

Social Connections Program



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

NOVEMBER 2026

SUNCARE : 80 DENHAM STREET, ROCKHAMPTON





Important Information

BOOKING PROCESS:

Expressions of interest to attend our in-centre activities or social outings are open from the 1st-14th of the month prior. Simply contact Suncare on 1800 786 227 or contact@suncare.org.au.

ACTIVITY PRICING:

Some of our activities may attract additional costs associated with meals, tickets or personal purchases. Where possible, prices will be listed and we aim to keep all planned activities affordable for most.

TRANSPORT:

Transport is available to and from activities for most catchment areas and will be billed separately. Collection times may vary but we aim to have you at your planned activity on time.

CANCELLATION POLICY:

Suncare require all cancellations to be communicated at least 1 x full business day prior, to avoid paying the cancellation fee.

CONFIRMATION CALLS:

Suncare will contact customers scheduled to attend a social outing, to confirm estimated transport collection time. This call will be made the day before the social outing.

WAITLIST:

Suncare will make every effort to avoid waitlisting for customers wanting to join our social program by applying additional resources where possible.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Walking Group	3 Mind & Makers Gladstone 	4 Grand Friends Intergenerational Group	5 Byfield BBQ 	6 Creations & Competitions
9 Walking Group Dululu Pub	10 Pub Grub Club Mt Larcom 	11 Remembrance Day Morning Tea 	12 Yeppoon Social Outing 	13 Creations & Competitions
16 Walking Group Chair Fitness	17 Tucker and Tech Gladstone 	18 Grand Friends Intergenerational Group	19 Yeppoon Social Outing 	20 Customer Christmas Party
23 Walking Group Chair fitness	24 Bargins & Brunch Colliope 	25 Tinkerage Workshop 	26 Yeppoon Social Outing 	27 Creations & Competitions
30 Walking Group Info Session				

Walking Group

Date	Every Monday
Time	7:00am-8:00am
Meet every Monday morning to enjoy a lovely walk in the fresh air, surrounded by the beautiful scenery of Kershaw Gardens,, or the scenic Frenchville Road stroll.	
\$	No Additonal Cost
	All walking abilities

Minds and Makers Gladstone

Date	Tuesday 3 rd November
Time	10:00-2:00pm (4hrs)
Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy. We will have lunch at one of the many eareries in Galadstone	
\$	Cost of meal and drinks
	All walking abilities

Grand-Friends Intergenerational Group

Date	Wednesday 4 th November
Time	10.00am - 1.00pm (3hrs)
Join us at Illoura Childcare for our Intergenerational outing where we bridge the gap, preserve stories, promote healthy aging and reduce loneliness.	
\$	No additional Cost
	Walk from the car park to centre

Byfield National Park Stoney Creek BBQ and Swim

Date	Thursday 5 th November
Time	10.00am - 2.00pm (4hrs)
Join us for a fun day at Stoney Creek with a refreshing swim for those who wish to participate, or simply relax and enjoy the beautiful surroundings. Finish the day with a delicious BBQ lunch and great company.	
\$	\$10
	Basic swimming skills required. Walk 300m from carpark.



Dululu Pub and Scenic Drive

Date	Monday 9 th November
Time	11.00am – 3.00pm (4hrs)
Join us at the iconic Dululu Pub for a delicious lunch, followed by a scenic drive to explore what this quaint little town offers.	
\$	Cost of meal and drinks
🚶	Walk from car Park

**Pub & Grub Club
Mt Larcom**

Date	Tuesday 10 th November
Time	10.00am – 2.00pm (4hrs)
Enjoy a lovely day out in the small but thriving town of Mt Larcom where we will take in the sights and enjoy a lunchtime meal together.	
\$	Cost of meal and drinks
🚶	Walk from the car park , transfer from car to bus may be requierd .

Yeppoon Social Outing

Date	Thursday 12 th November
Time	10.00am – 2.00pm (4hrs)
Join us as we explore beautiful Yeppoon! Take in the coastal views, visit a local café or pub, and enjoy a relaxing day out filled with fun, friendship, and adventure.	
\$	Cost of meal and drinks
🚶	Walk along the shore front



Tech & Tucker Gladstone

Date Tuesday 17th November

Time 11:00am-3:00pm

Join us for an interactive session with a technology expert who can assist with answering any questions you have about your smart phone or ipad / tablet.

\$ Cost of meal and drinks

♿ All walking abilities

Grand-Friends Intergenerational Group

Date Wednesday 18th November

Time 10.00am - 1.00pm (3hrs)

Join us at Illoura Childcare for our Intergenerational outing where we bridge the gap, preserve stories, promote healthy aging and reduce loneliness.

\$ No additional Cost

♿ Walk from the car park to centre

Yeppoon Social Games & Trivia

Date Thursday 19th November

Time 10.00am - 2.00pm (4hrs)

The best of creativity and friendly competition as we enjoy crafts, games and trivia, keeping your mind active and your hands busy.

No additional cost

♿ All abilities

Customer Christmas Party

Date Friday 20th November

Time 11:30pm-2:30pm

Its Christmas Spirit time!
Join us for our annual Christmas Party as we celebrate the year that was with good food, live entertainment and the friendly company of others.

\$ \$30 - luncheon

♿ All abilities



Bargains and Brunch Colliope

Date	Tuesday 24 th November
Time	10.00am - 1.00pm (3hrs)
Join us for a fun day out bargain hunting in the lovely region of Colliope. We will enjoy the scenery and find a lovely local cafe for a delicious brunch.	
\$	Own meal and purchases
♿	Ability to walk through shops

Tinkering Workshop and cafe lunch

Date	Wednesday 25 th November
Time	9:00am - 13:00pm
Join us the Tinkering Workshop where we will learn how to bring old items back to life with a bit of TLC. Afterwards, we will enjoy a tasty cafe meal.	
\$	Cost of meal and drinks
♿	Up to 50m from carpark

Yeppoon Social Outing

Date	Thursday 19 th November
Time	10.00am - 2.00pm (4hrs)
The best of creativity and friendly competition as we enjoy crafts, games and trivia, keeping your mind active and your hands busy.	
\$	Cost of meal & drinks
♿	All abilities



Remembrance Day: Lest We Forget

Date	Wednesday 11 th November
Time	10:00-1:00pm
On the 11 th hour of the 11 th day of the 11 th month, we take a moment of silence to reflect on the courage, resilience and selflessness of those who gave so much for our freedom.	
	Morning Tea & Guest Speaker
	Held at Suncare Hub

Creations & Competitions

Date	Every Friday
Time	10:00am-1:00pm
Enjoy a variety of games, creative craft activities, and fun trivia challenges. A great way to keep your mind active, get creative, and enjoy time with friends.	
	No extra cost
	Held at Suncare Hub

Chair Fitness

Date	Monday 16, 23, & 30 November
Time	10:30am - 12.30am (2hrs)
Enjoy a gentle and supportive session designed to improve strength, flexibility, and balance, while seated or using a chair for support.	
	\$10 - lunch provided
	Held at Suncare Hub



AQUA FITNESS
Every Wednesday
10.00am - 11.00am
War Memorial Aquatic Centre

Clinically led, the Aqua Fit program offers a low impact exercise program conducted in the water. Designed to build strength, flexibility, balance and cardio fitness, the natural resistance of the water helps you exercise safely, while reducing stress on joints and muscles.

♿	Suitable for wheelchair users
🚶	200m walk from carpark to hall



PHYSIO FITNESS
Every Friday
3:00pm-4:00pm
Suncare Hub

Facilitated by a clinician, this gentle exercise program is designed to improve muscle strength, balance, flexibility and coordination. A combination of seated and standing exercises, you will build confidence, improve mobility and help reduce the risk of falls.

♿	Suitable for wheelchair users
🚶	Up to 50 m walk from carpark



SPECIAL EVENT

Suncare Information Session

Suncare Community Centre

Date Monday 30th November

Time 10:30am -12:30pm

Join Suncare for an informative session about aged care services and support available through My Aged Care (MAC). Learn about accessing services, navigating the aged care system, and the programs available to help you maintain your independence, health, and wellbeing. There will also be an opportunity to ask questions and receive helpful guidance.



Light refreshment will be provided



Wheelchair Accessible



Held at Suncare Hub

