



Social Connections Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700

ROCKHAMPTON

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 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.



AUGUST 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Tai Chi & Chair Yoga Location: Suncare Hub Start: 10 am Duration: 3 hours Cost: \$10 inc Lunch	4 Pub Grub & Scenic Drive Location: Gladstone Start: 11am Duration: 3 hours	5 Market & Morning Tea Location: Doblo's Farmers Market Start: 10 am Duration: 3:00hrs	6 Book Swap and Lunch Location: Yeppoon Start: 10am Duration: 4 hours	7 Minds & Makers Club Location: Suncare Hub Start: 10am Duration: 4 hours	 Morning Walking Group Kershaw Gardens Every Wednesday Morning at 9am
10 Pub Grub & Scenic Drive Location: Rockhampton Start: 10 am Duration: 4 hours	11 Minds & Makers Club Location: Gladstone Start: 10am Duration: 4 hours	12 Grand Friends Intergenerational Group Location: Frenchville Start: 11am Duration: 3 hours	13 Beaches and Brunch Location: Yeppoon Start: 10am Duration: 3 hours	14 Minds & Makers Club Location: Suncare Hub Start: 10am Duration: 4 hours	
17 Tai Chi & Chair Yoga Location: Suncare Hub Start: 10 am Duration: 3 hours Cost: \$10 inc Lunch	18 Pub Grub & Scenic Drive Location: Gladstone Start: 11am Duration: 3 hours	19 Rail Museum & Lunch Location: Mount Morgan Start: 11 am Duration: 4hrs	20 Tanby Garden Centre & Cafe Location: Yeppoon Start: 10am Duration: 4 hours	21 Minds & Makers Club Location: Suncare Hub Start: 10am Duration: 4 hours	
24 Breaking Bread and Bargains Location: Emu Park Start: 10am Duration: 3 hours	25 Minds & Makers Club Location: Gladstone Start: 10am Duration: 4 hours	26 Grand Friends Intergenerational Group Location: Frenchville Start: 11am Duration: 3 hours	27 Movie Day Location: Yeppoon Start: 10am Duration: 4 hours	28 Minds & Makers Club Location: Suncare Hub Start: 10am Duration: 4 hours	
31 Information Session & Morning Tea Location: Suncare Hub Start: 10.30am-12noon Duration: 2 hours	Have an idea for an outing or in centre activity you'd love to see on our social calendar? We'd love to hear from you - 1800 786 227				



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

NEW: EXPLORE YOUR OPTIONS AT THE SUNCARE HUB INFORMATION SESSION

- Are you curious about what support is available to help you stay independent at home?
- Do you need help with understanding My Aged Care?

Join us at the Suncare Hub for an informative and welcoming session designed to help you better understand the services, supports and opportunities available to you.

Suncare is hosting an information session where you will have the opportunity to hear directly from the local Suncare team, who bring extensive knowledge of services across the region.

We will walk you through everything you need to know in a clear and easy to understand way, with plenty of time for questions and open conversation with the Suncare team.

WHAT YOU WILL LEARN:

- How to register with My Aged Care, including step by step guidance
- What Suncare services are available and the value they provide
- How to access additional support
- The benefits of staying connected, active and supported within your community
- Who to talk to and how to get started

THIS SESSION IS IDEAL FOR ANYONE:

- Exploring support at home for the first time
- Wanting to understand what additional support is available
- Considering changing providers
- Looking to make the most out of their existing package
- Seeking more social connection
- Wanting to meet the local Suncare team
- Friends and family interested in attending

WHY ATTEND?

Navigating Aged Care can feel overwhelming, but it doesn't need to be. This session provides a relaxed and supportive environment where you gain practical information and assistance that allows you to take the next step with confidence.

Our Lifestyle Coordinator, Care Partner and Clinician will be available on the day to support you with all of your needs.

WHEN?

- Monday 31st August 2026
- From 10.30am - 12.30pm (arrive at a time that suits you)
- Morning Tea Provided

It would be appreciated if you contacted Suncare to commit your attendance to ensure we cater appropriately: 1800 786 227

We look forward to seeing you in person and providing any support you need!



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AUGUST 2026 Outing Program

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MONDAY 3RD AUGUST

TAI CHI & CHAIR YOGA

Location: Suncare Hub
Start: 10:00am
Duration: 3 hours

About: Tai Chi – a gentle flowing exercise that combines slow and controlled movements with deep breathing and relaxation.

About: Chair Yoga – modified form of yoga while seated, focusing on gentle stretching to improve mobility and reduce tension.

Cost: \$10 – Lunch provided.



TUESDAY 4TH AUGUST

PUB GRUB & SCENIC DRIVE

Location – Gladstone
Start: 11:00am
Duration: 3 hours

About: Join us as we explore some of the great local eateries our community has to offer. Enjoy a relaxed meal, good company and the chance to try something new while socialising and supporting local venues.

Cost: Own Meal



WEDNESDAY 5TH AUGUST

DOBLO'S MARKET & MORNING TEA

Location – Rockhampton
Start: 10:00am
Duration: 3 hours

About: Join us as we explore some of the great local produce at Doblo's Farmers Market with a large variety of fruit and vegetables are on offer. We will then end the outing with a lovely Morning Tea, socialising with each other.

Cost: Own Meal



THURSDAY 6TH AUGUST

BOOK SWAP & LUNCH

Location – Yeppoon
Start – 10:00am
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.

Cost: Own Meal



FRIDAY 7TH AUGUST

MINDS & MAKERS CLUB

Location – Suncare Hub
Start – 10:00am
Duration – 4hours

About: A fun and social group bringing together the best of creativity and friendly competition.

Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy. This is a great opportunity to learn a new skill, share a laugh and connect with others.

Cost: \$10 – Lunch provided



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AUGUST 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY 10TH AUGUST

PUB GRUB & SCENIC DRIVE

Location – Rockhampton
Start: 10.00am
Duration: 4 hours

About: Join us as we explore some of the great local eateries our community has to offer.

Enjoy a relaxed meal, good company and the chance to try something new while socialising and supporting local venues.

Cost: Own Meal



TUESDAY 11TH AUGUST

MINDS & MAKERS CLUB

Location – Gladstone
Start – 10:00am
Duration – 4hours

About: A fun and social group bringing together the best of creativity and friendly competition.

Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy.
This is a great opportunity to learn a new skill, share a laugh and connect with others.

Cost: \$10 – Lunch provided



WEDNESDAY 12TH AUGUST

GRANDFRIENDS INTERGENERATIONAL GROUP

Location– Rockhampton
Start – 11:00am
Duration – 3 hours

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 13TH AUGUST

BEACHES AND BRUNCH

Location– Yeppoon Foreshore
Start – 10:00am
Duration – 4 hrs

ABOUT – Join us for a relaxing day out at the Yeppoon beaches for a gentle stroll along the waters edge, enjoying the fresh air and ocean views.

Then we will stop for a delicious lunch at one of Yeppoon wonderful local eateries.

Cost: Own meal



FRIDAY 14TH AUGUST

MINDS & MAKERS CLUB

Location – Suncare Hub
Start – 10:00am
Duration – 4hours

About: A fun and social group bringing together the best of creativity and friendly competition.

Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy.
This is a great opportunity to learn a new skill, share a laugh and connect with others.

Cost: \$10 – Lunch provided



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AUGUST 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY 17TH AUGUST

TAI CHI & CHAIR YOGA

Location: Suncare Hub
Start: 10:00am
Duration: 3 hours

About: Tai Chi – a gentle flowing exercise that combines slow and controlled movements with deep breathing and relaxation.

About: Chair Yoga – modified form of yoga while seated, focusing on gentle stretching to improve mobility and reduce tension.

Cost: \$10 – Lunch provided.



TUESDAY 18TH AUGUST

PUB GRUB & SCENIC DRIVE

Location: Gladstone
Start: 11:00am
Duration: 3 hours

About: Join us as we explore some of the great local eateries our community has to offer. Enjoy a relaxed meal, good company and the chance to try something new while socialising and supporting local venues.

Cost: Own Meal



WEDNESDAY 19TH AUGUST

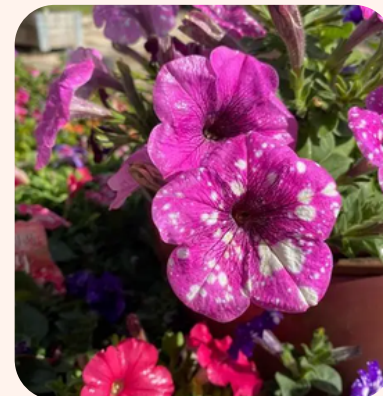
RAIL MUSEUM & LUNCH

Location: Mount Morgan
Start: 11:00am
Duration: – 4 hours

About: Join us in historic Mount Morgan Rail Museum for a guided tour where we can explore the rich history that the museum has to offer.

Afterwards, we will enjoy a delicious lunch together at one of the local eateries nearby before ending the day with a scenic drive home.

Cost: Own Meal



THURSDAY 20TH AUGUST

TANBY GARDEN CENTRE & LUNCH

Location: Yeppoon
Start: 10:00am
Duration: 3 hours

About: Enjoy a relaxing day out exploring the beautiful Tanby Gardens, followed by a lovely lunch at one of Yeppoon's local eateries. Take in the peaceful surroundings, fresh air and scenic views. A perfect opportunity to unwind, connect with others and make the most of our coastal community.

Cost: Own Meal



FRIDAY 21ST AUGUST

MINDS & MAKERS CLUB

Location: – Suncare Hub
Start: – 10:00am
Duration: – 4 hours

About: A fun and social group bringing together the best of creativity and friendly competition.

Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy. This is a great opportunity to learn a new skill, share a laugh and connect with others.

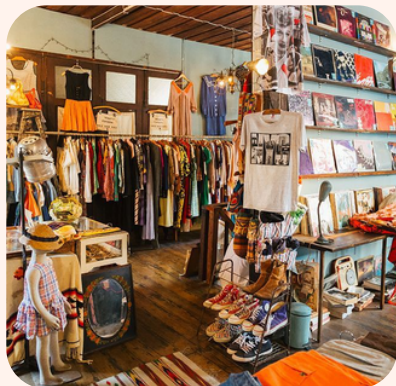
Cost: \$10 – Lunch provided



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AUGUST 2026 Outing Program

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MONDY 24TH AUGUST

BREAKING BREAD & BARGAINS

Location - - 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.

Cost: Own meal



TUESDAY 25TH AUGUST

MINDS & MAKERS CLUB

Location - Gladstone
Start - 10:00am
Duration - 4hours

About: A fun and social group bringing together the best of creativity and friendly competition.

Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy.
This is a great opportunity to learn a new skill, share a laugh and connect with others.

Cost: \$10 - Lunch provided



WEDNESDAY 26TH AUGUST

GRANDFRIENDS INTERGENERATIONAL GROUP

Location- Rockhampton
Start -11:00am
Duration - 3 hours

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 27TH AUGUST

MOVIE BONANZA

Location- Yeppoon Cinema
Start -10:00am
Duration - 4hrs

ABOUT - Join us for a relaxing day out at the Yeppoon Cinema, to watch the latest block buster.
Movie will be decided on the day, depending on availability.

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

Cost: \$10 plus own meal



FRIDAY 27TH AUGUST

MINDS & MAKERS CLUB

Location - Suncare Hub
Start - 10:00am
Duration - 4hours

About: A fun and social group bringing together the best of creativity and friendly competition.

Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy.
This is a great opportunity to learn a new skill, share a laugh and connect with others.

Cost: \$10 - Lunch provided



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AUGUST Therapy Activities

WEDNESDAYS

AQUA-FIT

Time: 10:00–11:00

LOCATION 2ND World War Memorial Aquatic Centre

MAx 8 people

Duration 1 hour



FRIDAYS

PHYSIO-FIT

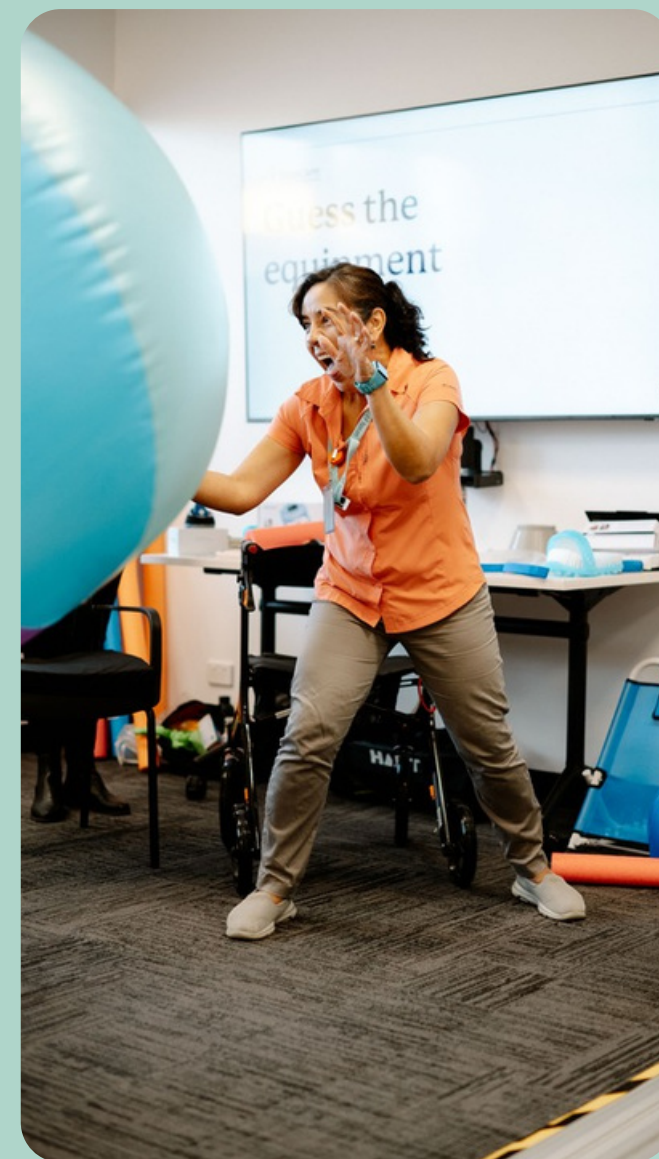
TIME: 10.00am –11.00am

LOCATION: 80 Denham Street Rockhampton

MAX: 8 people

DURATION: 1 hour

COST: \$80



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