

Social Connections Program



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

SEPTEMBER 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 Pub Grub Club \$ Gladstone ♿	2 Market & Meals ♿ \$	3 Yeppoon Social \$ Outing ♿	4 Around The World \$ Luncheon ♿
7 Walking Group Caves Cafe ♿ \$	8 Minds & Makers Gladstone ♿	9 Tai Chi & Chair Yoga ♿	10 Yeppoon Social \$ Outing ♿	11 Minds & Makers ♿ \$
14 Walking Group Chair Fitness ♿	15 Pub Grub Club \$ Gladstone ♿	16 Grand Friends Intergenerational Group ♿	17 Yeppoon Social \$ Outing ♿	18 Minds & Makers ♿ \$
21 Walking Group Movie Mates \$ Yeppoon ♿	22 Minds & Makers Gladstone ♿	23 Movie Mates \$ Rockhampton ♿	24 Yeppoon Social \$ Outing ♿	25 Minds & Makers ♿ \$
28 Walking Group Information Session ♿	29 Pub Grub Club \$ Gladstone ♿	30 Grand Friends Intergenerational Group ♿		

Walking Group

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

Pub Grub Club Central Lane Hotel, Gladstone

Date	Tuesday 1 st September
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 venues	
\$	Cost of meal and drinks
♿	Up to 100m from carpark to venue

Doblo's Market & Meals

Date	Wednesday 2 nd September
Time	10.00am - 1.00pm (3hrs)
Explore the local produce at Doblo's Farmers market with a large variety of fruit and veg on offer, then end with a delicious morning tea nearby.	
\$	Cost of meal and drinks
♿	Ability to walk around the market

Fathers Day BBQ Causeway Lake, Yeppoon

Date	Thursday 3 rd September
Time	10.00am - 2.00pm (4hrs)
Celebrate Father's Day with a relaxing day out at Causeway Lake. Enjoy a delicious BBQ lunch as we celebrate dads and father figures with friends.	
\$	\$10 for BBQ lunch
♿	Up to 100m from carpark



Capricorn Caves & Cafe Lunch

Date	Monday 7 th September
Time	10.00am - 2.00pm (4hrs)
Enjoy the scenic drive to the Capricorn Caves before we stop at one of the nearby cafes for a delicious lunch.	
\$	Cost of meal and drinks
	Up to 100m from carpark

Minds & Makers Gladstone

Date	Tuesday 8 th & 22 nd September
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.	
\$	\$10 lunch provided
	All abilities

Yeppoon Social Outing Ofishal Beach Club

Date	Thursday 10 th September
Time	10.00am - 2.00pm (4hrs)
Enjoy some time in the fresh air along the Yeppoon foreshore, before spending time at the Ofishal Beach Club for a delicious lunch.	
\$	Cost of meal and drinks
	Up to 500m walking





Yeppon Social Outing Tanby Garden Centre

Date	Thursday 18 th September
Time	10.00am – 2.00pm (4hrs)
A fun filled day in the fresh air exploring the beautiful Tanby Garden, followed by a lovely lunch on one of the many local eateries in Yeppoon.	
	Cost of meal and drinks
	Up to 300m walking

Pub Grub Club Tannam Sands BBQ

Date	Tuesday 15 th September
Time	10.00am – 2.00pm (4hrs)
Enjoy the fresh and stunning scenery of Tannam Sands for a delicious BBQ lunch. An opportunity to be outside and spend some time in the sun, with friends.	
	Cost of meal and drinks
	Walking from carpark to BBQ area

Grand-Friends Intergenerational Group

Date	Wednesday 17 th September
Time	11.00am – 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
	Walking from carpark to centre

Movie Mates Yeppoon Cinema

Date	Monday 21st September
Time	10.00am - 2.00pm (4hrs)
Join us for a relaxing day out at the cinema to watch the latest blockbuster, followed by a yummy lunch at one of the many nearby cafes.	
\$	Cost of ticket and meal
	Up to 100m walking

Movie Mates Rockhampton Cinema

Date	Wednesday 23 rd September
Time	10.00am - 2.00pm (4hrs)
Join us for a relaxing day out at the cinema to watch the latest blockbuster, followed by a yummy lunch at one of the many nearby cafes.	
\$	Cost of ticket and meal
	Up to 100m walking

Yeppoon Social Outing Breaking Bread & Bargains

Date	Thursday 24 th September
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 Club Your Choice, Gladstone

Date	Tuesday 29 th September
Time	10.00am - 2.00pm (4hrs)
Enjoy a stunning scenic drive with the Gladstone region before stopping at local favourite restaurant to enjoy a hearty meal.	
\$	Cost of meal and drinks
	Up to 100m walking





Chair Yoga & Tai Chi

Date	Friday 9th September
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



Around The World Luncheon

Date	Friday 4th September
Time	10:00am - 2:00pm (4hrs)
Bring your own dish to share with others, celebrating your history, culture or favourite memory. A lovely way to connect over with some tasty treats.	
\$	BYO+ \$10 additional foods
♿	Held at Suncare Hub

Minds & Makers Club

Date	Friday 25th September
Time	10:00am - 2:00pm (4hrs)
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

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



1km walk to the leagues club

