



# Social Connections Program



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

**NOVEMBER 2026**



**SUNCARE : 2-8 GEORGE STREET, MAROOCHYDORE**



# Important Information

## BOOKING PROCESS:

Expressions of interest to attend our in-centre activities or social outings are open from the 1st-14<sup>th</sup> of the month prior. Simply contact Suncare on 1800 786 227 or [contact@suncare.org.au](mailto: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 of 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                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Steps Garden Centre<br>Caloundra<br>           | <b>3</b><br>Melbourne Cup Lunch<br>SCC<br>            | <b>4</b><br>Paint and Sip<br>SCC<br>                       | <b>5</b><br>Hologram Zoo<br>Nambour<br>                                                                                                        | <b>6</b><br>In Centre Movie Day<br>SCC<br>                   |
| <b>9</b><br>Shopper Bus<br>Kawana<br>                      | <b>10</b><br>Marochy River Putt Putt<br>Golf, Bli Bli<br>                                                                              | <b>11</b><br>Remembrance Day<br>SCC<br>                    | <b>12</b><br>Club Kawana Lunch<br>Kawana<br>                | <b>13</b><br>World Kindness Day<br>SCC<br>                   |
| <b>16</b><br>Plant Bingo<br>SCC<br>                        | <b>17</b><br>Noosa Canal Cruise<br>Noosa<br>                                                                                           | <b>18</b><br>Spring Garden Party<br>SCC<br>                | <b>19</b><br>Morning Melodies<br>Gympie RSL<br>             | <b>20</b><br>Rotary Seniors Lunch<br>Kawana High School<br>  |
| <b>23</b><br>Picnic at Cotton Tree<br>Cotton Tree<br>  | <b>24</b><br>Bower Tree Lunch<br>Sippy Downs<br>  | <b>25</b><br>Sing along and dance<br>with Jo, SCC<br>  | <b>26</b><br>Suprise In Centre<br>Performance, SCC<br>  | <b>27</b><br>Marcoola Surf Club<br>Marcoola<br>          |
| <b>30</b><br>Christmas Card Works<br>Shop, SCC<br>     |                                                                                                                                      |                                                                                                                                              |                                                                                                                                              |                                                                                                                                               |



### Steps Garden Centre Caloundra

**Date** Monday 2<sup>nd</sup> November

**Time** 10.30 - 1.00pm (2.5hrs)

Steps Garden Centre, is a beautiful nursery offering plants, gifts, and garden inspiration. Every visit supports training and employment opportunities for young people with disabilities

**\$** Cost of purchases and morning tea

**♿** Independent walking

### Melbourne Cup Celebrations Suncare Community Centre

**Date** Tuesday 3<sup>rd</sup> November

**Time** 11.30 - 3.00pm (3.5hrs)

Dress in your finest racing attire, join in the fun with a Melbourne Cup sweep, prizes for best dressed and lucky winners. It's a great day of laughter, friendly competition, and racing excitement!

**\$** \$15 lunch

**♿** All abilities welcome

### Paint and Sip Suncare Community Centre

**Date** Wednesday 4<sup>th</sup> November

**Time** 11.00 - 2.00pm (3hrs)

Unwind with our Paint & Sip session! Enjoy a yummy lunch, great company, and create your own masterpiece to take home.

**\$** \$15 Lunch

**♿** All abilities welcome



### Hologram Zoo and Lunch at Nambour RSL Club

**Date** Thursday 5<sup>th</sup> November

**Time** 10.30am - 1.30pm (3hrs)

Enjoy a visit to the Hologram Zoo in Nambour, featuring amazing holographic animals and creatures. Lunch at the RSL will follow this fun and unique experience.

**\$** \$19.50 for ticket plus meal and drinks

**♿** Independent walking

**In Centre Movie  
Suncare Community Centre**

|                                                                                                                                                           |                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| <b>Date</b>                                                                                                                                               | Friday 6 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                               | 10.30am - 1.30pm (3hrs)         |
| Join us for an in-centre screening of Dirty Dancing! Sit back, relax, and enjoy this classic movie filled with music, dancing, and unforgettable moments. |                                 |
| <b>\$</b>                                                                                                                                                 | \$10 KFC                        |
|                                                                          | All abilities welcome           |

**Shopper Bus  
Kawana Shopping Centre**

|                                                                                                                                                                         |                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| <b>Date</b>                                                                                                                                                             | Monday 9 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                                             | 10.30am - 1.30pm (3hrs)         |
| Enjoy the morning out at Kawana Shopping World, browse the centre shops, enjoy a coffee and bite to eat with great company. Suitable for those able to be unsupervised. |                                 |
| <b>\$</b>                                                                                                                                                               | Cost of meal and drinks         |
|                                                                                        | Independent walking             |

**Maroochy River Mini Golf and  
Lunch at Bli Bli**

|                                                                                                                                     |                                     |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Date</b>                                                                                                                         | Tuesday 10 <sup>th</sup> November   |
| <b>Time</b>                                                                                                                         | 11.00am - 2.00pm (3hrs)             |
| Maroochy River Mini Golf is a fun and friendly outing where seniors can enjoy a leisurely game of Putt Putt golf followed by lunch. |                                     |
| <b>\$</b>                                                                                                                           | Cost of golf \$17 plus cost of meal |
|                                                  | Independent walking                 |

**Remembrance Day  
Suncare Community Centre**

|                                                                                                               |                                     |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Date</b>                                                                                                   | Wednesday 11 <sup>th</sup> November |
| <b>Time</b>                                                                                                   | 10.30am - 1.00pm (2.5hrs)           |
| Join us as we pause to remember and honour the brave men and women who served and sacrificed for our country. |                                     |
| <b>\$</b>                                                                                                     | \$10 meal                           |
|                            | All abilities welcome               |


**Club Kawana Lunch  
Kawana**

|                                                                                                                    |                                    |
|--------------------------------------------------------------------------------------------------------------------|------------------------------------|
| <b>Date</b>                                                                                                        | Thursday 12 <sup>th</sup> November |
| <b>Time</b>                                                                                                        | 11.30am - 2.00pm (2.5hrs)          |
| Come and enjoy great music, food, raffles and company. Always a friendly atmosphere. Club Kawana never disappoints |                                    |
| <b>\$</b>                                                                                                          | Cost of meal and drinks            |
|                               | up to a 500m walk to the club      |

### World Kindness Day Suncare Community Centre

|                                                                                                                                              |                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                                  | Friday 13 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                  | 10.30am - 1.30pm (3.5hrs)        |
| Kindness costs nothing, but means everything! Join us for card making and compliment sharing, as we build a Kindness Tree. Lunch included. . |                                  |
| <b>\$</b>                                                                                                                                    | \$10 Lunch                       |
|                                                             | All abilities welcome            |

### Plant Bingo Suncare Community Centre

|                                                                                                                                                        |                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                                            | Monday 16 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                            | 10.30am - 1.00pm (2.5hrs)        |
| Come and have some fun at our new plant and herb bingo, giving you the opportunity to win your very own plants and herbs to take home. Lunch included. |                                  |
| <b>\$</b>                                                                                                                                              | \$10 Lunch                       |
|                                                                       | All abilities welcome            |

### Noosa Canal Cruise Noosa

|                                                                                                                                                                       |                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| <b>Date</b>                                                                                                                                                           | Tuesday 17 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                                           | 11.30 - 1.30pm (3hrs)             |
| Cruise the beautiful Noosa Canals and enjoy stunning waterfront homes, peaceful waterways, and relaxing coastal scenery. Sit back and unwind as you enjoy the sights. |                                   |
| <b>\$</b>                                                                                                                                                             | \$30 includes cruise and lunch    |
|                                                                                    | Strong mobility                   |

### Spring Garden Party Suncare Community Centre

|                                                                                                                                                                                               |                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Date</b>                                                                                                                                                                                   | Wednesday 18 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                                                                   | 11.00am - 2.00pm (3hrs)             |
| Lets celebrate Spring at our Garden Party! Dress in your best spring attire, enjoy a delicious lunch, live entertainment, great company, and a relaxing afternoon filled with seasonal cheer. |                                     |
| <b>\$</b>                                                                                                                                                                                     | \$20 Lunch                          |
|                                                                                                            | All abilities welcome               |



### Morning Melodies Gympie RSL

|                                                                                                                                                                 |                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| <b>Date</b>                                                                                                                                                     | Thursday 19 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                                     | 10.30 - 1.30pm (3hrs)              |
| Morning Melodies brings great tunes as well as a a two-course lunch including main and dessert! Entry is just \$20, which includes \$5 worth of raffle tickets. |                                    |
| <b>\$</b>                                                                                                                                                       | Cost of meal and drinks            |
|                                                                            | up to a 1km walk to the RSL        |

### Rotary Seniors Lunch Kawana Waters State College

|                                                                                                                                                      |                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                                          | Friday 20 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                          | 11.00am - 1.30pm (2.5hrs)        |
| Join us for a delicious Rotary Lunch at Kawana Waters State College. Enjoy great food, friendly company, and the opportunity to connect with others. |                                  |
| <b>\$</b>                                                                                                                                            | Nil Cost                         |
|                                                                     | All abilities welcome            |

### Picnic in the Park Cotton Tree

|                                                                                                                                                                        |                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                                                            | Monday 23 <sup>rd</sup> November |
| <b>Time</b>                                                                                                                                                            | 10.30am - 1.30pm (3hrs)          |
| Enjoy a relaxing picnic at Cotton Tree in the beautiful spring weather. Take in the fresh air, scenic surroundings, great company, and a delicious lunch by the water. |                                  |
| <b>\$</b>                                                                                                                                                              | \$10 Picnic Lunch                |
|                                                                                       | All abilities welcome            |

### Bower Tree Lunch Sippy Downs

|                                                                                                                                             |                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| <b>Date</b>                                                                                                                                 | Tuesday 24 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                 | 11.00am - 1.30pm (2.5hrs)         |
| Enjoy lunch at The Bower Tree, Sippy Downs, where great food, good company, and a relaxed atmosphere come together for a delightful outing. |                                   |
| <b>\$</b>                                                                                                                                   | Cost of meal and drinks           |
|                                                          | All abilities welcome             |

### Sing along and Dance with Jo Suncare Community Centre

|                                                                                                                                                      |                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Date</b>                                                                                                                                          | Wednesday 25 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                          | 10.30 - 1.30pm (3hrs)               |
| Come along for a fun-filled performance by Joe and the dance group! Enjoy plenty of singing, dancing, laughter, and great company. Fun for everyone! |                                     |
| <b>\$</b>                                                                                                                                            | \$10 lunch                          |
|                                                                   | All abilities welcome               |



### Suprise In Centre Performance Suncare Community Centre

|                                                                                                                                                     |                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| <b>Date</b>                                                                                                                                         | Thursday 26 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                         | 10.30 - 1.30 (3hrs)                |
| Get ready for a special surprise performance right here at the Centre! Join us for music, and fun as we enjoy a suprise guest performance together. |                                    |
| <b>\$</b>                                                                                                                                           | \$10 Lunch                         |
|                                                                | All abilities welcome              |

### Marcoola Surf Club Marcoola

|                                                                                                                                         |                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                             | Friday 27 <sup>th</sup> November |
| <b>Time</b>                                                                                                                             | 11.00am – 1.30pm (2.5hrs)        |
| Join us for lunch at Marcoola Surf Club and enjoy delicious food, beautiful ocean views, and great company in a relaxed coastal setting |                                  |
| <b>\$</b>                                                                                                                               | Cost of Meal and Drinks          |
|                                                        | up to 500m walk to venue         |

### Christmas Card Work Shop Suncare Community Centre

|                                                                                                                                                                    |                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                                                        | Monday 30 <sup>th</sup> November |
| <b>Time</b>                                                                                                                                                        | 10.30am – 1.00pm (2.5hrs)        |
| December is nearing, Get creative and make your own beautiful Christmas cards! Enjoy a fun and festive session filled with creativity, colour, and Christmas cheer |                                  |
| <b>\$</b>                                                                                                                                                          | \$10 lunch                       |
|                                                                                   | All abilities welcome            |



| Monday                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                             | Wednesday                                         | Thursday                                                                                                                                                           | Friday                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Craft Corner<br/>SCC<br/>9.00am - 12noon</div> <div>Table Tennis<br/>SCC<br/>10.00am - 11.30am</div> <div>Bingo<br/>SCC<br/>1.00pm - 2.30pm</div> | <div>Walking Group<br/>MDORE<br/>7.00am - 9.00am</div> <div>Dance Class by Joe<br/>SCC<br/>9.00am - 10.00am</div> <div>Cards: Hand &amp; Foot<br/>SCC<br/>12.30pm - 3.30pm</div> <div>Indoor Bowls<br/>SCC<br/>1.00pm - 3.30pm</div>                                                                | <div>Art Group<br/>BUD<br/>9.30am - 11.30am</div> | <div>Chair Fitness<br/>SCC<br/>9.00am - 10.00am</div> <div>Suncare Choir<br/>SCC<br/>10.00am - 12noon</div> <div>Carnival Games<br/>SCC<br/>12.30pm - 2.30pm</div> | <div>Indoor Bowls<br/>SCC<br/>9.30am - 11.30am</div> <div>Board Games<br/>SCC<br/>1.00pm - 3.00pm</div> <div>Social Group<br/>NAM<br/>9.00 - 11.00am</div> <div>Ageless Grace<br/>NAM<br/>12noon - 12.45pm</div> |
|                                                                     | <ul style="list-style-type: none"> <li>• SCC = Suncare Community Centre: 2-6 George St, Maroochydore</li> <li>• BUD = Buddina Tennis Club: 20 Nanyima St, Buddina</li> <li>• NAM = Anglican Parish Hall: 174 Currie St, Nambour</li> <li>• MDORE = Various locations across Maroochydore</li> </ul> |                                                   |                                                                                                                                                                    | <b>Sunday</b> <div>Indoor Bowls<br/>SCC<br/>1.00pm - 3.30pm</div>                                                                                                                                                |

### Craft Corner

|                                                                                                                                                                                                              |                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>Date</b>                                                                                                                                                                                                  | Every Monday            |
| <b>Time</b>                                                                                                                                                                                                  | 9.00am - 11.00am (2hrs) |
| A creative and social activity to enjoy a range of art and craft projects. Whether it painting, card making, knitting, scrapbooking or paper mache, there is something for everyone.<br>Morning tea included |                         |
|                                                                                                                             | No additional cost      |
|                                                                                                                             | Located at SCC          |

### Bingo

|                                                                                                                                                                                 |                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| <b>Date</b>                                                                                                                                                                     | Every Monday             |
| <b>Time</b>                                                                                                                                                                     | 1.00pm - 2.30pm (1.5hrs) |
| Much-loved social activity tht combines fun, excitement and some friendly competition. Support connection, concentration and mental stimulation. A great way to stay connected. |                          |
|                                                                                                | No additional cost       |
|                                                                                                | Located at SCC           |

### Morning Walkers

|                                                                                                                                                                                                               |                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                                                                                                   | Every Tuesday                    |
| <b>Time</b>                                                                                                                                                                                                   | 7.00am - 9.00am (2hrs)           |
| A refreshing outdoor activity that encourages you to enjoy the natural beauty of our coastline a while improving your health and well being. Suitable for all fitness levels and ending with a cafe breakfast |                                  |
|                                                                                                                            | Cost of breakfast                |
|                                                                                                                            | Maroochydore - various locations |

### Dance Class with Joe

|                                                                                                                                                                                                                 |                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| <b>Date</b>                                                                                                                                                                                                     | Every Tuesday          |
| <b>Time</b>                                                                                                                                                                                                     | 9.00am - 10.00am (1hr) |
| A fun and expressive movement program promotes rythm, flexibility, balance and coordination. A friendly and supportive environment suitable for all ages and abilities, allowing you to stay socially connected |                        |
|                                                                                                                              | No additional cost     |
|                                                                                                                              | Located at SCC         |



### Table Tennis

|                                                                                                                                                                   |                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| <b>Date</b>                                                                                                                                                       | Every Monday               |
| <b>Time</b>                                                                                                                                                       | 10.00am - 11.30am (1.5hrs) |
| A fun and fast paced activity that promotes hand - eye coordination, concentration and social connection. Enjoy a friendly game or bring your competitive spirit. |                            |
|                                                                              | No additional cost         |
|                                                                              | Located at SCC             |

### Card Games: Hand & Foot

|                                                                                                                                                                                         |                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| <b>Date</b>                                                                                                                                                                             | Every Tuesday              |
| <b>Time</b>                                                                                                                                                                             | 12.30 noon - 3.30pm (3hrs) |
| Whether playing for fun, strategy or a little friendly competition, our card games build concentration, memory and problem-solving skills.<br>Stay mentally active and meet new people. |                            |
| <b>\$</b>                                                                                                                                                                               | No additional cost         |
|                                                                                                        | Located at SCC             |



### Indoor Bowls

|                                                                                                                                                                                             |                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>Date</b>                                                                                                                                                                                 | Every Tuesday, Friday, Sunday    |
| <b>Time</b>                                                                                                                                                                                 | Varied Times - refer to calendar |
| A friendly & enjoyable activity that combines light physical exercise, strategy and social connection. Develop coordination, balance and concentration in a fun and supportive environment. |                                  |
| <b>\$</b>                                                                                                                                                                                   | No additional cost               |
|                                                                                                            | Located at SCC                   |



### Art Group - Buddina

|                                                                                                                                                                                   |                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>Date</b>                                                                                                                                                                       | Every Wednesday         |
| <b>Time</b>                                                                                                                                                                       | 9.30am - 11.30am (2hrs) |
| A creative and social activity that encourages you to explore your artistic talents while in the company of other like minded artists.<br>Bring your own art project and supplies |                         |
| <b>\$</b>                                                                                                                                                                         | No additional cost      |
|                                                                                                | Located at Buddina      |

### Chair Fitness

|                                                                                                                                                                                                |                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>Date</b>                                                                                                                                                                                    | Every Thursday          |
| <b>Time</b>                                                                                                                                                                                    | 9.00am - 10.00am (1hrs) |
| Enjoy a gentle and supportive session designed to improve strength, flexibility, and balance—all while seated or using a chair for support. Come along, move at your own pace, and feel great! |                         |
| <b>\$</b>                                                                                                                                                                                      | No additional cost      |
|                                                                                                           | Located at SCC          |

### Suncare Choir

|                                                                                                                                                                                              |                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>Date</b>                                                                                                                                                                                  | Every Thursday          |
| <b>Time</b>                                                                                                                                                                                  | 10.00am - 12noon (2hrs) |
| Join in the fun as we bring people together to enjoy the magic of music. Sing old family favourites and learn new tunes. Facilitated by a professional artist, all skill levels are welcome. |                         |
| <b>\$</b>                                                                                                                                                                                    | \$10 - lunch provided   |
|                                                                                                             | Located at SCC          |

### Carnival Games

|                                                                                                                                |                         |
|--------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>Date</b>                                                                                                                    | Every Thursday          |
| <b>Time</b>                                                                                                                    | 12.30pm - 2.30pm (2hrs) |
| Improve your hand-eye coordination skills and enjoy a variety of classic carnival games including Hacky-Sack, Bocce, Skittles. |                         |
| <b>\$</b>                                                                                                                      | No additional cost      |
|                                               | Located at SCC          |

### Board Games

|                                                                                                                                                                                          |                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| <b>Date</b>                                                                                                                                                                              | Every Friday           |
| <b>Time</b>                                                                                                                                                                              | 1.00pm - 4.00pm (3hrs) |
| Enjoy a variety of classic and modern board games in a friendly and welcoming environment. From strategy and trivia games to classic family favourites, there is something for everyone. |                        |
| <b>\$</b>                                                                                                                                                                                | No additional cost     |
|                                                                                                       | Located at SCC         |

### Nambour Social

|                                                                                                                                                                                                        |                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| <b>Date</b>                                                                                                                                                                                            | Every Friday (excluding the last Friday of each month) |
| <b>Time</b>                                                                                                                                                                                            | 9.00am - 11.30am (2.5hrs)                              |
| Enjoy a variety of social activities from The \$5 Game, Bingo, Talking Heads and Trivia. This enjoyable group promotes creativity, social engagement, relaxation while forming meaningful friendships. |                                                        |
| <b>\$</b>                                                                                                                                                                                              | No additional cost                                     |
|                                                                                                                     | Nambour Parish Hall                                    |



### Ageless Grace

|                                                                                                                                                                                                |                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <b>Date</b>                                                                                                                                                                                    | Every Friday                 |
| <b>Time</b>                                                                                                                                                                                    | 12.00noon - 12.45pm (45mins) |
| Unique brain health program that combines simple seated movements with music to stimulate both mind and body. Designed for people of all ages and abilities in a fun and relaxing environment. |                              |
| <b>\$</b>                                                                                                                                                                                      | no additional cost           |
|                                                                                                           | Nambour Parish Hall          |

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Tuesday                                                                    | Wednesday                                                                                                            | Thursday                                                      | Friday                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <div>Cardiac Rehab<br/>SCC<br/>11.30am - 12.30pm</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>Cognitive Stimulation<br/>SCC<br/>9.30am - 10.15am</div>              | <div>Chair Pilates<br/>SCC<br/>9.00am - 10.00am</div>                                                                | <div>Cognitive Stimulation<br/>SCC<br/>9.30am - 10.15am</div> | <div>AQUA Fitness<br/>CTAC<br/>2.00pm - 3.00pm</div>                                 |
| <div>AQUA Fitness<br/>BAC<br/>12.00pm - 1.00pm</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div>Exercise Plus<br/>SCC<br/>11.30am - 12.30pm</div>                     | <div>Strength &amp; Balance<br/>SCC<br/>1.00pm - 2.00pm</div>                                                        | <div>Physio Fitness<br/>SCC<br/>10.45am - 11.45am</div>       | <div>Physio Fitness<br/>MPCC<br/>11.15am - 12.15pm</div>                             |
| <div>AQUA FITNESS<br/>CTAC<br/>2.00pm - 3.00pm</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div>AQUA Fitness<br/>PAC<br/>11.45am - 12.45pm<br/>12.45pm - 1.45pm</div> | <div>Physio Fitness<br/>PCH<br/>9.00am - 10.00am</div> <div>Lower Limb Arthritis<br/>SCC<br/>11.00am - 12.00pm</div> | <div>AQUA Fitness<br/>MPCC<br/>12.30pm - 1.30pm</div>         |  |
| <div><ul style="list-style-type: none"><li>• SCC - Suncare Community Centre: 2-8 George Street, Maroochydore</li><li>• PAC - Palmwoods Aquatic Centre: 87 Dunning Street, Palmwoods</li><li>• MPCC - Meridan Plains Community Church, 70 Spring Drive, Meridan Plains</li><li>• CTAC - Cotton Tree Aquatic Centre, 412 Cotton Tree Parade, Maroochydore</li><li>• BAC - Buderim Aquatic Centre, 44 Main Street, Buderim</li><li>• PCH - Palmwoods Community Hall, 1 Main Street Palmwoods, Palmwoods</li></ul></div> |                                                                            |                                                                                                                      |                                                               |                                                                                      |

### COGNITIVE STIMULATION

Facilitated by a qualified clinican, this is a fun and engaging group designed to keep the mind active, build confidence and stimulate memory and cognition.

Activities include reminiscence, creative tasks, problem solving and games.



Suitable for wheelchair users



Up to 50m walk from carpark

### CARDIAC REHABILITATION

Facilitated by a qualified clinican, this program is designed to help people recover and improve their health following a heart attack or other heart related condition. Gentle exercise, education, lifestyle support and health monitoring helping you build strength and reduce the risk of future heart problems.



Suitable for wheelchair users



Up to 50m walk from carpark

### 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.



May not be suitable



Up to 50m walk from carpark

### PHYSIO-FIT

Facilitated by a clinican, 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 confience, improve mobility and help reduce the risk of falls.



Suitable for wheelchair users



Up to 50m walk from carpark



### LOWER LIMB ARTHRITIS GROUP

Clinically led, this is an education and exercise program designed to help people living with arthritis in their hips, knees, ankles and feet.

The gentle strengthening exercises, balance activities, stretching and movement techniques can improve stiffness, pain and maintain independence.



Suitable for wheelchair users



Up to 50m walk from carpark

**SPECIAL EVENT**

# MELBOURNE CUP

## Suncare Community Centre

**Date** Tuesday 3<sup>rd</sup> November

**Time** 11.30am – 3.00pm (3.5hrs)

Join us for a Melbourne Cup Lunch as we celebrate the race that stops the nation! Enjoy a delicious meal, great company, sweeps and watch all the racing action live on TV. Dress in your Melbourne Cup best and wear your favourite fascinator for a chance to win a prize!



\$15 for sit down lunch



Wheelchair Accessible



All are welcome





**SPECIAL EVENT**

## Remembrance Day

Suncare Community Centre

**Date** Wednesday 11<sup>th</sup> November

**Time** 10.30am – 1.00pm (2.5hrs)

Join us as we pause to remember and honour the brave men and women who served our country. Together, we will reflect, share memories, and pay our respects on Remembrance Day



**SPECIAL EVENT**

## Spring Garden Party with Live Entertainment

Suncare Community Centre

**Date** Wednesday 18<sup>th</sup> November

**Time** 10.30am – 1.30pm (3hrs)

Celebrate the beauty of spring at our Spring Garden Party! Enjoy great entertainment, delicious refreshments, wonderful company, and a relaxing afternoon in a festive garden setting held at the Suncare Community Centre.