



Social Connections Program



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



OCTOBER 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-14th of the month prior. Simply contact Suncare on 1800 786 227 or contact@suncare.org.au.

ACTIVITY PRICING:

Some of our activities may attract additional costs associated with meals, tickets or personal purchases. Where possible, prices will be listed and we aim to keep all planned activities affordable for most.

TRANSPORT:

Transport is available to and from activities for most catchment areas and will be billed separately. Collection times may vary but we aim to have you at your planned activity on time.

CANCELLATION POLICY:

Suncare 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 the customer to confirm estimated transport collection time. This call will be made the morning of the social outing. Pick up times start anywhere from 9am to ensure arrival time at venue.

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
			1 OP Shop and Lunch Caloundra \$	2 Kings Beach Tavern Kings Beach \$
5 Public Holiday	6 Banana Bender Pub Palmview \$	7 The Great Suncare Bake Off SCC \$	8 The Barn Flaxton \$	9 Shopper Bus Kawana and Choice Discount Store \$
12 Adult Shop and Lunch Maroochydore \$	13 Woombye to Beewah Train ride and lunch \$	14 Ladies In Red Performance SCC \$	15 Morning Melodies Gympie RSL \$	16 Coolum Beach Sports Club Coolum \$
19 Line Dancing Burning Boots SCC \$	20 BBQ lunch Dicky Beach Caloundra \$	21 October Fest SCC \$	22 Sunshine Troupe Performance SCC \$	23 In Centre Movie SCC \$
26 Suncare Board Lunch SCC \$	27 Caloundra Power Boat Club Caloundra \$	28 Halloween Lunch SCC \$	29 Club Kawana Kawana \$	30 Doonan Noosa Hinterland \$

Op Shop Hop and Lunch Caloundra RSL

Date	Thursday 1 st October
Time	10.30am – 2.00pm (3.5hrs)
This outing will give you the opportunity to visit the local Op-Shops in Caloundra and explore the hidden treasures to be found. Followed by lunch at the RSL	
\$	Cost of meal and drinks
	Independent walking

Kings Beach Tavern Kings Beach

Date	Friday 2 nd October
Time	11.00am – 2.00pm (3hrs)
Kings Beach Tavern is the perfect spot to relax, unwind, and soak up the Sunshine Coast lifestyle. With delicious meals, refreshing drinks and great company	
\$	Cost of meal and drinks
	Independent walking

Bananda Bender Pub Palmview

Date	Tuesday 6 th October
Time	11.00am – 1.30pm
Enjoy a relaxed lunch, known for its friendly atmosphere and delicious menu. With a great selection of classic pub favourites, fresh seafood, burgers, salads, and daily specials	
\$	Cost of meal and drinks
	Independent walking

The Great Suncare Bake Off Suncare Community Centre

Date	Wednesday 7 th October
Time	10.30am – 2.00pm (3.5hrs)
Bring along a homemade treat, show off your baking skills, and enjoy great food, fun, and friendship. Prizes to be won! Or simply come along and join the fun.	
\$	Nil cost – Free Coffee Van
	All abilities



The Barn Flaxton

Date	Thursday 8 th October
Time	11.30am – 2.00pm (2.5hrs)
Always a favourite day out. Known for its warm hospitality and rustic atmosphere, the Barn offers a delicious menu with fresh produce, making it a perfect day out.	
\$	Cost of meal and drinks
	Independent walking

Shopper Bus Kawana and Choice

Date	Friday 9 th October
Time	10.00am - 2.00pm (4hrs)
Enjoy a shopping trip to Kawana, with plenty of time to browse and pick up bargains at Choice Discount Store. A great opportunity to get out, and enjoy a social day with others.	
\$	Cost of meal and drinks
	Independent walking

Adult Shop and Lunch Maroochydore

Date	Monday 12 th October
Time	10.30am - 1.00pm (2.5hrs)
For those looking for something a little different and interested in visiting a local Adult Shop, this ones for you. Followed by a delicious lunch to end the day.	
\$	Cost of meal and drinks
	Independent walking

Train Ride - Woombye to Beewah Lunch at Beewah Pub

Date	Tuesday 13 th October
Time	10.30am - 2.30pm
Join us for a scenic train ride from Woombye to Beerwah, followed by lunch at the Beerwah Hotel. A great day out with friends!	
\$	Cost of Train, meal and drinks
	Independent walking

Ladies in Red Performance Suncare Community Centre

Date	Wednesday 14 th October
Time	10.30am - 1.00pm (2.5hrs)
Come along and enjoy the wonderful Ladies in Red as they perform all your favourite hits from the 1960s and 1970s. Sing along to the classics, and enjoy a fun-filled afternoon of music and fun.	
\$	Cost of meal and drinks
	In Centre fun, everyone welcome



Morning Melodies Gympie

Date	Thursday 15 th October
Time	10.30am - 2.00pm (3.5hrs)
Morning Melodies brings great tunes as well as a two-course lunch including main and dessert! Entry is just \$20, which includes \$5 worth of raffle tickets.	
\$	Cost of meal and drinks
	Independent walking

Coolum Beach Sports Club Coolum

Date	Friday 16th October
Time	11.30am - 2.00pm (2.5hrs)
Come and enjoy lunch at Coolum Beach Sports Club, with great company, delicious food and a relaxed atmosphere.	
\$	Cost of meal and drinks
	Independent walking

Line Dancing Burning Boots Suncare Community Centre

Date	Monday 19 th October
Time	10.30 - 1.30pm (3hrs)
Come along and enjoy being entertained by the Burning Boots Line Dancing group. Kick up your heels and enjoy a lovely lunch from Meals on Wheels	
\$	\$15 lunch
	In centre fun suitable for everyone

BBQ Lunch at Dicky Beach Caloundra

Date	Tuesday 20 th October
Time	10.30am - 2.00pm (3.5hrs)
Enjoy a visit to Dicky Beach, known for its beautiful beach, ocean views, and relaxed coastal atmosphere. It's the perfect place for a BBQ and to enjoy the sun and sea breeze	
\$	\$10 for BBQ lunch
	Independent walking



Oktoberfest Suncare Community Centre

Date	Wednesday 21 st October
Time	10.30 - 1.30pm (3hrs)
Come and celebrate Oktoberfest with great company, festive music, delicious food, and plenty of fun! A great opportunity to enjoy the lively atmosphere festivities.	
\$	\$20 for lunch and entertainment
	In centre event, everyone's welcome

**Sunshine Troupe Performance
Suncare Community Centre**
Date Thursday 22nd October

Time 10.30am - 1.00 (2.5hrs)

Come and support this wonderful group! This talented troupe empowers adult performers with disabilities to share their stories, creativity, and talents through music and performance.

\$ \$10 lunch provided

 In centre suitable for everyone

**In Centre Movie
Suncare Community Centre**
Date Friday 23rd October

Time 10.30am - 1.30pm (3hrs)

Come along and enjoy lunch and a movie at the Suncare Community Centre. Movie of the month is Hairspray. Yummy Sandwiches and treats from MOW will be provided.

\$ No Cost

 In centre suitable for everyone

**Suncare Luncheon
Suncare Community Centre**
Date Monday 26th October

Time 11.00am - 2.00pm

Join us for lunch that brings employees, volunteers and the Board of Directors together. This is a lovely day and the give the opportunity to connect with others in Suncare

\$ Lunch Provided

 In centre suitable for everyone

**Caloundra Power Boat Club
Caloundra**
Date Tuesday 27th October

Time 11.00am - 1.30pm (2.5hrs)

Enjoy a relaxing lunch at the Power Boat Club, featuring beautiful waterfront views, great food, and a friendly atmosphere. It's the perfect place to socialise, dine, and take in the stunning scenery of Golden Beach

\$ Cost of meal and drinks

 Independent walking

Halloween Fun Suncare Community Centre

Date	Wednesday 28 th October
Time	10.30am - 1.30pm (3hrs)
Join us for a spooky Halloween Lunch filled with tasty treats, fun, and great company. Costumes welcome!	
\$	\$10 includes lunch and treats
	In centre suitable for everyone



Club Kawana Kawana

Date	Thursday 29 th October
Time	11.30 - 2.00pm (2.5hrs)
Come and enjoy great food, live music, and exciting raffles in a fun, friendly atmosphere. Club Kawana never disappoints	
\$	Cost of meal and drinks
	Independent Walking

Lunch at the Doonan Noosa Hinterland

Date	Friday 30 th October
Time	11.00am - 1.30pm (2.5hrs)
Join us for a relaxing lunch at The Doonan in Noosa. Enjoy great food, beautiful surroundings, and wonderful company for a delightful day out	
\$	Cost of meal and drinks
	Independent walking



Monday	Tuesday	Wednesday	Thursday	Friday
Craft Corner SCC 9.00am - 12noon Table Tennis SCC 10.00am - 11.30am Bingo SCC 1.00pm - 2.30pm	Walking Group MDORE 7.00am - 9.00am Dance Class by Joe SCC 9.00am - 10.00am Cards: Hand & Foot SCC 12.00pm - 3.00pm Indoor Bowls SCC 1.00pm - 3.30pm	Art Group BUD 9.30am - 11.30am Mahjong BUD 12noon - 3.00pm	Chair Fitness SCC 9.00am - 10.00am Suncare Choir SCC 10.00am - 12noon Carnival Games SCC 12.30pm - 2.30pm	Indoor Bowls SCC 9.30am - 11.30am Mahjong Buddina 9.30am - 12.30pm Board Game Bonanza BUD 1.00pm - 4.00pm Social Group NAM 9.00 - 11.00am Ageless Grace NAM 12noon - 12.45pm
	• SCC = Suncare Community Centre: 2-6 George St, Maroochydore • BUD = Buddina Tennis Club: 20 Nanyima St, Buddina • NAM = Anglican Parish Hall: 174 Currie St, Nambour • MDORE = Various locations across Maroochydore			Sunday Indoor Bowls SCC 1.00pm - 3.00pm

Craft Corner

Date	Every Monday
Time	9.00am - 12.00noon (3hrs)
Creative and social activity to enjoy a range of art & craft projects. Whether it's painting, card making, knitting, scrapbooking or paper mache, there is something for everyone. Morning Tea included	
	No additional cost
	Located at SCC

Bingo

Date	Every Monday
Time	1.00pm - 2.30pm (1.5hrs)
Much-loved social activity that combines fun, excitement and some friendly competition. Supports connection, concentration and mental stimulation - a great way to stay connected	
	No additional cost
	Located at SCC

Morning Walkers

Date	Every Tuesday Morning
Time	7.00am - 9.00am
A refreshing outdoor activity that encourages you to enjoy the natural beauty of our coastline while improving your health and wellbeing. Suitable for all fitness levels and ending with a cafe breakfast	
	Cost for breakfast
	Maroochydore - various locations

Dancing with Joe

Date	Every Tuesday
Time	9.00am - 10.00am (1hrs)
A fun and expressive movement program promotes rhythm, 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

Date	Every Monday
Time	10.00am - 11.30am
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
	Loated at SCC

Card Games: Hand & Foot

Date	Every Tuesday
Time	12.00noon - 3.00pm (3hrs)
Whether playing for fun, strategy or a little friendly competition, our card games build concentration, memory and problem-solving skills. Stay mentally active and meet new people.	
\$	No additional cost
	Located at SCC

Indoor Bowls

Date	Every Tuesday, Friday, Sunday
Time	Varried times - refer to the calendar
A friendly & enjoyable activity that combines light physical exercise, strategy and social connection. Develop coordination, balance and concentration in a fun and supportive enviroment.	
\$	No additional cost
	Located at SCC

Art Group - Buddina

Date	Every Wednesday
Time	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. Bring your own art project and supplies.	
\$	No additional cost
	Located at Buddina

Mahjong - Buddina

Date	Every Wednesday & Friday
Time	Wednesday 12:30pm - 3:30pm Friday 9:30am - 12:30pm
A popular tile based game combining strategy, concentration and social interaction. Mahjong allows you to build mental agility and problem solving skills in a friendly group environment.	
\$	No additional cost
	Located at Buddina



Chair Fitness

Date	Every Thursday
Time	9.00am - 10.00am
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!	
\$	No additional cost
	Located at Buddina

Suncare Choir

Date	Every Thursday
Time	10.00am - 12.00pm
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.	
\$	\$10 - Morning Tea Included
🚶	Located at SCC

Carnival Games

Date	Every Thursday
Time	12.30pm - 2.30pm
Improve your hand-eye coordination skills and enjoy a variety of classic carnival games including Hacky-Sack, Bocce, Skittles.	
\$	No additional cost
🚶	Located at SCC

Board Game Bonanza - Buddina

Date	Every Friday - Buddina
Time	1.00pm - 4.00pm
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.	
\$	No additional cost
🚶	Located at Buddina

Nambour Social

Date	Every Friday (excluding the last Friday of each month)
Time	9.00am - 11.30am
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.	
\$	No additional cost
🚶	Nambour Parish Hall



Ageless Grace

Date	Every Friday (excluding the last Friday of each month)
Time	Located at Buddina
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.	
\$	No additional cost
🚶	Nambour Parish Hall

Monday	Tuesday	Wednesday	Thursday	Friday
Cardiac Rehab SCC 11.30am - 12.30pm	Cognitive Stimulation SCC 9.30am - 10.15am	Chair Pilates SCC 9.00am - 10.00am	Cognitive Stimulation SCC 9.30am - 10.15am	AQUA Fitness CTAC 2.00pm - 3.00pm
AQUA Fitness BAC 12.00pm - 1.00pm	Exercise Plus SCC 11.30am - 12.30pm	Strength & Balance SCC 1.00am - 2.00pm	Physio Fitness SCC 10.45am - 11.45am	
AQUA FITNESS CTAC 2.00pm - 3.00pm	Cognitive Stimulation SCC 11.15am - 12.00pm	Lower Limb Arthritis SCC 11.00am - 11.20.00pm	Cognitive Stimulation SCC 11.15am - 12.00pm	
	AQUA Fitness PAC 11.45am - 12.45pm 12.45pm - 1.45pm		AQUA Fitness MPCC 12.30pm - 1.30pm	
• SCC - Suncare Community Centre: 2-8 George 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				

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.



Suitable for wheelchair users



Up to 50m walk from carpark

STRENGTH & BALANCE

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

Oktober Fest Fun Suncare Community Centre

Suncare Community Centre

Date Wednesday 21st October

Time 10.30am - 1.30pm (3hrs)

Get ready for a fun-filled Oktoberfest celebration with great music, laughter, and plenty of good company! Join us as we bring a touch of Bavaria to the centre with festive decorations, delicious German-inspired treats and sing-along favourites. Whether you're tapping your toes to the music, sharing stories with friends, or simply enjoying the festive atmosphere, there's something for everyone to enjoy. Don your best Oktoberfest colours and come celebrate a day of fun, friendship, and community spirit!



\$20 includes lunch and entertainment



Wheelchair Accessible



Suncare Community Centre



SPECIAL EVENT

The Great Suncare Bake off Suncare Community Centre

Suncare Community Centre

Date Wednesday 21st October

Time 10.30am - 1.30pm (3hrs)

Do you have a favourite recipe that's always a crowd-pleaser? Bring along your homemade baked goods and join in the fun!

- 🏆 Best Sweet Treat -Cakes, slices, biscuits, cupcakes, muffins, scones and desserts.
- 🏆 Best Savoury Bake - Quiches, sausage rolls, savoury muffins, scones, scrolls, pies, and slices.
- 🏆 People's Choice Award
- 🏆 Suncare Star Baker

Awarded to the overall standout baker of the day!
Recipe Sharing -Bring along a copy of your recipe to share with others so everyone can enjoy your delicious creation at home. Join us for a day of tasting, and friendly competition. Whether you're entering a bake or simply coming along to sample the goodies, it's sure to be a fun and delicious event!

💰 No Cost

♿ Wheelchair accessible

🚶 Suncare Community Centre





SPECIAL EVENT

Line Dancing - Burning Boots Performance

Suncare Community Centre

Date Monday 19th October

Time 10.30am - 1.30pm

Come along and be entertained by the fantastic Burning Boots Line Dancing Group! Enjoy an afternoon of lively music, toe-tapping fun, and great company. Kick up your heels, join in the atmosphere, and treat yourself to a delicious lunch provided by Meals on Wheels. A wonderful opportunity for seniors to socialise, laugh, and enjoy a fun-filled day together!



SPECIAL EVENT

Sunshine Troupe Performance

Suncare Community Centre

Date Thursday 22nd October

Time 10.30am - 1.30pm

Based on the Sunshine Coast, The Troupe is proudly guided by Disability Led Practice, where the stories, talents and aspirations of its members shape everything it does. By placing members at the heart of the creative process, The Troupe empowers individuals to express themselves, build confidence, develop skills, and share their unique voices through performance. Come along and share in the joy of their performance.