: 9:00am - 11:00am

Duration: 2hr

About: A fun, question-based game where players test their knowledge across a variety of topics.

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

About: A simple, fun exercise and movement program designed for seated participation.



Nambour social group

The Nambour Social Group incorporates a number of activities and games and is located at Nambour Anglican Parish: 174 Currie St.
Attendees bring a plate to share together for morning tea.



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

In Centre Activity Information



NORTH ACTIVITIES

CRAFT CORNER

Join us for something different each week or bring along your own project.

CHAIR FITNESS

An easy to follow, gentle exercise program, while seated in a comfy chair to help reduce risk.

INDOOR BOWLS

Rain, hail or shine, our indoor bowls activity is a guaranteed winner for all bowling enthusiasts.

BINGO

Join us for a friendly competition of bingo with friends. Prizes for the lucky winners!

DANCE CLASS BY JO

This dance group is designed to encourage movement while having fun. Dances such as the Zorba, Macarena and belly dancing involved.

BOARD GAME BONANZA

Join us for a casual afternoon of board games. Various games available with a choice and rotation between selected games. Games available Rummikub, Scrabble, and Dominos. Game suggestions welcome

CARDS - HAND & FOOT

How's your hand? Come along and give cards a crack. Games with 3 - 4 players.

SOUTH ACTIVITIES

ART GROUP

This activity is for people who are proficient in painting, Attendees provide their own paints and equipment (Easels, canvases, etc).

MAHJONG

This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how.

BOARD GAME EXTRAVAGANZA

This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how.



THERAPY ACTIVITIES

COGNITIVE STIMULATION THERAPY

Involves a wide range of activities aiming to stimulate thinking and memory.

STEP STRONG: ARTHRITIS-FRIENDLY EXERCISE

Lower Limb arthritis exercise.

AQUATIC FITNESS

Gentle exercise within a 32 degree heated pool.

PHYSIO FITNESS

Aimed to improve strength and balance.

CHAIR PILATES

A low impact form of exercise.

STRENGTH & BALANCE

Aimed to improve strength and balance.

CARDIAC REHAB MAINTENANCE

Exercise targeting cardiovascular health.

EXERCISE PHYSIOLOGY CLASS

An advanced-level class designed to improve strength and fitness, helping to counteract age-related changes or decline.



TO MAKE A BOOKING:

CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

Therapy Activities

July bookings open 1st June, 2026

SUNSHINE COAST



MONDAYS

COGNITIVE STIMULATION THERAPY

Time: 09:30am – 10:15am
Duration: 45min
Location: SCC

CARDIAC REHAB MAINTENANCE

Time: 11:30am – 12:30pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 12:00pm – 1:00pm
Duration: 1hr
Location: BAC

AQUA FITNESS

Time: 2:00pm – 3:00pm
Duration: 1hr
Location: CTAC

TUESDAYS

EXERCISE PLUS

Time: 11:30am – 12:30pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Times: 11:45am – 12:45pm
12:45pm – 1:45pm
Duration: 1hr
Location: PAC

WEDNESDAYS

PHYSIO FITNESS

Time: 9:00am – 10:00am
Duration: 1hr
Location: PMH

COGNITIVE STIMULATION THERAPY

Time: 09:30am – 10:15am
Duration: 45min
Location: SCC

STEP STRONG: ARTHRITIS-FRIENDLY EXERCISE

Time: 11:00am – 12:00pm
Duration: 1hr
Location: SCC

STRENGTH AND BALANCE

Time: 1:00pm – 2:00pm
Duration: 1hr
Location: SCC

CHAIR PILATES

Time: 10:00am – 11:00am
Duration: 1hr
Location: SCC

THURSDAYS

AQUA FITNESS

Time: 9:30am – 10:30am
Duration: 1hr
Location: BAC

COGNITIVE MAINTENANCE GROUP

Time: 9:30am – 10:15am
Duration: 45min
Location: SCC

PHYSIO FITNESS

Time: 10:00am – 11:00am
Duration: 1hr
Location: SCC

EXERCISE PLUS

Time: 12:00pm – 1:00pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 12:30pm – 1:30pm
Duration: 1hr
Location: MPCC

CARDIAC REHAB MAINTENANCE

Time: 1:00pm – 2:00pm
Duration: 1hr
Location: SCC

FRIDAYS

PHYSIO FITNESS

Time: 11:15am – 12:15pm
Duration: 1hr
Location: KFMP

STRENGTH AND BALANCE

Time: 1:00pm – 2:00pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 2:00pm – 3:00pm
Duration: 1hr
Location: CTAC



PMH – Palmwoods Memorial Hall, 1 Main Street, Palmwoods

PAC – Palmwoods Aquatic Centre, 87 Dunning Street, Palmwoods

SCC – Suncare Community Centre, 2-6 Georgie Street, Maroochydore

PAC – Palmwoods Aquatic Centre, 87 Dunning Street, Palmwoods

MPCC – Meridan Plains Community Church, 70 Spring Drive, Meridan Plains

CTAC – Cotton Tree Aquatic Centre, 412 Cotton Tree Parade, Maroochydore

BAC – Buderim Aquatic Centre, 44 Main Street, Buderim