



Social Connections Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509

NORTH LAKES

May 2026



Scan the QR code to help
shape Suncare's social
connections program.



Important information



SUPPORT AT HOME FUNDING UPDATE

You can now attend our Social Connection Activities starting from \$10 per hour. CHSP customers are now welcome; contact your Care Partner to learn more.

Non Suncare Customers may now attend starting from \$10 per hour. Contact 1800 to learn more and ask for a free trial.

CLINICAL THERAPY PRICE UPDATE

Clinical therapy classes, led by our qualified Allied Health Professionals, are now available at \$80 per session. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers.



THERAPY PRE ASSESSMENT

Please note: All Therapy Calendar groups require pre-assessment and minimum numbers to proceed. A \$16/hr co-payment applies.

MEAL PRICES

- Customers are responsible for the cost of meal on outings.
- Meal deals may change when attending the venue.

CANCELLATIONS

Cancellations made less than 48 hours before the outing or activity will incur a cancellation fee. Call 1800 786 227 to cancel your activity or outing.

HEALTH AND WELLBEING STATEMENT

Your health and wellbeing, and that of our community, comes first. If you're feeling unwell or have any symptoms of illness, we ask that you please stay home and rest rather than attend activities or outings.

To help keep everyone safe, we may also ask you to wear a mask if you're showing symptoms while with us. Thank you for helping us look after one another.



TRANSPORT NOTICE

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.

Outings: Destinations and costs change weekly. Bookings are essential to avoid disappointment — transport is limited, and some activities depend on numbers.

If transport is full, you may be able to book individual transport — please discuss this option with your Care Partner. You're also welcome to make your own way to the outing; just be sure to book in by calling 1800 or add your name to the waitlist. 48 hours' notice is required for cancellations.

Why Social Connections Matter



FEELING LONELY? YOU'RE NOT ALONE

Almost 1 in 3 Australians (32%) experience moderate loneliness, and more than 1 in 6 (17.5%) experience severe loneliness. Loneliness can affect anyone - regardless of how many friends they have. It's not about the number of people around you, but about whether you feel truly connected and that you belong.

Loneliness and social isolation don't reflect weakness or personal failure - they simply show that we all need stronger, more meaningful connections.

WHY IT'S IMPORTANT

Loneliness and social isolation can have a serious impact on mental, emotional, and physical health. Research shows loneliness can increase the risk of early death by 26% - the same health risk as smoking 15 cigarettes a day.

They have also been linked to:

- Higher rates of chronic disease, depression, and anxiety
- Lower wellbeing and quality of life
- Increased risk of suicide and premature death
- Higher likelihood of dementia, high blood pressure, and weakened immune function
- Greater emotional distress and reduced feelings of wellness



HOW SOCIAL PROGRAMS HELP

Joining a Social Connections Program is a simple and enjoyable way to combat loneliness and build a sense of belonging. Being part of a community group:

- Fosters a sense of shared purpose and belonging
- Connects you to wider social supports
- Encourages meaningful relationships
- Increases engagement and joy through shared activities
- Helps reduce stress and promote overall wellbeing





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 Dolphins Leagues Club
Location: Redcliffe
Start: 11am
Duration: 2hrs

4 Seniors Morning Tea
Location: Redcliffe Neighbourhood centre
Start: 10:00am
Duration: 2hrs

5 Boardwalk cafe
Location: North Lakes
Start: 10:00am
Duration: 2hrs

6 Mother's day Celebrations
Location: In Centre
Start: 10:00am
Duration: 3hrs

7 Movie Morning
Location: In Centre
Start: 10:00am
Duration: 2hrs

8 Scarborough Bowls Club
Location: Scarborough
Start: 11:00am
Duration: 2hrs

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

12 Crafting with Heart
Location: In Centre
Start: 10:00am
Duration: 2hrs

13 Cycling Without Age
Location: New Farm
Start: 10:00am
Duration: 2hrs

14 Armchair Travels
Location: In Centre
Start: 10:00am
Duration: 2hrs

15 The First Course
Location: South Brisbane
Start: 10:00am
Duration: 3hrs

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

19 Volunteer "Bruncheon"
Location: In centre
Start: 10:00am
Duration: 2hrs

20 Let's Create: Pastry Making
Location: In Centre
Start: 10:00am
Duration: 2hrs

21 Bunnings
Location: North Lakes
Start: 10:00am
Duration: 2hrs

22 Lunch Outing
Location: The Burpo
Start: 11:00am
Duration: 2hrs

25 Manly Boat Club
Location - Manly Beach
Start - 10:00am
Duration - 3 hrs

26 Zesty Lemon Cafe'
Location: Deception Bay
Start: 10:00am
Duration: 2hrs

27 Wood Burning Class
Location: Lawton
Start: 10am
Duration: 2hrs

28 Armchair Travels
Location: In Centre
Start: 10:00am
Duration: 2hrs

29 Crafting with Heart
Location: In Centre
Start: 10:00am
Duration: 2hrs

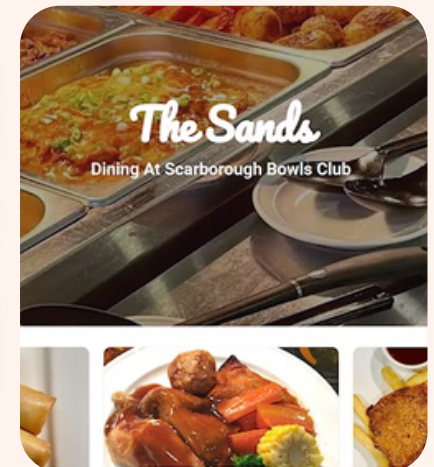
NOTES



TO MAKE A BOOKING: CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

May 2026 Outing Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509



FRIDAY 1ST MAY

MONDAY 4TH MAY

TUESDAY 5TH MAY

WEDNESDAY 6TH MAY

FRIDAY 8TH MAY

DOLPHINS LEAGUES CLUB

Location: Klingner Road, Redcliffe
Start: 11.00am
Duration: 2hr

About: Let's enjoy a relaxed lunch at one of our favourite local clubs. With a great variety of meals to choose from, you will be sure to find something delicious to eat.

Food and Drinks at own cost

SENIORS MORNING TEA

Location: Lamington Drive, Redcliffe
Start: 10.00am
Duration: 2hr

About: Come along for a friendly catch-up with friends we know and friends we are yet to meet. Together we will head down to Redcliffe neighbourhood centre for a cuppa and a chat with the local community

Gold Coin donation

BOARDWALK CAFE

Location: Lake Eden, North Lakes
Start: 10.00am
Duration: 2hr

About: Located right on the edge of Lake Eden, the Boardwalk cafe offers homemade baked goods in a casual environment.

Sitting inside or out on the deck, uninterrupted views of the water are guaranteed

Food and Drinks at own cost

MOTHER'S DAY

Location: In Centre
Start: 10:00am
Duration: 3hr

About: Celebrating the wonderful mums and mother figures in our lives with a relaxed and delicious brunch.

Enjoy good food, great company and a special morning together as we honour all the amazing mums in our community

Additional \$10 billed to account - (no cash payments)

THE SANDS

Location: Scarborough bowls club Sunnyside Rd, Scarborough
Start: 11:00am
Duration: 2hr

About: Nestled within the historic Scarborough Bowls Club, The Sands Restaurant has become a beloved culinary cornerstone in Moreton Bay's picturesque Scarborough peninsula.

Enjoy the best of Asian and Australian cuisines while overlooking the bowling greens

Food and Drinks at own cost

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MONDAY 11TH MAY

SCRAPBOOKING

Location: Boronia Cottage

Start: 10:00am

Duration: 3hr

About: Turn your favourite photos into beautiful keepsakes. Join our relaxed scrapbooking activity with our Bribie Island friends

Includes all scrapbooking supplies and lunch

Additional \$10 billed to account - (no cash payments)



TUESDAY 12TH MAY

CRAFTING WITH HEART

Location: In centre

Start: 10:00am

Duration: 2hr

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



WEDNESDAY 13TH MAY

CYCLING WITHOUT AGE

Location: New Farm Park

Start: 10:00am

Duration: 3hr

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-** just enjoy the breeze and views

Afterwards, we will stop for morning tea.

Drinks and treats at own cost



FRIDAY 15TH MAY

THE FIRST COURSE BISTRO

Location: South Brisbane TAFE

Start: 10:00am

Duration: 3hr

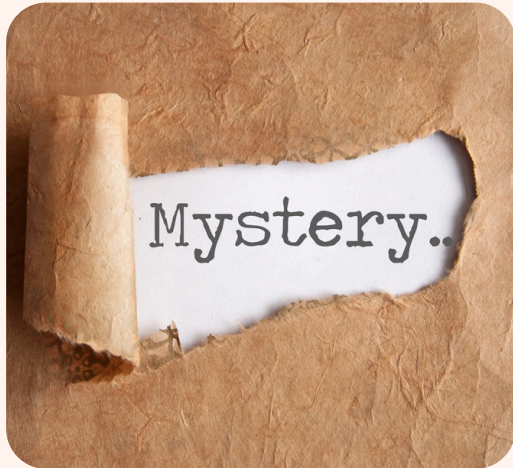
About: The First Course offers affordable meals, friendly service and a casual setting. We'll enjoy lunch while proudly supporting TAFE QLD students.

Let's make a day of it and catch the train into South bank as the Bistro is conveniently located opposite South Bank station

Meals and Drinks at own cost - Payment of Debit card only

May 2026 Outing Program

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MONDAY 18TH MAY

MYSTERY TRIP!!

Location: Surprise on the day
Start: 10:00am
Duration: 2hr

About: Get ready for an adventure full of surprises! This time 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 head off

Food and Drinks at own cost



TUESDAY 19TH MAY

VOLUNTEER "BRUNCHEON"

Location: In Centre
Start: 10:00am
Duration: 3hr

About: Come celebrate and thank our amazing volunteers for a special brunch. Let's look after those who do so much for our community and Suncare Family

Brunch Provided -Additional \$5 billed to account - (no cash payments)



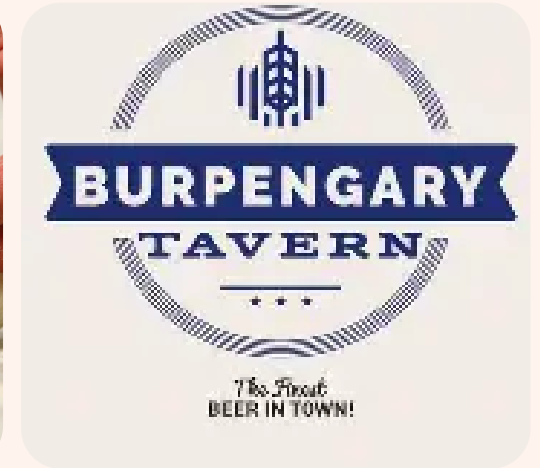
WEDNESDAY 20TH MAY

LET'S CREATE - PASTERIES

Location: In Centre
Start: 10:00am
Duration: 3hr

About: Join us for a special pastry-making session with one of our talented customers, a retired pastry chef. He will share his skills and tips for creating delicious pastries - and you'll even leave with a sweet treat to take home!

Additional \$10 billed to account - (no cash payments)



FRIDAY 22ND MAY

BURPENGARY TAVERN

Location: Eastern Service Rd, Burpengary
Start: 11:00am
Duration: 2hr

About: As one of Brisbane's oldest and longest-lasting pubs, the Burpengary Tavern (affectionately known as "The Burpo") has been more than just a place to eat and drink - it's been a cornerstone of the community for decades. Let's enjoy lunch together and have a chat.

Food and Drinks at own cost

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MONDAY 25TH MAY

MANLY HARBOUR BOAT CLUB

Location: 34 Fairlead Cres, Manly
Start: 10:00am
Duration: 3hr

About: Experience the breath-taking views, delicious modern cuisine and fun atmosphere of the Manly Harbour Boat Club.

With a generous menu, there is something for everyone to enjoy

Food and Drinks at own cost



TUESDAY 26TH MAY

CAFE TIME!

Location: Zesty Lemon Cafe
Start: 10:00am
Duration: 2hr

About: Soak up the beautiful water views of Moreton Bay as you enjoy a bite to eat of in-house made cakes and slices as well as a locally roasted brew.

This will be followed by a relaxing walk along the water

Food and Drinks at own cost



WEDNESDAY 27TH MAY

WOOD BURNING

Location: 1 Lamington Drive, Redcliffe
Start: 10:00am
Duration: 2hr

About: Start your craft and wood burning journey and get your creativity fired up.

Learn the basics of this fun and creative technique - No experience necessary!



FRIDAY 29TH MAY

CRAFTING WITH HEART

Location: In centre
Start: 10:00am
Duration: 2hr

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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