



Social Connections Program

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

SUNSHINE COAST

June 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 day before the outing.

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.



June 2026 Outings Program

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

SUNSHINE COAST NORTH

2-8 George Street, Maroochydore



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Bunnings, Spotlight & Cafe 63 Lunch

Start: 10:00am
Duration: 3 hr
Cost: Own Meal

2 Maleny Country Antiques & Collectables & Lunch at Brouhaha

Start: 10.30am
Duration: 4 hr
Cost: Own meal

3 Art Gallery, Caboolture & lunch at the Shapeshifter Cafe

Start: 10.30am
Duration: 4 hr
Cost: Meal

4 Verona Italian Restaurant, Brityana

Start: 12.00pm
Duration: 2.5 hr
Cost: Own meal

5 Mooloolaba Seafood Cruise

Start: 11.30am
Duration: 2.5 hr
Cost: Ticket & Meal

8 Suncare Luncheon
Start: 11.30am
Duration - 2 hrs
Cost: \$10

9 Op Shop Hop & Lunch

Location: Caloundra
Start: 10:30am
Duration: 3hr
Cost: Own meal

10 Cycling Without Age Lunch - Happy Valley

Start: 10am
Duration: 4 hr
Cost: \$10

11 Baringa Tavern
Start: 11:30am
Duration: 2hr
Cost: Lunch

11 Men's Club - Tenpin Bowling
Start: 10.00am
Duration: 3.5 hr
Cost: Lunch

12 Show Day Holiday

15 Cock and Hen Morning Tea and Senic Drive

Start: 10:00am
Duration: 3 hr
Cost: Own meal

16 BBQ & Bocce at Cotton Tree Park

Start: 10.30am
Duration - 3 hr
Cost: \$10

17 Eumundi Markets

Start: 10.30am
Duration - 4 hr
Cost: Own meal

18 Morning Melodies Gympie RSL Club

Start: 10:30am
Duration: 4 hr
Cost: Own meal

19 Comedy Wildlife Photography Awards - Redcliffe Museum

Start: 10:00am
Duration: 4hr
Cost: Own meal

22 Rosemount Nursery & Lunch at Post Office House Cafe

Start: 10.00am
Duration: 3 hr
Cost: Own meal

23 Banana Bender Pub - lunch

Start: 11.00am
Duration: 2.5 hr
Cost: Own meal

24 BIGGEST Morning Tea & Live Entertainment, Suncare

Start: 10.00am
Duration: 3 hr
Cost: \$20

25 Mystery outing & lunch

Start: 10.00am
Duration: 3 hr
Cost: Own meal

26 Shopper Bus - Kawana Shopping World

Start: 10.30am
Duration - 3.5 hr
Cost: Own meal

29 Table Tennis at Suncare Hub

Start: 10:00am
Duration: 3 hr
Cost: \$10 (lunch)

30 White Ridge Farm

Start: 10.00am
Duration: 4 hr
Cost: Own meal plus \$17 Entry Ticket

Sunshine Coast North catchment area is: Maroochydore and all suburbs within 15 km radius.

If you live outside this catchment area, please contact Suncare and we will try to accommodate your needs.



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

June 2026 Outings Program

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

SUNSHINE COAST **SOUTH**

2-8 George Street, Maroochydore



WEDNESDAYS



3 Caboolture Art Gallery

Start: 10.30am
Duration: 4 hr
Cost: Own meal



10 Cycling Without Age & Lunch - Happy Valley

Start: 10.00am
Duration: 4 hr
Cost: \$10 (picnic lunch)



5 Mooloolaba Seafood Lunch Cruise

Start: 11.30am
Duration: 2.5 hr
Cost: \$67



19 Comedy Wildlife Photography Awards - Redcliffe Museum

Start: 10.00am
Duration: 4 hr
Cost: Own Meal



17 Eumundi Markets

Start: 10.30am
Duration: - 4 hr
Cost: Own meal



24 BIGGEST Morning Tea & Entertainment at Suncare

Start: 10.00am
Duration: 3 hr
Cost: \$20, plus gold coin donation



26 Shopper Bus - Kawana Shopping World

Start: 10.30am
Duration: - 3.5 hr
Cost: Own meal

NOTES

Sunshine Coast South catchment area is: Currimundi and all suburbs within 15 km radius.

If you live outside this catchment area, please contact Suncare and we will try to accommodate your needs.

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

Outing Information



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.

AUSTRALIA'S BIGGEST MORNING TEA

Australia's Biggest Morning Tea - In Centre. Come along for a yummy morning tea and live entertainment by Hurianna. Get ready to kick your heels up and have some fun.



OP SHOP HOP

Hands up Op-Shop Enthusiasts! This outing will give you the opportunity to visit the local Op-Shops in the Caloundra region and explore the unknown treasures to be found.

KNIT AND NATTER

Bring your needles, your yarn, and your smile! Our knitting group is a relaxed and friendly space to stitch, chat, and enjoy good company. Whether you're an experienced knitter or just starting out, everyone is welcome to come along, learn at your own pace, and share a laugh or two.

TABLE TENNIS FUN

Table tennis is an enjoyable activity for any age group. It's gentle on the body, easy to learn, and great fun at any pace. It encourages light movement, keeps the mind sharp, and offers plenty of laughs along the way. Come along and join in at the Suncare Community Centre. It's all about enjoying the moment, having fun together, in a welcoming, relaxed space.

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.

WHITE RIDGE FARM FUN

Join us for a fun day out at White Ridge Animal Farm. Come and see llamas, alpacas, horses and many more. You'll see the goats playing, the sheep and their little lambs. Feed the chickens and ducks and even have a go at milking their fake cow!

SUNCARE LUNCHEON

Join us for a special gathering that brings together employees, volunteers, Board Directors and Suncare Members and enjoy a delicious hot lunch together. This provides a lovely day out and an opportunity to connect with others and meet some key people within Suncare.

MALENY COUNTRY ANTIQUES & COLLECTABLES

Discover the charm of Maleny Country Antiques and Collectables nestled in the heart of Maleny.

This delightful store offers a thoughtfully curated selection of vintage treasures, rustic furnishings, timeless décor, unique curios and a diverse collection of vinyl records that spark nostalgia and inspire creativity.



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

June 2026 In Centre Activities Program

Contact Suncare between 1st - 14th May, 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.

June 2026 In Centre Activities Program

Contact Suncare between 1st - 14th May, 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

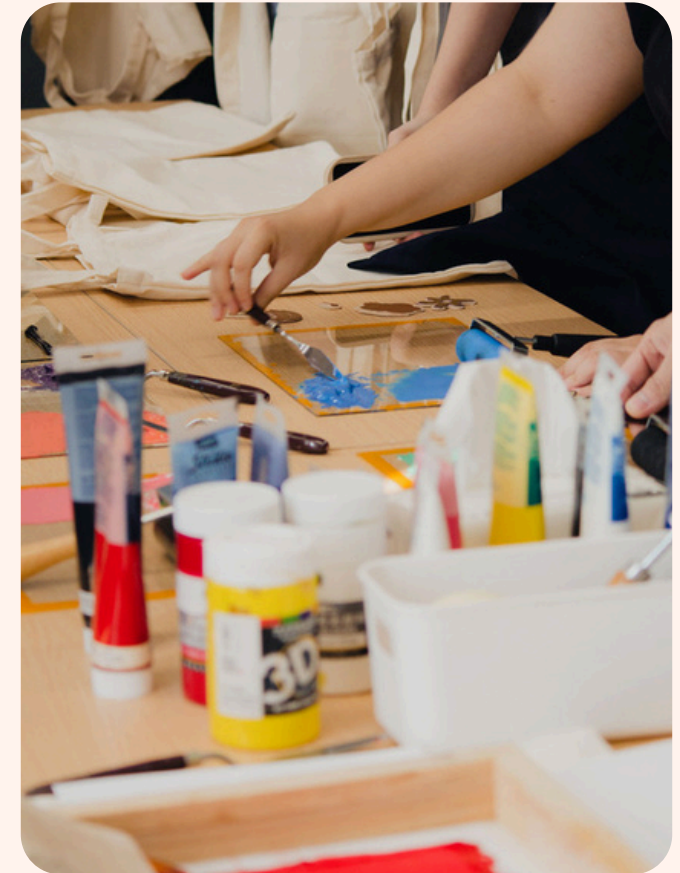
About: This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

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.

June In Centre Activities

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

NAMBOUR

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



FRIDAYS

5

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.

12

NAMBOUR SOCIAL GROUP - TALKING HEADS

Time: 9:00am - 11:00am

Duration: 2hr

About: It's what we call Celebrity Heads!

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

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

19

NAMBOUR SOCIAL GROUP - TRIVIA

Time: 9:00am - 11:00am

Duration: 2hr

About: A fun, question-based game where players test their knowledge across a variety of topics.

AGELESS GRACE

Time: 12:00pm - 12:45pm

Duration: 45min

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

26

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.



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.



TO MAKE A BOOKING:

CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

June Therapy Activities

May bookings open 1st June, 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

WEDNESDAYS

PHYSIO FITNESS

Time: 9:00am - 10:00am
Duration: 1hr
Location: PMH

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

CHAIR PILATES

Time: 10:00am - 11:00am
Duration: 1hr
Location: SCC

THURSDAYS

AQUA FITNESS

Time: 9:30am - 10:30am
Duration: 1hr
Location: BAC

COGNITIVE MAINTENANCE GROUP

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

PHYSIO FITNESS

Time: 10:00am - 11:00am
Duration: 1hr
Location: SCC

EXERCISE PLUS

Time: 12:00pm - 1:00pm
Duration: 1hr
Location: SCC

AQUA FITNESS

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

CARDIAC REHAB MAINTENANCE

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

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