



# Social Connections Program

**38 TORRES CRESCENT, NORTH LAKES, QLD, 4509**

**NORTH BRISBANE**

**AUGUST 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 1<sup>st</sup> - 14<sup>th</sup> 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](mailto: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 - NOW AVAILABLE



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 and afternoon tea 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.



# AUGUST 2026 Outing Program

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## MONDAY

**3 QLD Art Gallery**  
**Location:** South  
 Brisbane  
**Start:** 10am  
**Duration -** 4hrs

**10 River Cruise**  
**Location:** Brisbane River  
**Start:** 10am  
**Duration -** 4hrs

**17 Mystery trip**  
**Location:** Surprise on day  
**Start:** 10:00am  
**Duration:** 3hrs

**24** **The Normanby Hotel**  
**Location:** Kelvin Grove  
**Start:** 10:00am  
**Duration:** 4hrs

**31 Scrapbooking**  
**Location:** Boronia Cottage  
**Start:** 10:00am  
**Duration:** 3hrs

## TUESDAY

**4 Crafting with Heart**  
**Location:** North  
 Lakes Centre  
**Start:** 10:00am  
**Duration:** 3hrs

**11 Westfield Shopping**  
**Location:** Chermside  
**Start:** 10am  
**Duration -** 3 hrs

**18 Remote control plane**  
**Location:** Caboolture  
 Airfield  
**Start:** 9:30am  
**Duration:** 3hrs

**25 City Hall Concert**  
**Location:** Brisbane  
**Start:** 10:00am  
**Duration:** 4hrs

## WEDNESDAY

**5 Suncare's Country Muster**  
**Location:** Suncare  
**Start:** 10.00am  
**Duration:** 4 hours  
**Cost:** \$20

**12** EKKA SHOW DAY  
Public Holiday

**19 Daffodil Day Fundraiser**  
**Location:** North Lakes  
 Centre  
**Start:** 10:00am  
**Duration:** 4hrs

**26 Card Making Class**  
**Location:** Boronia Cottage  
**Start:** 10am  
**Duration:** 3hrs

## THURSDAY

**6 Banana Bender Pub**  
**Location:** Palmview  
**Start:** 10:00am  
**Duration:** 4hrs

**13 EKKa Fun Day**  
**Location:** North Lakes  
 Centre  
**Start:** 10:00am  
**Duration:** 4hrs

**20** **Cycling Without Age**  
**Location:** New Farm  
**Start:** 10:00am  
**Duration:** 4hrs

**27** Mary Cairncross Reserve  
**Location:** Maleny  
**Start:** 10:00am  
**Duration:** 4hrs

## FRIDAY

**7 Scrabble and Board games**  
**Location:** Boronia Cottage  
**Start:** 9:00am  
**Duration:** 4hrs

**7 Op Shop Hop Margate**  
**Location:** Redcliffe  
**Start:** 10:00am  
**Duration:** 3hrs

**14 Scrabble and Board games**  
**Location:** Boronia Cottage  
**Start:** 9:00am  
**Duration:** 4hrs

**14 Rustic Olive**  
**Location:** Redcliffe  
**Start:** 10:00am  
**Duration:** 3hrs

**21 Scrabble and Board games**  
**Location:** Boronia Cottage  
**Start:** 9:00am  
**Duration:** 4hrs

**21 Crafting with Heart**  
**Location:** North Lakes Centre  
**Start:** 10:00am  
**Duration:** 3hrs

**28 Scrabble and Board games**  
**Location:** Boronia Cottage  
**Start:** 9:00am  
**Duration:** 4hrs

**28 Peninsula Motorfest**  
**Location:** Woody Point  
**Start:** 10:00am  
**Duration:** 3hrs

## NOTES

## RESPITE SERVICES NOW AVAILABLE:

Suncare is now offering In-Centre Respite support at our North Lakes Community Hub  
Available every Wednesday from 8.00am - 4.00pm.

Meals provided

Bookings essential - please contact Suncare or your Lifestyle Coordinator



**To Register your Interest: CALL 1800 786 227 or EMAIL: [contact@suncare.org.au](mailto:contact@suncare.org.au).**

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**MONDAY 3<sup>RD</sup> AUGUST**

## QLD ART GALLERY

**Location:** South Brisbane  
**Start:** 10:00am  
**Duration:** 4hrs

**About:** Join us for a wonderful day of art, culture and great company.

We will be visiting the Queensland Art Gallery to explore inspiring exhibitions and amazing artwork.

Following this, we will enjoy a delicious lunch in a cafe near by.

**Food and Drinks at own cost**



**TUESDAY 4<sup>TH</sup> AUGUST**

## 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 5<sup>TH</sup> AUGUST**

## COUNTRY MUSTER

**Location:** Maroochydore Hub  
**Start:** 10:00am  
**Duration:** 4hrs

**About:** Dust off your cowboy hats and get ready for a boot scootin' day out at the Suncare Country Muster.

Live entertainment and singing, a delicious country lunch and plenty of opportunity for some toe tapping fun!

**Cost \$20 and includes lunch**



**THURSDAY 6<sup>TH</sup> AUGUST**

## BANANA BENDER PUB

**Location:** Palmview  
**Start:** 10:00am  
**Duration:** 4hrs

**About:** Do you want to experience the fun of one of Queensland's most quirky pubs?

Whether you're craving a hearty pub lunch or simply looking for a great day out, this is the perfect opportunity to enjoy good food and great company.

**Food and Drinks at own cost**



**FRIDAY 7<sup>TH</sup> AUGUST**

## OP-SHOP HOP!

**Location:** Margate  
**Start:** 10:00am  
**Duration:** 3hr

**About:** Join us for a fun outing at the local Op-shops in Margate. We'll wander the aisles and hunt for bargains.

We will finish off with a light lunch at the Soul Harvest cafe'

**Food and Drinks at own cost**



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# AUGUST 2026 Outing Program

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**MONDAY 10<sup>TH</sup> AUGUST**

## RIVER CRUISE

**Location:** Brisbane River  
**Start:** 10am  
**Duration:** 4hr

**About:** We will spend the morning in Brisbane with a scenic cruise along the iconic Brisbane River.

We will hop on the MV Neptune and cruise past some of the city's most famous sights, while you listen to captivating stories from the crew!

Complimentary Devonshire tea is included

**Additional \$49 to your account**  
(no cash payments)



**TUESDAY 11<sup>TH</sup> AUGUST**

## WESTFIELD CHERMSIDE

**Location:** Chermside  
**Start:** 10.00am  
**Duration:** 3hr

**About:** Come for a fun day out shopping at Westfield in Chermside.

Browse your favourite stores – there is sure to be something for everyone.

**Remember to bring your spending money**



**WEDNESDAY 12<sup>TH</sup> AUGUST**

## EKKA SHOW DAY

**Public Holiday**



**THURSDAY 13<sup>TH</sup> AUGUST**

## EKKA FUN DAY

**Location:** North Lakes Centre  
**Start:** 10am  
**Duration:** 4hr

**About:** Our North Lakes Centre will be transformed into an EKKA carnival day!

Enjoy all the Ekka favourites, including delicious Dagwood Dogs and famous Strawberry Sundaes.

Test your skills in our fun games. Great prizes will be up for grabs

Laughs and making memories are guaranteed

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



**FRIDAY 14<sup>TH</sup> AUGUST**

## RUSTIC OLIVE

**Location:** Redcliffe Waterfront  
**Start:** 10:00am  
**Duration:** 3hr

**About:** The Rustic Olive is an authentic Italian restaurant serving traditional and modern cuisine – including pastas, pizzas, risottos, seafood, salads, steak and more!

With an extensive menu, there will certainly be something you will love.

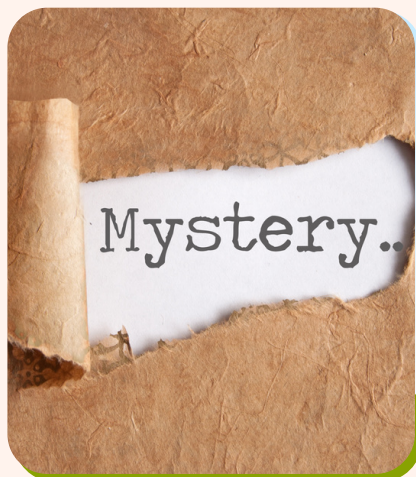
**Food and Drinks at own cost**



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# AUGUST 2026 Outing Program

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**MONDAY 17<sup>TH</sup> AUGUST**

## MYSTERY TRIP!!

**Location:** Surprise on the day  
**Start:** 10:00am  
**Duration:** 3hr

**About:** Get ready for an adventure full of surprises!

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 are on our way.

**Food and Drinks at own cost**



**TUESDAY 18<sup>TH</sup> AUGUST**

## REMOTE CONTROL PLANES

**Location:** Caboolture Airfields  
**Duration:** 3hr

**About:** Ever wanted to fly a plane?

While we can't help you earn your pilot's licence, we can give you the chance to experience the thrill of flying a remote-control aircraft!

Join us at Caboolture Airfield as Henry Snowden guides us through a fun morning of hands-on experience of flying the remote-control planes.

**Morning Tea provided**



**WEDNESDAY 19<sup>TH</sup> AUGUST**

## DAFFODIL DAY

**Location:** North Lakes Centre  
**Duration:** 4hr

**About:** For all that cancer takes, give all that you can this Daffodil Day.

We will be holding a morning tea fundraiser at our North Lakes Centre to help support the Cancer Council - Daffodil Day.

There will be a gorgeous morning tea, raffle prizes and much more!

Bring your generous heart and some funds to donate to this great cause.



**THURSDAY 20<sup>TH</sup> AUGUST**

## CYCLING WITHOUT AGE

**Location:** New Farm Park  
**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**



**FRIDAY 21<sup>ST</sup> AUGUST**

## 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 24<sup>TH</sup> AUGUST**

## NOMANBY HOTEL

**Location:** Kelvin Grove  
**Start:** 10.00am  
**Duration:** 4hr

**About:** The Normanby Hotel has stood in exactly the same place for over 130 years.

Since opening, it's been a legendary spot to catch up, unwind and create memories.

Let's head out for lunch and soak up the atmosphere.

**Food and Drinks at own cost**



**TUESDAY 25<sup>TH</sup> AUGUST**

## CITY HALL CONCERT

**Location:** Brisbane City Hall  
**Start:** 10.00am  
**Duration:** 4hr

**About:** The Lord Mayor's City Hall Concerts presents **The Acoustic Guitar Spectacular**.

Three outstanding Australian guitarists play together for a concert of exceptional acoustic music.

Before the concert, we will stop at a nice local cafe'

**Food and Drinks at own cost**



**WEDNESDAY 26<sup>TH</sup> AUGUST**

## CARD MAKING WORKSHOP

**Location:** Boronia Cottage  
**Start:** 10.00am  
**Duration:** 3hr

**About:** Join us for a creative and enjoyable card making workshop, led by one of our very own customers!!

Learn the different techniques of how to make beautiful handmade cards for all occasions.

This is a beginners class and all are welcome

**Additional \$5 to your account (no cash payments)**



**THURSDAY 27<sup>TH</sup> AUGUST**

## MARY CAIRNCROSS RESERVE

**Location:** Maleny  
**Start:** 10.00am  
**Duration:** 4hr

**About:** Immerse your senses in a rainforest filled with plant and animal life overlooking the spectacular Glasshouse Mountains.

After a scenic drive, we will take some time out to enjoy the view at the Mountain View Café

**Food and Drinks at own cost**



**FRIDAY 28<sup>TH</sup> AUGUST**

## MOTORFEST

**Location:** Woody Point  
**Start:** 10.00am  
**Duration:** 3hr

**About:** Rev up your engines and join us for one of Redcliffe's biggest automotive events!

Check out an amazing variety of classic, custom, muscle and modern vehicles.

After we finish admiring the cars, we will stop for a bite to eat and a cool drink at a local venue.

**Food and Drinks at own cost**



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**MONDAY 31<sup>ST</sup> AUGUST**

## **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 \$5 to your account - (no cash payments)**



**To Register your Interest:** CALL 1800 786 227 or EMAIL: [contact@suncare.org.au](mailto:contact@suncare.org.au).