



Social Connections Program

2-8 GEORGE STREET, MAROOCHYDORE, QLD, 4558.

SUNSHINE COAST

AUGUST 2026



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



Important Information



BOOKING PROCESS:

Suncare is improving the way we manage registrations for our Social Connections programs.

Customers interested in attending our in centre based activities or social outings will now have from the 1st - 14th of each month prior to register interest in specific activities.

Expressions of interest will be received either by calling Suncare on 1800 786 227 or submitting an email to contact@suncare.org.au.

We kindly ask you do not contact your Lifestyle Coordinator as this will help ensure your interest is not missed.

ACTIVITY PRICING:

Suncare activities that attract additional pricing, including costs associated with tickets, meals or purchases are at your own cost. Where possible, prices will be listed.

TRANSPORT:

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.

CANCELLATION POLICY

Suncare policy requires all cancellations for scheduled in centre activities and social outings to be communicated with Suncare at least 24 hours or 1 x full business day, prior. Failure to notify Suncare will result in you being billed for the cancelled service.

This process allows us to ensure we have the correct resources for each activity and provides opportunity for someone else to attend in your place, that may have been on a waitlist.

CONFIRMATION CALLS:

Suncare will only contact those customers scheduled to attend an outing to confirm estimated transport pick up time. This call will be made the morning of the outing when Suncare staff are close by.

WAITLISTS:

Suncare will make every effort to avoid waitlists for people wanting to participate in our in centre activities or social outings by applying additional resources where possible.

However, on occasion, this may be unavoidable. If a new spot becomes available, Suncare will use a lottery system to ensure it is fair and reasonable for everyone.



August 2026 Outings Program

Contact Suncare between 1st - 14th July , to register your interest

SUNSHINE COAST NORTH AND SOUTH

2-8 George Street, Maroochydore



MONDAY

3 Shopper Bus
Location: Kawana
Start: 10.00am
Duration: 3 hours
Cost: own meal

10 1950's Morning Tea, Music and Trivia
Location: Suncare
Start: 10.30 am
Duration: 3 hours
Cost: \$5

17 Smart Home Technology Information Session
Location: Suncare
Start: 10.30 am
Duration: 2.5 hours

24 Lolly Lovers Confectionary Outlet
Location: Maroochydore
Start: 10.30
Duration: 3 hours
Cost: own purchases

31 Shopper Bus
Location: Sunshine Plaza
Start: 10.00am
Duration: 3 hours
Cost: own meal

TUESDAY

4 Picnic at Labalsa
Location: Labalsa Park
Start: 11.30am
Duration: 3 hours
Cost: \$5

11 Maroochy Bowls Chinese Restaurant
Location: Maroochydore
Start: 11:30am
Duration: 3 hour
Cost: Own Meal

18 Noosa Mini Golf
Location: Noosaville
Start: 10.00am
Duration: 3 hours
Cost: \$20 plus meal

25 One on Labalsa
Location: Labalsa
Start: 11.00am
Duration: 3 hours
Cost: own meal

WEDNESDAY

5 Suncare's Country Muster
Location: Suncare
Start: 10.00am
Duration: 4 hours
Cost: \$20

12 Australian Air Museum
Location: Caloundra
Start: 10am
Duration: 4 hours
Cost: \$18 entry fee - picnic lunch provided

19 Paint'n'Sip & Pizza
Location: Suncare
Start: 10.30am
Duration: 3 hours
Cost: \$5 lunch

26 Bird World Maleny Botanical Gardens
Start: 10.30am
Duration: 4 hr
Cost: \$42 plus lunch

THURSDAY

6 Mates Motor - Fish and Chips at the spit.
Start: 10.30
Duration: 3 hours

6 Peppermint Cres Japanese
Start: 10.30
Duration: 2.5 hours
Cost: Own Meal

13 Club Kawana with Live Entertainment
Start: 11:00am
Duration: 3 hours
Cost: Own Meal

20 Morning Melodies at Gympie RSL.
Location: Gympie
Start: 10:30am
Duration: 3hours
Cost: \$20

27 Mooloolaba Wharf
Location: Mooloolaba
Start: 11.30
Duration: 3 hours
Cost: Own Meal

FRIDAY

7 In Centre Movie
Location: Suncare
Start: 10.30
Duration: 3 hours
Cost: \$10 lunch.

14 Sunshine Butterflies
Location: Cooroibah
Start: 10am
Duration: 3 hours
Cost: \$15 for morning teal plus \$5 for tour

21 Lunch at Mooloolah Valley Country Club.
Location: Landsborough
Start: 11:00am
Duration: 3 hours

28 Cheap Shop & Lunch
Location: Bower Tree Sippy Downs & Choice Super Store
Start: 11.00
Duration: 3 hours
Cost: Own Meal



TUESDAY MORNING WALK

This is an alternate outing offered every Tuesday, where different locations are visited for a morning stroll and breakfast.

LOCATION: Various
DURATION: 2 hrs

NOTES

August 2026 Outing Information

Contact Suncare between 1st - 14th July to register your interest

SUNSHINECOAST NORTH AND SOUTH

2-8 George Street, Maroochydore



TUESDAY 4TH

FUN IN THE SUN AT LABALSA PARK

Come along and enjoy some sunshine at beautiful Labalsa Park!

Treat yourself to a relaxing picnic with delicious sandwiches and sweet treats provided by the wonderful Meals on Wheels team.

Sit back, unwind, and take in the serenity, whether you'd like to chat with others and share stories or go for a gentle stroll, it's the perfect way to spend a winter's day.



MONDAY 10TH

1950'S MUSIC AND TRIVA FUN

Calling all lovers of 1950's music!

Come and join us for a fun filled morning of 1950's music and trivia. Enjoy great tunes, test your knowledge, and relax with a delicious morning tea.

It's the perfect way to step back in time and have some fun with great company!



WEDNESDAY 5TH

SUNCARE COUNTRY MUSTER

Dust off your cowboy hat and get ready for a fantastic day out!

Join us at Suncare Community Centre for our very first Suncare Country Muster, a fun filled event bringing people together for connection, laughter and good old fashioned country charm.

Enjoy live entertainment and singing, a delicious country lunch and plenty of opportunity to get involved: whether it's tapping your toes, enjoying some boot scootin' or simply soaking up the atmosphere. This is a great chance to socialise, meet new people and enjoy a lively activity right in your community.

Cost: \$20 includes lunch and entertainment



FRIDAY 7TH

SUNCARE MOVIE DAY

Come along and enjoy one of the best musicals ever — The Greatest Showman!

Join us at the Suncare Community Centre for an enjoyable movie experience.

Cost: \$10, includes a juicy KFC lunch



WEDNESDAY 12TH

AUSTRALIAN AIR MUSEUM

The Queensland Air Museum is a not-for-profit organisation dedicated to preserving all aspects of our aviation heritage. Home to the largest collection of historic aircraft in Australia, the museum offers something for everyone.

Discover fascinating stories of flight, explore impressive aircraft up close, and learn the science behind aviation — ever wondered, "How do they stay in the air?" Come and find out!



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August 2026 Outing Information

Contact Suncare between 1st - 14th July to register your interest

SUNSHINECOAST NORTH AND SOUTH



FRIDAY 14TH SUNSHINE BUTTERFLIES

Enjoy a Barista made coffee and a freshly made scone with cream and jam at the beautiful Pantry deck before the lovely staff will take us on a guided tour through their learning gardens and to meet their friendly farmyard animals.

Cost \$15 for morning tea and guided tour



LUNCH OUTINGS

Join us for a fun outing to enjoy a tasty lunch at one of the many lovely locations on the Sunshine Coast.

This activity is open to all abilities and you will be fully supported by our team with our door to door service.

Lunch is at your own cost and our team will help you with selecting and ordering your food.

On the way home, our team will often choose the scenic route so you can end the outing in a relaxing manner.

MONDAY 17TH HOME TECHNOLOGY FOR EVERYDAY SAFETY AND SUPPORT

This presentation will introduce smart home technology designed to support older people to live safely and independently at home. We will explore how sensor technology can assist with everyday wellbeing, provide reassurance for families and carers, and support early identification of changes in health or daily routines.

The session will include practical examples, discussion about privacy and consent, and an opportunity to ask questions about how these technologies may support ageing well at home. Morning Tea Provided



SHOPPER BUS

Shopping lovers will enjoy this outing to a local shopping centre whether its for a browse or to treat yourself to something special.

This activity is available to customers with a mobile phone who enjoy walking around the shops independently.

Shopping locations will vary between Sunshine Plaza and Kawana Shopping World.

WEDNESDAY 19TH PAINT'N'SIP & PIZZA

Come along and get creative at our relaxed Paint and Sip activity, the perfect way to unwind, connect, and try something new! Enjoy delicious home made pizza, great company and a welcoming atmosphere as you create your own unique masterpiece to take home.

No experience needed, just bring yourself and a willingness to have fun.

Cost: \$7 lunch and materials supplied



LOLLY LOVERS - SUNSHINE COAST CONFECTIONARY OUTLET

If you're a lolly lover, this one's for you! Come along to the Sunshine Coast's largest lolly shop and explore a world of sweet treats. From classic favourites to exciting new flavours, there's something for everyone to enjoy. We will end the outing with a delicious lunch at a nearby location.

Cost: own purchases and meal



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August 2026 In Centre Activities Program

Contact Suncare between 1st - 14th July to register your interest

SUNSHINE COAST NORTH

2-6 George Street, Maroochydore



MONDAYS

CRAFT CORNER

Time: 9:00am - 12:00pm

Duration: 3hr

BINGO

Time: 1:00pm - 2:30pm

Duration: 1.5hr

TUESDAYS

DANCE CLASS BY JOE

Time: 9:00am - 10:00am

Duration: 1hr

INDOOR BOWLS

Time: 1:00pm - 3:30pm

Duration: 2.5hr

CARDS - HAND & FOOT

Time: 1:00pm - 4:00pm

Duration: 3hr

THURSDAYS

CHAIR FITNESS

Time: 10:30am - 11:30am

Duration: 1hr

BOARD GAME EXTRAVAGANZA

Time: 1:00pm - 3:00pm

Duration: 2hr

FRIDAYS

INDOOR BOWLS

Time: 9:30am - 11:30am

Duration: 2hr

KNIT AND NATTER

Time: 1:00pm - 3:00pm

Duration: 2hr

Afternoon Tea included

SUNDAYS

INDOOR BOWLS

Time: 1:00pm - 3:30pm

Duration: 2.5hr

CENTRE BASED RESPITE: Provides short term support for older people, providing care and assistance while their usual carer takes a break.

Suncare's respite service includes centre based activities, nutritious meals and personalised support by qualified and experienced staff, ensuring older people are cared for in a safe and engaging environment.

Suncare's Centre-Based Respite Service is available Monday to Friday, 8.30am - 4.30pm



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

August 2026 In Centre Activities Program

Contact Suncare between 1st - 14th July to register your interest

SUNSHINE COAST SOUTH

Address - 2 Nanyima Street, Buddina
(Kawana Tennis Club)



WEDNESDAYS

ART GROUP

Time: 10:00am - 12:00pm

Duration: 2hr

About: This activity is for people who are proficient in painting. Attendees provide their own paints and equipment (easels, canvases, etc).

MAHJONG

Time: 1:00pm - 4:00pm

Duration: 3hr

About: This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

FRIDAYS

MAHJONG

Time: 9:30am - 12:30pm

Duration: 3hr

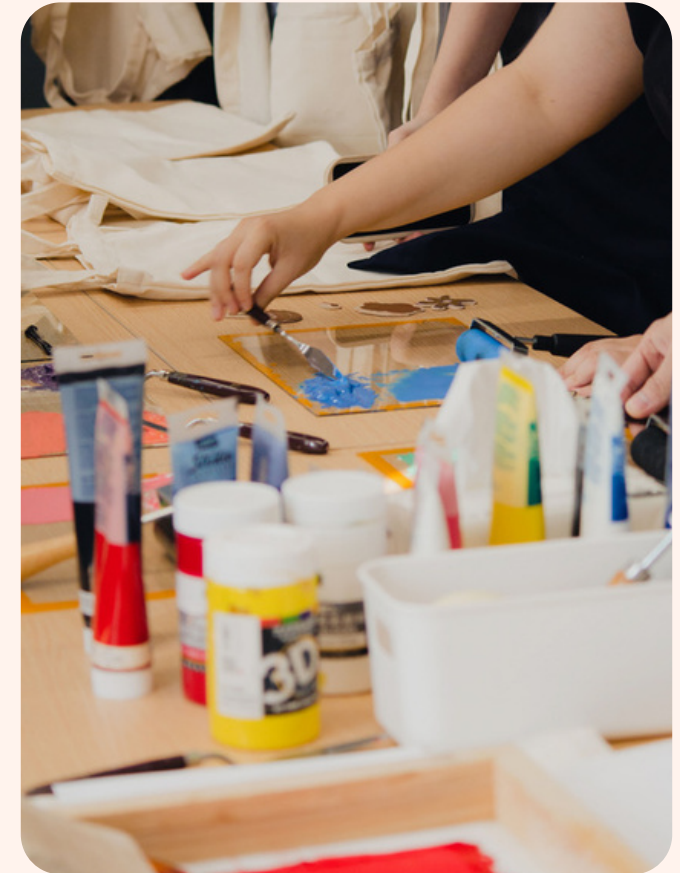
About: This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

BOARD GAME EXTRAVAGANZA

Time: 1:00pm - 3:00pm

Duration: 2hrs

About: A fun activity for all abilities, making music with different objects. Great for improving hand eye coordination as you beat the drums to different rhythms.



Buddina Social Group

The Buddina Social Group incorporates a number of activities and games located at
Kawana Tennis Club -
2 Nanyima St, Buddina



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

AUGUST In Centre Activities

Contact Suncare between 1st - 14th July to register your interest

NAMBOUR

Address - 174-176 Currie Street, Nambour
(Nambour Anglican Parish Hall)



FRIDAYS

7

SOCIAL GROUP - \$5 GAME

Time: 9:00am - 11:00am

Duration: 2hr

About: Bring a wrapped gift to the total of \$5.

Participants attempt to roll a 6 on a die to get a prize.

Everyone wins!

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

About: A simple, fun exercise and movement program designed for seated participation.

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SOCIAL GROUP - BINGO

Time: 9:00am - 11:00am

Duration: 2hr

About: Let your creativity fly with and enjoy a lunch together at a local destination

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

About: A simple, fun exercise and movement program designed for seated participation.

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CRAFT CORNER

Time: 9:00am - 11:00am

Duration: 2hr

About: Let your creativity fly with an Christmas themed craft activity.

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

About: A simple, fun exercise and movement program designed for seated participation.

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Bower Tree followed by a shop at Choice Superstore afterwards

Location: Sippy Downs

Start: 11.00

Duration: 3 hours

Cost: Own Meal



Nambour social group

The Nambour Social Group incorporates a number of activities and games and is located at Nambour Anglican Parish: 174 Currie St.
Attendees bring a plate to share together for morning tea.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

In Centre Activity Information



NORTH ACTIVITIES

CRAFT CORNER

Join us for something different each week or bring along your own project.

CHAIR FITNESS

An easy to follow, gentle exercise program, while seated in a comfy chair to help reduce risk.

INDOOR BOWLS

Rain, hail or shine, our indoor bowls activity is a guaranteed winner for all bowling enthusiasts.

BINGO

Join us for a friendly competition of bingo with friends. Prizes for the lucky winners!

DANCE CLASS BY JO

This dance group is designed to encourage movement while having fun. Dances such as the Zorba, Macarena and belly dancing involved.

BOARD GAME BONANZA

Join us for a casual afternoon of board games. Various games available with a choice and rotation between selected games. Games available Rummikub, Scrabble, and Dominos. Game suggestions welcome

CARDS - HAND & FOOT

How's your hand? Come along and give cards a crack. Games with 3 - 4 players.

SOUTH ACTIVITIES

ART GROUP

This activity is for people who are proficient in painting, Attendees provide their own paints and equipment (Easels, canvases, etc).

MAHJONG

This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how.

BOARD GAME EXTRAVAGANZA

This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how.



THERAPY ACTIVITIES

COGNITIVE STIMULATION THERAPY

Involves a wide range of activities aiming to stimulate thinking and memory.

STEP STRONG: ARTHRITIS-FRIENDLY EXERCISE

Lower Limb arthritis exercise.

AQUATIC FITNESS

Gentle exercise within a 32 degree heated pool.

PHYSIO FITNESS

Aimed to improve strength and balance.

CHAIR PILATES

A low impact form of exercise.

STRENGTH & BALANCE

Aimed to improve strength and balance.

CARDIAC REHAB MAINTENANCE

Exercise targeting cardiovascular health.

EXERCISE PHYSIOLOGY CLASS

An advanced-level class designed to improve strength and fitness, helping to counteract age-related changes or decline.

NOTE:

To ensure your participation is safe and meets your needs, you will first be assessed by our Physiotherapist and gain clearance from your GP before attending.

August Therapy Activities

August bookings open 1st July 2026

SUNSHINE COAST



MONDAYS

COGNITIVE STIMULATION THERAPY

Time: 09:30am – 10:15am
Duration: 45min
Location: SCC

CARDIAC REHAB MAINTENANCE

Time: 11:30am – 12:30pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 12:00pm – 1:00pm
Duration: 1hr
Location: BAC

AQUA FITNESS

Time: 2:00pm – 3:00pm
Duration: 1hr
Location: CTAC

TUESDAYS

EXERCISE PLUS

Time: 11:30am – 12:30pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Times: 11:45am – 12:45pm
12:45pm – 1:45pm
Duration: 1hr
Location: PAC

COGNITIVE STIMULATION THERAPY

Time: 09:30am – 10:15am
Duration: 45min
Location: SCC

COGNITIVE STIMULATION THERAPY

Time: 11:15am – 12:00noon
Duration: 45min
Location: SCC

WEDNESDAYS

CHAIR PILATES

Time: 9:00am – 10:00am
Duration: 1hr
Location: SCC

COGNITIVE STIMULATION THERAPY

Time: 09:30am – 10:15am
Duration: 45min
Location: SCC

STEP STRONG: ARTHRITIS-FRIENDLY EXERCISE

Time: 11:00am – 12:00pm
Duration: 1hr
Location: SCC

STRENGTH AND BALANCE

Time: 1:00pm – 2:00pm
Duration: 1hr
Location: SCC

THURSDAYS

COGNITIVE STIMULATION THERAPY

Time: 9:30am – 10:15am
Duration: 45min
Location: SCC

PHYSIO FITNESS

Time: 10:45am – 11:45am
Duration: 1hr
Location: SCC

COGNITIVE STIMULATION THERAPY

Time: 11:15am – 12:00noon
Duration: 45min
Location: SCC

AQUA FITNESS

Time: 12:30pm – 1:30pm
Duration: 1hr
Location: MPCC

FRIDAYS

PHYSIO FITNESS

Time: 11:15am – 12:15pm
Duration: 1hr
Location: KFMP

STRENGTH AND BALANCE

Time: 1:00pm – 2:00pm
Duration: 1hr
Location: SCC

AQUA FITNESS

Time: 2:00pm – 3:00pm
Duration: 1hr
Location: CTAC



PMH – Palmwoods Memorial Hall, 1 Main Street, Palmwoods

PAC – Palmwoods Aquatic Centre, 87 Dunning Street, Palmwoods

SCC – Suncare Community Centre, 2-6 Georgie Street, Maroochydore

PAC – Palmwoods Aquatic Centre, 87 Dunning Street, Palmwoods

MPCC – Meridan Plains Community Church, 70 Spring Drive, Meridan Plains

CTAC – Cotton Tree Aquatic Centre, 412 Cotton Tree Parade, Maroochydore

BAC – Buderim Aquatic Centre, 44 Main Street, Buderim