



Social Connections Program

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

SUNSHINE COAST

May 2026



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



Changes to our Booking Process



A NEW AND FAIRER WAY TO JOIN OUR SOCIAL CONNECTIONS PROGRAM

Suncare is improving the way we manage registrations for our Social Connections programs. Many customers have told us it can be difficult to secure a place, especially when programs fill so quickly.

We've listened and we're introducing a new process designed to give everyone equal opportunity to participate.

WHAT IS THE CHANGE?

Good News – Suncare is making it easier for you to attend our social connections activities. Instead of having one day to register, you will now have 14 days from the 1st – 14th of the month before the activity takes place. During this 14 day period, you are welcome to contact Suncare to express your interest in your chosen activity.

If lots of people show interest in the same activity, Suncare will place all names into a random draw (like a lottery) and contact you after the 14 days to let you know you have been selected.

Where we can, Suncare will add more staff and resources so more people can join in as we don't want anyone to miss out. If we are unable to add extra places, we will use our normal waitlist process.

REGISTER YOUR INTEREST

Step 1: Contact Suncare to register your interest in your chosen activity, anytime between 1st – 14th of the month

- Phone: 1800 786 227
- Email: contact@suncare.org.au

Step 2: Suncare will contact you to confirm if you have been randomly selected to join the activity

Step 3: Where possible, Suncare will make every effort to ensure no one misses out by increasing our resources to allow more people to participate

Step 4: You will advise Suncare if you are no longer able to attend and your spot will be allocated to someone else



May 2026 Outing Program

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

SUNSHINE COAST NORTH

2-6 George Street, Maroochydore



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Tuesday Walkers
Location: A different location each week
Start: 7am
Duration: 2 hrs
Meal: at own cost



1 Maroochy RSL
Location: Maroochydore
Start: 11:30am
Duration: 2hr
Meal: at own cost

4 LABOUR DAY

5 Woombye Pub
Location: Woombye
Start: 11:30am
Duration: 2hr
Meal: at own cost

6 Mother's Day Paint & Sip High Tea
Location: Suncare
Start: 10:30am
Duration: 3hr
Meal: Provided

7 Live entertainment and lunch at Club Kawana
Start: 11:30am
Duration: 2hr

8 Fairhill Gardens
Location: Ninderry
Start: 10.30
Duration: 2.5
Meal: at own cost

11 Cock and Hen Cafe.
Location: Twin Waters
Start: 10:00am
Duration: 2hr
Meal: at own cost

12 North Shore Tavern.
Location: Pacific Paradise
Start: 11:30am
Duration: 2hr
Meal: at own cost

13 Wednesday Shopper Bus - Sunshine Plaza
Start: 10.30am
Duration - 3 hours
Meal: at own cost

14 Kings Beach Tavern
Location: Kings Beach
Start: 11:30am
Duration: 2hr
Meal: at own cost

15 Op Shop Hop & Lunch
Location: Caloundra
Start: 10:30am
Duration: 3hr
Meal: at own cost

18 Cafe 63
Location: Maroochydore
Start: 10:00am
Duration: 2hr
Meal: at own cost

19 Baringa Tavern
Location: Baringa
Start: 11:30am
Duration: 2hr
Meal: at own cost

20 Ginger Factory & Train Ride
Location: Yandina
Start: 10.30 am
Duration: 3hr
Cost \$12 plus lunch

21 Morning Melodies
Location: Gympie RSL
Start: 11:00am
Duration: 2hr
Meal: at own cost

22 Kawana Waters Hotel
Location: Kawana
Start: 11:30am
Duration: 2hr
Meal: at own cost

25 One on La Balsa
Location: Buddina
Start: 10:00am
Duration: 2hr
Meal: at own cost

26 Parklands Tavern
Location: Meridian Plains
Start: 11:30am
Duration: 2hr
Meal: at own cost

27 Bird World Maleny Botanical Gardens
Location: Maleny
Start: 10.30am
Duration: 3hr
Cost: \$42 plus lunch

28 Siam Spicy
Location: Peregian Beach
Start: 11:30am
Duration: 2hr
Meal: at own cost

29 Mooloolah Valley Country Club.
Location: Landsborough
Start: 11:30am
Duration: 2hr
Meal: at own cost



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

May 2026 In Centre Activities Program

Contact Suncare between 1st - 14th April, 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

SUNDAYS

INDOOR BOWLS

Time: 1:00pm - 3:30pm

Duration: 2.5hr



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

May 2026 In Centre Activities Program

Contact Suncare between 1st - 14th April, 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

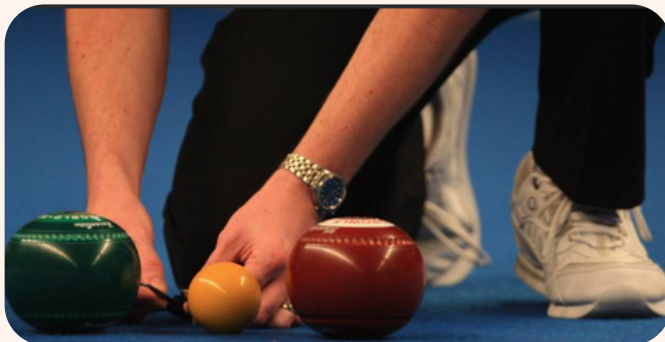
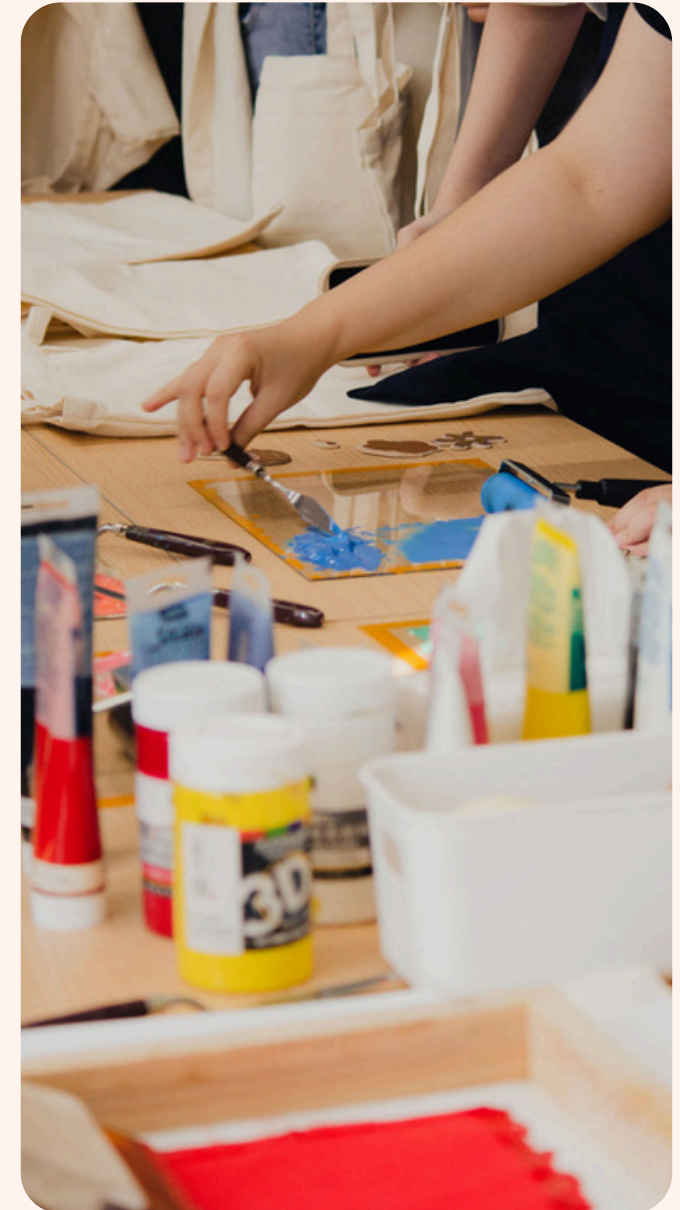
About: his activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

DRUMMING FUN

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.



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

May Community Centre Activities

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

NAMBOUR

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



FRIDAYS

1 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.

8 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.

15 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.

22 SOCIAL GROUP - BINGO
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.



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

May Therapy Activities

May bookings open Wednesday 1st April

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

TO MAKE A BOOKING:

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



In Centre Activity Information



NORTH ACTIVITES

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

DRUMMING FUN

Join us for a fun afternoon of drumming while seated in comfy chairs. This activity is suitable for all abilities and will be supported by our Lifestyle Team

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.



THERAPY ACTIVITES

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.

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.

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.

MOTHERS DAY PAINT & SIP

This in centre activity will be in honour of all the mums who have dedicated their lives to others.

Our Paint & Sip activity is brand new and will involve being taught how to paint your very own canvas picture while enjoying a lovely high tea.

All art supplies and high tea lunch will be provided as part of this special Mothers Day celebration.

TUESDAY WALKERS

Our walking group is open to customers that enjoy an early morning leisurely stroll. Each week, we choose a new locations with new scenery.

After the walk, we stop for a lovely breakfast together, at your own cost.

BIRD WORLD MALENY

Bird lovers will enjoy this outing to the local Maleny Bird World where you will get the opportunity to see a large array of different species while we enjoy a delicious lunch.

Entry cost is approx. \$42 each, plus lunch at your own expense.

SHOPPER BUS

Shopping lovers will enjoy this outing to the Sunshine Plaza 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.



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.

GINGER FACTORY TRAIN RIDE

Join us for a fun and adventurous day out to the local Ginger Factory in Yandina.

Together, we will enjoy some ginger tasting, a lovely train ride through the rainforest and finish with a delicious lunch in the beautiful tranquil setting.

Cost of entry plus train ride = \$12 and lunch is at your own cost.



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