



Social Connections Program



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



DECEMBER 2026

SUNCARE HUB: 2-8 GEORGE STREET, MAROOCHYDORE 1800 786 227

	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Brightwater Tavern, Brightwater 11.30 - 14.00 ♿️ 🚶 Join us for a relaxing lunch at Brightwater Tavern, enjoy good food and great company in a lovely waterfront setting. 💰 own meal	No outing this day.	Fish and Chips, Cotton Tree 11.00 - 2.00 ♿️ 🚶 Enjoy a relaxing outing to Cotton Tree for delicious fish and chips by the water. Soak up the fresh sea breeze, great views, and even better company. 💰 own meal	Xmas Shopping Bus Sunshine Plaza 11.30- 1.30 🚶 Enjoy a festive day out shopping for gifts, grabbing a bargain, sharing the Christmas spirit with friends. While enjoying lunch while out and about. 💰 own meal

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
Pikelets in the Park Cotton Tree 10.30 - 1.00 ♿️ 🚶 Enjoying a beautiful morning at Cotton Tree with freshly made pikelets in the park, great company, and plenty of smiles. 💰 \$10.00	Curlys Bar and Kitchen, Coolum 11.30 - 2.30 ♿️ 🚶 Enjoy great food, , and good company at Curly's on the Boardwalk. A relaxing day out by the beach with friends to enjoy the warm weather. 💰 Own Meal	Suncare Christmas Party SCC 10.30 - 2.00 ♿️ 🚶 Celebrate the festive season with friends at the Suncare Customer Christmas Party. Enjoy great company, entertainment, food, and plenty of Christmas cheer. 💰 \$30.00	Club Kawana Lunch Kawana 11.30 - 2.00 ♿️ 🚶 Come and enjoy great food, live music, and exciting raffles in a fun, friendly atmosphere. Club Kawana never disappoints. 💰 own meal	Christmas Brunch SCC 10.00 - 12.00 ♿️ 🚶 Join us in the Centre for a delicious brunch, great company and Christmas Cheer. 💰 \$10.00

DECEMBER 14 - 18

Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
Xmas Shopping Bus Kawana/Choice 10.30 - 1.30 ♿ Enjoy a festive day out shopping for gifts, grabbing a bargain, sharing the Christmas spirit with friends. While enjoying lunch while out and about. 💰 Own meal	Xmas light Canal Curise Mooloolaba 4.30pm - 9.00pm ♿ Join us for dinner at the wharf followed by the Xmas light canal cruise. This is a capped outing of 30 customers only. 💰 Own meal plus \$35 for cruise	Night Christmas Light Drive & Dinner 5.00pm - 9.00pm ♿ Join us for a festive evening as we enjoy dinner at Mt Creek Tavern before taking a scenic bus tour to admire the spectacular Christmas lights. 💰 Own meal	Morning Melodies Gympie RSL 10.30 - 2.00 ♿ Morning Melodies brings great tunes as well as a two-course lunch including main and desert. Entry fee includes \$5 worth of raffel tickets. 💰 Entry \$20.00	In Centre Christmas Movie SCC 11.30 - 2.30 ♿ Sit back, relax, and enjoy "Miracle on 34th Street" a festive Christmas movie with friends. A perfect way to celebrate the season, lunch included. 💰 \$10.00

DECEMBER 21 - 28

Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25 th
Gift Wrapping Day SCC 10.30 - 1.00 ♿ Need help wrapping gifts? Join us for some festive fun and get your presents Christmas-ready! Morning Tea Included. 💰 \$10.00	Headland Golf Club Buderim 11.30- 2.00 ♿ Enjoy a delicious lunch at Headland Golf Club, Buderim, with great food, beautiful views, and wonderful company. 💰 Own meal	One on One Labalsa 11.30-2.00 ♿ Enjoy a relaxed morning tea/lunch at the lovely One on One at Labalsa, followed by a stroll along the waters edge. 💰 Own meal	Christmas Eve Morning Tea, SCC 10.00 - 1.00 ♿ Celebrate Christmas Eve with friends at our festive morning tea. Enjoy delicious treats, great company, and some Christmas cheer as we countdown to the big day. 💰 \$15.00	

Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	
 BOXING DAY 	Maroochy RSL Maroochdore 11.30 - 2.00 ♿️ 🚶 Join us for a delicious lunch at Maroochy RSL. Relax, enjoy a great meal, and catch up with friends in a welcoming atmosphere. 💰 Own meal	Mystery Outing 10.00 - 2.00 🚶 Enjoy a fun day out with a surprise destination! Relax and enjoy the adventure as we uncover where the day takes us. Destination revealed on arrival. 💰 Own meal	New Year Morning Tea, Suncare Hub 10.30- 1.00 ♿️ Celebrate the New Year with a relaxed morning tea, good company, and plenty of laughs as we welcome the year ahead together. 💰 \$15.00	

Thank you

As December approaches, the team at the Suncare Community Centre would like to take a moment to wish all our Suncare customers a very Merry December and Christmas but most importantly a happy and healthy New Year. 🌲 ✨

Thank you for being part of our Suncare Community Centre/Outings family and for sharing so many wonderful moments with us throughout the year. From outings and special events, to laughter, friendships, and everyday conversations, the memories we've created together are truly cherished.

Since stepping into the Community Centre, I have been overwhelmed by the kindness, support, and sense of community shown by our customers and staff. It has been a privilege getting to know you all, and I genuinely look forward to seeing your smiling faces in the New Year. We wish you and your loved ones a joyful festive season and look forward to creating many more wonderful memories together in 2027.

With Heartfelt thanks and warmest wishes for Christmas and the New Year.
From Michelle and the team at the Suncare Community Centre.

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
Craft Corner Suncare Hub 9.00 - 11.00	Walking Group Maroochydore 7.00 - 9.00		Chair Fitness Suncare Hub 9.00-10.00	Indoor Bowls Suncare Hub 9.30 - 11.00
Table Tennis Suncare Hub 10.00 - 11.30	Dancing with Jo Suncare Hub 9.00 - 10.00		Suncare Choir Suncare Hub 10.00 - 12.00 \$	Social Group Suncare Hub 1.00 - 3.00
Bingo Suncare Hub 1.00 - 2.30	Cards: Hand & Foot Suncare Hub 12.30 - 3.30		Carnival Games Suncare Hub 12.30 - 2.30	Social Group Nambour 9.00 - 11.00
	Indoor Bowls Suncare Hub 1.00 - 3.30			Ageless Grace Nambour 12.00 - 12.45

Craft Corner

Craft Corner is designed to support those wanting to explore their creative flair. Painting, scrapbooking, card making, knitting, paper mache or bring something from home to work on.



Date: Every Monday



Location: Suncare Community Centre

Bingo

Much loved social activity that combines fun, excitement and some friendly competition all while supporting social connection, concentration and mental stimulation.



Date: Every Monday



Location: Suncare Community Centre

Table Tennis

Whether you're a beginner or a seasoned player, table tennis is a great way to improve coordination, keep your mind sharp, and connect with others in a relaxed and supportive environment.



Date: Every Tuesday



Location: Suncare Community Centre

Walking Group

Our friendly walks are a great way to get moving at your own pace while exploring local parks, pathways and scenic surrounds. Every step is a step towards better health and new friendships!

Date: Every Tuesday



Location: Suncare Community Centre



Dance Class with Jo

This fun and engaging activity is a great way to improve flexibility, balance and coordination while enjoying music and social connection. No experience required.



Date: Every Monday



Location: Suncare Community Centre

Hand & Foot Card Game

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.



Date: Every Tuesday



Location: Suncare Community Centre

Indoor Bowls

Suitable for all skill levels, Indoor Bowls is a great way to stay active, improve coordination and enjoy friendly competition. All abilities and skill levels are welcomed.



Date: Every Tuesday and Friday



Location: Suncare Community Centre

Art Group

Unleash your creativity and enjoy benefits of painting, drawing, craft activities or trying something new. Express yourself, learn new skills and connect with others.



Date: Every Wednesday
Location: Buddina Hub



Chair Fitness

Stay active, improve your strength and boost your wellbeing with our Chair Fitness group. Designed to be safe and fun, these gentle exercises can be performed while seated or with chair support.

Date: Every Thursday
Location: Suncare Community Centre



Suncare Choir

Love to sing or simply enjoy music? Come along and share the joy of singing in a fun, welcoming and supportive environment. No experience is needed.
Light lunch provided – \$10.00

Date: Every Thursday
Location: Suncare Community Centre



Carnival Games

Step right up and join the fun at our Carnival Games group! Enjoy a variety of classic games, friendly competition and plenty of laughs in a relaxed and social atmosphere.

Date: Every Thursday
Location: Suncare Community Centre



SCC Social Group

Whether joining for a chat, an activity or simply enjoying the company of others, this welcoming group provides an opportunity to connect with others, make new friends and stay engaged in your community.

Date: Every Friday
Location: Suncare Community Centre



Ageless Grace

A fun brain fitness program using simple movements performed while seated, helps support balance, mobility, coordination, memory and overall wellbeing.

Date: Every Friday
Location: Nambour Anglican Parish Hall



Nambour Social Group

Whether joining for a chat, an activity or simply enjoying the company of others, this welcoming group provides an opportunity to connect with others, make new friends and stay engaged in your community.

Date: Every Friday
Location: Nambour Anglican Parish Hall



Monday's

Cardiac Rehab
Suncare Hub

11.30 - 12.30

Aqua Fitness
Buderim Aquatic Centre

12.00 - 1.00



Aqua Fitness
Cottontree Pool

2.00 - 3.00



Tuesday's

Cognitive Stim
Suncare Hub

9.30 - 10.15

Exercise Plus
Suncare Hub

11.30 - 12.30

Cognitive Stim
Suncare Hub

11.15 - 12.00

Aqua Fitness
Palmwoods Pool

11.45 - 12.45
12.45 - 1.45



Wednesday's

Chair Pilates

Suncare Hub
9.00 - 10.00

Physio Fit

Suncare Hub
1.00 - 2.00

Arthritis Therapy
Suncare Hub

11.00 - 12.00

Thursday's

Cognitive Stim
Suncare Hub

9.30 - 10.15

Physio Fit
Suncare Hub

10.45 - 11.45

Cognitive Stim
Suncare Hub

11.15 - 12.00

Aqua Fitness
Meridan Plains
Community Church

12.30 - 1.30



Aqua Fitness
Buderim Aquatic
Centre

12.30 - 1.30



Aqua Fitness
Palmwoods Pool

12.30 - 1.30



Friday's

Aqua Fitness
Cottontree Pool

2.00 - 3.00



Physio Fit
Kawana Forrest
60 Woodlands Blvd

11.15 - 12.15

Cognitive Stimulation Therapy

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

Date: Every Tuesday and Thursdays
Location: Suncare Hub



Cardiac Rehabilitation Group

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 facilitated by a qualified clinician, helping you build strength and reduce the risk of future heart concerns.

Date: Every Monday
Location: Suncare Hub



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.

 Pool Entry Fee

Date: Every Monday, Tuesday, Thursday and Fridays
Location: Various Locations

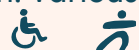


Physio Fit

Facilitated by a clinician, this gentle exercise program is designed to improve muscle, strength, balance, flexibility and coordination.

Using a combination of seated and standing exercises, you will build confidence, improve mobility and help reduce the risk of falls.

Date: Every Wednesday, Thursday and Fridays
Location: Various Locations



Arthritis Therapy

Clinically led, this is an educational 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.

Date: Every Wednesday
Location: Suncare Hub



Chair Pilates

A low impact form of exercise that focuses on strengthening muscles, as well as working on flexibility, balance, posture and control. An emphasis on breathing techniques, correct alignment and body awareness so that you move your muscles through safe and controlled movements.

Date: Every Wednesday
Location: Suncare Hub



Exercise Plus

This class is a higher level, advance level class designed to be challenging for higher functioning individuals. It will involve physically challenging exercises/movements and equipment such as TheraBand, dumbbells and leg weights. Mixture of seated and standing exercises.

Date: Every Tuesday
Location: Suncare Hub





SPECIAL EVENT: DECEMBER 9TH

Suncare customer Christmas party

Suncare Community Centre

Date Wednesday 9th December

Time 10:30am – 2:00pm

Come and join us for a festive celebration filled with great food, wonderful company, and live entertainment. Come along and enjoy the Christmas spirit with fellow Suncare customers as we celebrate the year together. Customer contribution: \$30.

Dress in your favourite Christmas attire and get into the festive spirit! Guests are also invited to bring a small gift for our Christmas gift exchange (optional), with a maximum value of \$5. 🎁

** Johnny Spritz is the entertainment **



SPECIAL EVENT: DECEMBER 2026

Christmas lights dinner and drive

Suncare Community Centre

Date Wednesday 16th December

Time 5.00pm – 9.00pm

Join us for a festive evening out as we enjoy dinner together at the Mountain Creek Tavern, before heading off on a magical Christmas Lights Adventure Drive. Sit back, relax, and take in the dazzling light displays, beautifully decorated homes, and festive cheer throughout the community. We'll finish the evening with a delicious ice cream stop, making it the perfect way to celebrate the Christmas season with friends, fun, and festive memories. 🧑🏻‍🎅 🍦 🚗 🌲 ✨

Bookings open from the 1st to the 14th of the month before the activity.



Email: contact@suncare.org.au



During busy periods our phone system offers several options to help you connect with us:

- Remain on Hold - and keep your place in the queue
- Leave a Voicemail - and we will return your call within 30 minutes
- Request a Callback - while retaining your place in the queue



Some activities may have additional costs including ticket entry. These will be advised and billed separately



Transport is available for most social outings within our service area. Please ask about transport when making your booking.



To avoid a cancellation fee, please ensure you let us know at least 2 x business days before your activity if you can no longer attend



If you have requested transport, Suncare will contact you the morning of your outing with an estimated pick up time

MY BOOKINGS