



Social Connections Program



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



DECEMBER 2026

SUNCARE HUB: 80 DENHAM STREET, ROCKHAMPTON 1800 786 227

Monday 30th	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Wards Brewery Gladstone 11:00 - 3:00 ♿️ 🚶 The perfect spot to enjoy a delicious pub lunch with friends while enjoying the ambiance of the setting. 💰 ♿️ Cost of own meal	Grand-Friends Illoura 11:00 - 2:00 ♿️ 🚶 Join us at Illoura Childcare for our Intergenerational outing where we bridge the gap, preserve stories, promote healthy aging and reduce loneliness. ♿️ 💰	Yeppoon Kinka Kipper 10.00 - 2:00 ♿️ 🚶 Enjoy a tasty meal and great company at The Kinks Kipper Fish & Chip Shop. A perfect chance to relax, socialise, and enjoy a classic fish and chips outing! 💰 ♿️ Cost of own meal	

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
Walking Group 7:00-8:00 Hoy at the Caves 10:00-2:00 HOY! is a simple Bingo-style card game where players match cards as they are called. The first player to cover or flip all their cards and call out "HOY!" wins. 💰 \$2.50per game ♿️	Aquaculture Gladstone 10.30 - 2.30 ♿️ 🚶 Lets join the staff at Awoonga dam while the feed the fish and learn about the processes behind what they do. Finishing the day off with a picnic lunch . 💰 \$10.00 ♿️	Bunnings Shop and Lunch 9:00-1:00 ♿️ 🚶 Need items for home repairs a new plant or 10 , lets get our bunnings on . we will head out aftrer for a well deserved lunch at The Parkhurst Tavern 💰 Cost of own meal	Bonjour Mate Patisserie 10:00 - 2:00 ♿️ 🚶 Join us at a French cafe , with a mix of savoury and sweet treats . While we chat and drink coffee think about grabbing a little treat to take home . 💰 Cost of own meal	

10.30 - 2.30

Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
Walking Group 7:00-8:00 Spotlight 12:00-2:00 Enjoy a trip to Spotlight to browse, shop, and socialise with friends while exploring creative and home-inspired treasures. \$ ♿ 🚶	Gladstone Bunnings 10:00 - 2:00 ♿ 🚶 Need items for home repairs a new plant or 10, let's get our bunnings on. We will head out after for a well-deserved lunch at KFC or Subway \$ ♿ 🚶	Grand-Friends Illoura 11:00 - 2:00 ♿ 🚶 Join us at Illoura Childcare for our Intergenerational outing where we bridge the gap, preserve stories, promote healthy aging and reduce loneliness ♿ 🚶	Yeppoon Flour Cafe 10:00 - 2:00 ♿ 🚶 Wanting some Pumpkin fritters or golden smashed potatoes, with a house made hollandaise sauce. Let's join together and chat. \$ ♿	

Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
Walking Group 7:00-8:00 🚶 ♿ 	Gladstone Sollys and snacks 10:00-2:00 ♿ 🚶 Come shopping at Silly Sollys and a stop at neighbouring Cafe Fresh Fix, while we share a meal chat and catch up. \$ Cost of own meal	Cousins On William Brunch 10:00 - 2:00 ♿ 🚶 Join us at Cousins café offering great coffee, fresh homemade meals, making it a popular spot for social outings and community connection \$ Cost of own meal & drinks	Yeppoon Bunnings 10:00 - 2:00 ♿ 🚶 Need items for home repairs a new plant or 10, let's get our bunnings on. We will head out after for a well-deserved lunch at a nearby takeaway. \$ Cost of own meal	

Monday 28th



Tuesday 29th

Gladstone
Hand and Foot
10:00-2:00



Enjoy a friendly game of Hand & Foot while keeping your mind active, sharing laughs, and socialising with friends in a relaxed and welcoming setting.

\$ Cost of own meal

Wednesday 30th

Hogs Breath
Rockhampton
11.00 - 2.00



Join us at Hog's Breath for tasty food, friendly conversation, and a fun day out.

Meals from \$16.90

\$ Cost of own meal

Thursday 31st

Yeppoon
Boba Shack
10:00 - 2:00



Join us for a walk along the Yeppoon foreshore then a 200m walk to Boba Shack for lunch, fresh asian style options.

\$ Cost of own meal

Friday 1st



Monday's



Information Session
Monday 21st December
Suncare Hub
10:00 - 12:30



Tuesday's



Wednesday's



Thursday's



Friday's

Minds Makers & Movies X-Mas

Suncare Hub
10:00-13:00

Minds Makers & Movies X-Mas

Suncare Hub
10:00-13:00

Minds Makers & Movies X-Mas

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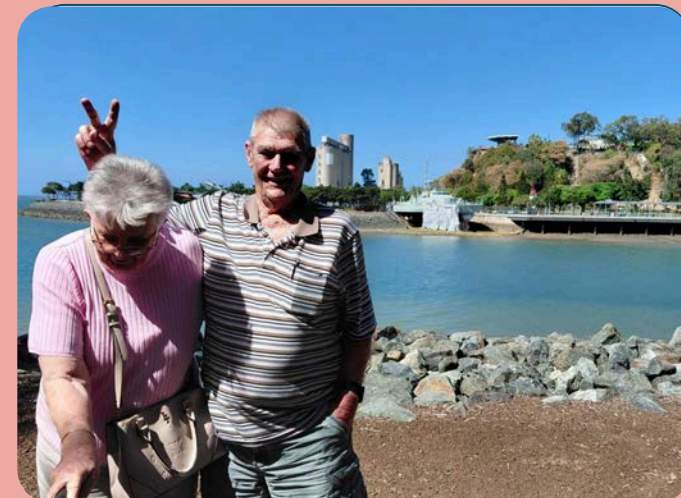
In Centre

Activity Category:

Walking Group

Our friendly walks are a great way to get moving at your own pace while exploring local parks, pathways and scenic surrounds. Every step is a step towards better health and new friendships!

Date: Every Monday
Location: Various Locations



Information Session

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.

Date: Monday 21st December
Location: Suncare Hub



Minds, Makers & Movies, Xmas

Enjoy a mix of Christmas themed games, craft and trivia with the occasional movie session, all designed to keep your mind active and your hands busy.

Date: Every Friday
Location: Suncare Hub





Therapy

Activity Category:

Monday's

Tuesday's

Wednesday's

Thursday's

Friday's

Aqua Fitness
War Memorial Aquatic
Centre
10:00am-11:00am



Aqua Fitness
War Memorial Aquatic
Centre
10:00am-11:00am



Aqua Fitness
War Memorial Aquatic
Centre
10:00am-11:00am



Aqua Fitness
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Centre
10:00am-11:00am



Aqua Fitness
War Memorial Aquatic
Centre
10:00am-11:00am



Physio Fitness
Suncare Hub

3:00pm -4:00pm



Physio Fitness
Suncare Hub

3:00pm -4:00pm



Physio Fitness
Suncare Hub

3:00pm -4:00pm



Physio Fitness
Suncare Hub
3:00pm-4:00pm



Physio Fitness
Suncare Hub

3:00pm -4:00pm



Aqua Fitness

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.

Pool Entry Fee

Date: Every Wednesday
Location: War Memorial Aquatic Centre



Physio Fit

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.

Date: Every Friday
Location: Suncare Hub





SPECIAL EVENT: DECEMBER 2026

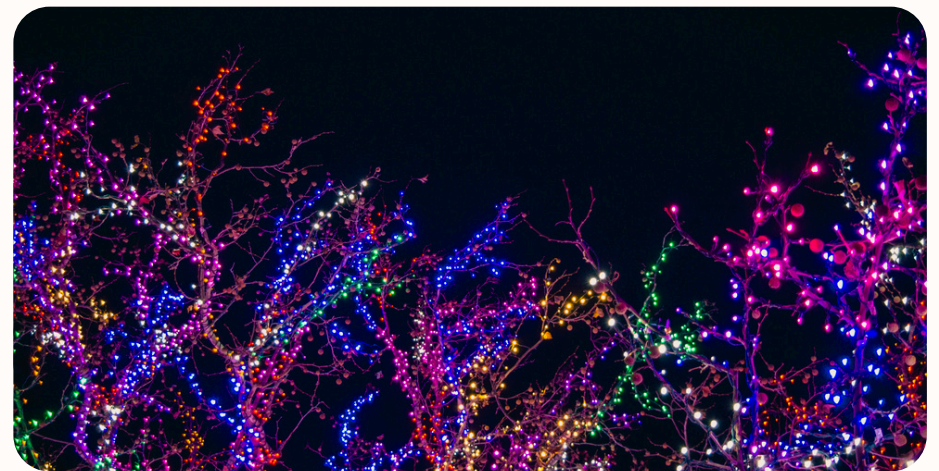
Suncare Information session

Suncare Community Centre

Date Monday 21st December, 2026

Time 1:30am – 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.



SPECIAL EVENT: DECEMBER 2026

Christmas Light Tour

Suncare Community Centre

Date Wednesday 9th December, 2026

Time 6:30–8:00pm

🌲 Christmas Lights Tour 🌲

Celebrate the magic of the festive season with our Christmas Lights Tour. Enjoy an evening out as we travel through the local area to admire the colourful and creative Christmas displays that brighten our community. Gather with friends, embrace the holiday cheer, and experience the joy and wonder of Christmas lights sparkling under the night sky. It's a wonderful way to get into the Christmas spirit and share a memorable evening together.

Bookings open from the 1st to the 14th of the month before the activity.



Email: contact@suncare.org.au



During busy periods our phone system offers several options to help you connect with us:

- Remain on Hold - and keep your place in the queue
- Leave a Voicemail - and we will return your call within 30 minutes
- Request a Callback - while retaining your place in the queue



Some activities may have additional costs including ticket entry. These will be advised and billed separately



Transport is available for most social outings within our service area. Please ask about transport when making your booking.



To avoid a cancellation fee, please ensure you let us know at least 2 x business days before your activity if you can no longer attend



If you have requested transport, Suncare will contact you the day before your outing with an estimated pick up time

MY BOOKINGS