



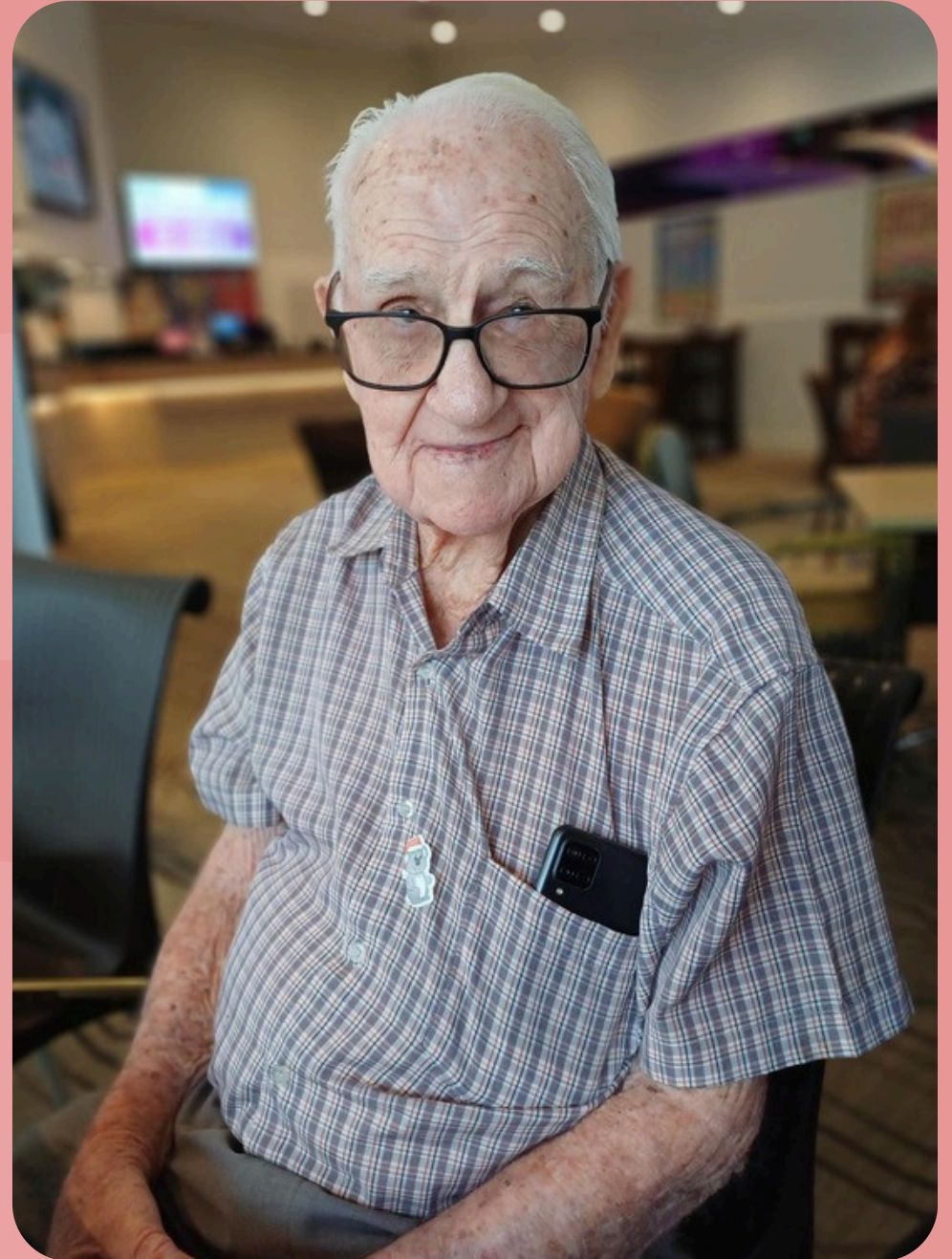
Social Connections Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700

ROCKHAMPTON
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 meals or associated ticket expenses
- 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



May 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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NOTES

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5

Gracemere Pub
Location: Old Capricorn Highway Gracemere
Start: 11:30
Duration: 2hrs

6

Mothers Day Morning Tea Riverstone Tea Rooms
Location: 186 quay Street
Start: 11:00
Duration: 2hrs

7

Op-Shop and Stop Yeppoon
Location: 2 Charles street Yeppoon Queensland 4703
Start: 11:00
Duration: 2hrs

8

Aged Care and Disability Expo
Location: Rockhampton Showgrounds Waldal
Start: 9:00am to 3:00pm
Duration: Drop in for

11

Kershaw Walking Group
Location: Morse Creek Road
Start: 08:00am
Duration: 1hrs

12

Cafe Companions
Location: The Giddy Goat
Start: 11:00am
Duration: 2hrs

13

Op-shop Adventure
Location: Rockhampton
Start: 11:30
Duration: 2hrs

14

Schotia Place
Location: 114 William Street
Start: 11:30
Duration: 2hrs

15

Mahjong for Beginners
Location: 80 Denham Street
Start: 11:00am
Duration: 2hrs

18

Yaralla Sports Club
Location: 120 O'Connell Street, Gladstone QLD 4680
Start: 11:30
Duration: 3hrs

19

East Street Buffet
Location: 145 East Street
Start: 11:00
Duration: 2hrs

20

Club Parkhurst
Location: 984 Yaamba Road Parkhurst
Start: 11:00am
Duration: 2hrs

21

22

Prize Bingo
Location: 80 Denham Street
Start: 11:00
Duration: 2hrs

25

Botanical Gardens Walk
Location: 100 Jessy Street
Start: 12:30
Duration: 2hrs

26

The Green Eat
Location: 49 Archer Street
Start: 11:00am
Duration: 2hrs

27

Mount Archer Picnic
Location: Pilbeam Drive
Start: 11:00am
Duration: 2hrs

28

Yeppoon Beaches Bistro
Location: 34 Vine Jones Memorial Drive
Start: 11:30
Duration: 2hrs

29

Craft Corner Scrapbooking
Location: 80 Denham Street
Start: 11:00am
Duration: 2hrs



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



TUESDAY 5TH MAY

GRACEMERE HOTEL

Location: Old Capricorn Highway
Start: 11:30
Duration: 2 hrs

About: Join us at the Gracemere tavern. the place promises a relaxed and friendly atmosphere, and central Queensland hospitality. The menu ranges from loaded chicken parmie to steak and plenty in between.



WEDNESDAY 6TH MAY

MOTHERS DAY MORNING TEA RIVERSTON TEA ROOMS

Location: 186 quay Street
Start: 11:00am
Duration: 2hrs

About: Join us for a special Mother's day luncheon to share warmth friendship and delicious food. Where we celebrate the incredible women who nurture and inspire us every day. Come celebrate the heart of our communities. It's a perfect opportunity to reminisce, enjoy good food and create new memories together.



THURSDAY 7TH MAY

OP-SHOP AND STOP

Location: Yeppoon
Start: 11:00am
Duration: 2hrs

About: Join us for an adventure scouring Yeppoon Op-Shops we will seek out treasures; it may be a preloved dress or a new pair of slacks . After we clean out the shops we can grab a bite at the scenic beautiful Sail Club.



FRIDAY 8TH MAY

DISSABILITY AND AGED CARE EXPO

Location: Rockhampton Showgrounds Highway
Start: 9:00am
Duration: Drop in between 9am-3pm

About: Discover a range of products, services, and support networks designed for individuals, families, and carers in the aged care and disability sectors. Connect with exhibitors, explore solutions, and find the support you need—all in one place. We will see you there.



MONDAY 11TH MAY

KERSHAW WALKING GROUP

Location: Kershaw Gardens
Start: 8:00am
Duration: 1hr

About: Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections. Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.



TUESDAY 12TH MAY

CAFE COMPANIONS THE GIDDY GOAT

Location: The Giddy Goat
Start: 11:00am
Duration: 2hrs

About: Start the day with meaningful conversations and new connections over coffee and cake. A relaxed outing designed to enjoy good company, friendly chats, and a warm, welcoming atmosphere.



WEDNESDAY 13TH MAY

OP SHOP AND STOP

Location: Rockhampton
Start: 11:00am
Duration: 2hrs

About: Join us for an adventure scouring Op-Shops we will seek out treasures; it may be a preloved dress or a new pair of slacks. After we can grab a light lunch at Rockhampton's own Captain Nemos Sub .



THURSDAY 14TH MAY

SCHOTIA PLACE

Location: 201 Bowlsover Street
Start: 11:30am
Duration: 2hrs

About: Join us at Schotia Place for lunch ,bring along friends and meet new people , we offer low cost meals Musical Morning Tea & Lunch (Thursday).

Come and join us at Schotia Place for morning tea, lunch and entertainment on the second, third & fourth Thursday every month.



FRIDAY 15TH MAY

MAHJONG

Location: In Centre
Start: 11:00am
Duration: 2hrs

About: Join us to get your Pung, Chow and Kong on, learn how to play Mahjong. Challenge your friends, test your skills, and share plenty of laughs in a relaxed, social atmosphere. A perfect way to connect, have fun, and enjoy some friendly competition.



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MONDAY 18TH MAY

YARALLA SPORTS CLUB

Location: 20 O'Connell Street,
Gladstone QLD 4680

Start: 11:00am

Duration: 3hrs

About: Join us to meet and get to know other suncare customers in your region. We can create new memories and have a nice meal at a local favourite sports club. Yarella offers a great value buffet all you can eat, with a diverse range of options to choose from.



TUESDAY 19TH MAY

EAST STREET BUFFET

Location: 145 East Street

Start: 11:00am

Duration: 2hrs

About: Join us for lunch at a Chinese cuisine restaurant. Indulge in a vast selection of freshly prepared dishes. This is an all you can eat buffet style experience. Reviews often mention good value for money. Join us for a feast that will leave you satisfied.



WEDNESDAY 20TH MAY

CLUB PARKHURST

Location: 984 Yaamba Rd,
Parkhurst

Start: 12:00pm

Duration: 2hrs

About: Join us for a visit at the newly opened Club Parkhurst. The bistro offers starters, burgers, lunch specials, pizza, wraps and more. After lunch we can try our hand at a game of pool or darts.



FRIDAY 22ND MAY

PRIZE BINGO

Location: In Centre

Start: 11:00am

Duration: 2hrs

About: Join us for Bingo, where every call could be your chance to call Bingo! and take home a small prize. Whether you are a seasoned player or a first timer we will guarantee a fun-filled time. Grab your dauber and let the games begin.



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MONDAY 25TH MAY

BOTANICAL GARDENS STROLL

Location: 100 Spencer Street
Start: 12:30pm
Duration: 2hrs

About: Join us for a stroll through our botanical gardens. We will head straight to the cheeky meerkats at their feeding time and to learn all about them. Bring a snack, water bottle and hat, we can sit down on our journey and share a meal.



TUESDAY 26TH MAY

THE GREEN EAT

Location: 49 Archer Street
Start: 11:00am
Duration: 2 hours

About: Join us for a menu that caters to different dietary needs, the offer vegan, vegetarian and gluten free options. it is a casual relaxed environment. This is a place where you can catch up with friends and enjoy good food.



WEDNESDAY 27TH MAY

MOUNT ARCHER DRIVE & DINE

Location: Pilbeam Dr, Mount Archer
Start: 11:00am
Duration: 2hrs

About: Come and join us on an escape to Mt Archer Park for a relaxing picnic experience. Immerse yourself in specular view of Rockhampton city, keep an eye out for a fleeting glimpse of forest inhabitants and the vibrant feasting cockatoos .



THURSDAY 28TH MAY

BEACHES BISTRO YEPPOON

Location: 34 Vine Jones Memorial Drive Yeppoon
Start: 11:30am
Duration: 2hrs

About: Join us to experience culinary excellence at Beaches Restaurant. an award-winning gem located steps away from Kinka beach. indulge in the freshest of seafood and premium beef. With a rooftop deck and diverse dining options



FRIDAY 29TH MAY

CRAFT CORNER SCRAPBOOKING

Location: In Centre
Start: 10:00am
Duration: 2hrs

About: Join us and unleash your creativity and preserve your precious memories. Dive into a world of endless possibilities as you design and personalise your very own mini scrapbook. You will need to bring in photos to add to your book.



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MONDAYS

AQUA-FIT

Time: 10:00-11:00

Location: 2nd World Memorial Pool Aquati

Max: 8 people

Duration: 1 hour

Cost: \$80

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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