

Social Connections Program



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

OCTOBER 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 requires 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.

WAITLISTS:

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
			1 Yeppoon Social \$ Outing ♿	2 Seniors Month \$ Luncheon ♿
5 Walking Group ♿ Chair Fitness ♿	6 \$ Gladstone Movie ♿	7 Tinkerage Workshop ♿	8 Yeppoon Social \$ Outing ♿	9 Minds & Makers ♿ \$
12 Walking Group Mt Morgan Rail Museum and Lunch	13 Pub Grub Club \$ Gladstone ♿	14 Grand Friends Intergenerational Group ♿	15 Yeppoon Social \$ Outing ♿	16 Minds & Makers ♿ \$
19 Walking Group Bingo RSC \$ ♿	20 Tucker & Tech Gladstone ♿	21 Tinkerage \$ Rockhampton ♿	22 Yeppoon Social \$ Outing ♿	23 Minds & Makers ♿ \$
26 Walking Group Information Session ♿	27 Pub Grub Club \$ Gladstone ♿	28 Grand Friends Intergenerational Group ♿	29 Yeppoon Social \$ Outing ♿	30 Halloween Movie ♿ \$

Yeppoon Social Outing Tanby Road Garden Centre

Date	Thursday 1 st October
Time	11.00am - 3.00pm (4hrs)
Join us as we enjoy a relaxed meal, good company and the chance to try something new while socialising and supporting local venue.	
\$	Cost of meal and drinks
🚶	Up to 100m from carpark to venue

Walking Group

Date	Every Monday
Time	7.00am - 8.00am (1hr)
Meet every Monday morning to enjoy a lovely walk in the fresh air, surrounded by the beautiful scenery of Kershaw Gardens or Frenchville Road walking track.	
	No additional cost
	All walking abilities

Movie Mates Gladstone

Date	Tuesday 6 th October
Time	9.00am - 1.00pm (4hrs)
Enjoy a great outing at the local movie theatre, followed by a meal at one of the nearby cafes. Movie to be selected on the day.	
\$	Cost of Movie Ticket and meal
🚶	Up to 100m walking

Tinkering Workshop and cafe lunch

Date	Wednesday 7 th October
Time	9.00am - 1.00pm (4hrs)
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
🚶	Walk from carpark



Secret Garden Cafe Yeppoon

Date	Thursday 8 th October
Time	10.00am - 2.00pm (4hrs)
Enjoy a relaxing morning at Secret Garden Café, with great food, good company, and beautiful surroundings. A perfect chance to socialise and meet new friends.	
\$	Cost of meal and drinks
🚶	Up to 100m from carpark to venue

Mt Morgan Rail Mesum and Lunch

Date	Monday 12 th October
Time	10.00am - 2.00pm (4hrs)

Step back in time with a visit to the Mt Morgan Rail Museum, where you'll discover the rich railway history of the region. After exploring the museum, we'll enjoy a relaxed lunch

\$ Cost of meal and drink

♿ Walk through Museum



Pub grub and lunch Gladstone

Date	Tuesday 13 th October
Time	10.00am - 2.00pm (4hrs)

Join us as we enjoy a relaxed meal, good company and the chance to try something new while socialising and making new friendships and connections

\$ Cost of meal and drinks

♿ All abilities

Grand-Friends Intergenerational Group

Date	Wednesday 14 th October
Time	10:00am-1:00pm

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

♿ All abilities



Lure Living Yeppoon

Date	Thursday 15 th October
Time	10.00am - 2.00pm (4hrs)

Enjoy a relaxing morning together at Lure Living Cafe Yeppoon, where they serve all day breakfast coffee fresh juices and are a licenced venue.

\$ Cost of meal and drinks

♿ All abilities

Bingo RSC

Date	Monday 19 th October
Time	10.00am - 2.00pm (4hrs)

Enjoy playing bingo in a lively social setting against other avid players before we make our way to the dining room for a delicious lunch.

\$ \$24 for all games blocher plus meal and drinks. BYO Blotcher

♿ Up to 50m from carpark



Tucker & Tech Gladstone

Date	Tuesday 20 th October
Time	11.00am - 3.00pm (4hrs)

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

♿ Up to 50m from carpark

Tinkerage Workshop and cafe lunch

Date	Wednesday 21 st October
Time	9.00am - 1.00pm (4hrs)

Join us the Tingerage 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 Breaking Bread & Bargains

Date	Thursday 22 nd October
Time	10.00am - 2.00pm (4hrs)

Today's outing will see us explore some of the local cheap shops as we hunt for some bargains, before ending the outing with a delicious lunch at a local favourite.

\$ Cost of meal and drinks

♿ Up to 100m walking



Pub grub and lunch Gladstone

Date	Tuesday 27 th October
Time	11.00am - 3.00pm (4hrs)
Come along for a fun filled outing to the Harvey Road Tavern in Gladstone as we enjoy a relaxed meal and good company at a local favourite.	
\$	Cost of meal and drinks
	Up to 100m from carpark

Grand-Friends Intergenerational Group

Date	Wednesday 28 th October
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
	All abilities

Yeppoon Social Outing Causeway Lake Cafe

Date	Thursday 29 th October
Time	10.00am - 2.00pm (4hrs)
Today is to Causeway Lake Café for a delicious lunch at a local favourite. Then we'll enjoy a gentle stroll by the lake, taking in the beautiful surroundings and fresh air	
\$	Cost of meal+ drinks
	Up to 100m walking



Seniors Month Morning Tea

Date	Friday 2 nd October
Time	10:00am - 2:00pm (3hrs)
Let's celebrate Seniors Month together! Join us at our Suncare Hub for a wonderful morning tea and lots of fun activities, celebrating you!	
	FREE
	Held at Suncare Hub



Minds & Makers Club

Date	Friday 9 th , 16 th , 23 rd
Time	10:00am - 2:00pm (3hrs)
Enjoy a mix of games, craft and trivia, all designed to keep your mind active and your hands busy.	
	Light Lunch Provided
	Held at Suncare Hub

Chair Fitness

Date	Monday 5 th & 12 th October
Time	10:00am - 1:00pm (3hrs)
Enjoy gentle seated stretches and movements to improve flexibility, relaxation and wellbeing.	
	No additional costs
	Held at Suncare Hub

Information Session

Date	Monday 26 th October
Time	10:30am-12:30pm
Join us at the Suncare Hub for an informative and welcoming session designed to help you better understand the services and supports available to you.	
	Morning Tea Provided
	Held at Suncare Hub

Halloween

Date	Friday 30 th October
Time	10:00am - 2:00pm (3hrs)
Come and join us for a spooky movie, choose from Jaws, Frenkstine , Beetlejuice or Ghostbusters.	
	No additional costs
	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.



May not be suitable



Up to 50m walk from carpark



PHYSIO FITNESS
Every Friday
10.00am - 11.00am
Suncare Hub

Facilitated by a clinician, this gentle exercise program is designed to improve muscle strength, balance, flexibility and coordination.

Using 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 50m walking





Artisan Handmade Markets

Date Saturday 10th October

Time 9:00am - 12:00pm

Join SSG for a wonderful day out at the Artisan Handmade Markets on Saturday, 10 October!

Explore a vibrant selection of locally handmade crafts, unique gifts, delicious treats, and artisan products while enjoying the lively community atmosphere.

This outing is a great opportunity to socialise with friends, support local makers, and discover something special.

Whether you're looking for handmade treasures, enjoying the entertainment, or simply soaking up the market vibes, there's something for everyone to enjoy.

