

Social Connections Program



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

SEPTEMBER 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 requires all cancellations to be communicated at least 1 x full business day prior, to avoid paying the cancellation fee.

CONFIRMATION CALLS:

Suncare will contact customers scheduled to attend a social outing, to confirm estimated transport collection time. This call will be made the day before the social outing.

WAITLISTS:

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 Fish and Chips Lunch Mooloolaba Spit  	2 Footy Finals Fever SCC  	3 Op Shop and Lunch Noosa  	4 Sands Tavern Lunch Maroochydore  
7 Treasure and Tails SCC 	8 Noosa Botanic Gardens Noosa 	9 Wildlife HQ Zoo Woombye 	10 Kenilworth Dairies Kenilworth 	11 Bombay Bliss Lunch Maroochydore  
14 Shopper Bus Sunshine Plaza  	15 Izzy Chai Asian Lunch Noosaville  	16 Mad Hatters Tea Party SCC  	17 Morning Melodies Gympie RSL  	18 Mystery Lunch  
21 Gun Cotton Coffee Yandina  	22 Parrots in Paradise Glasshouse 	23 Vintage Fashion Fair Maleny  	24 Club Kawana Lunch Kawana  	25 Orchid Show Beerwah  
28 In Centre Games Day SCC  	29 Wappa Dam Yandina	30 Sunshine Coast Show Choir SCC  		



Mooloolaba Spit Fish and Chips Lunch

Date Tuesday 1st September

Time 10.30am - 1.30pm (3hrs)

Join us for a delightful day out at the beautiful Mooloolaba Spit! Enjoy fresh fish and chips, fresh air and good company.

\$ Cost of meal and drinks

🚶 Independent walking

Footy Finals Fever Suncare Community Centre

Date Wednesday 2nd September

Time 10.30am - 1.30pm (3hrs)

Come and join us for a footy lunch. Hot pies and hotdogs. Wear your favourite AFL or NRL team colours and get ready to sing along to some classic footy anthems.

\$ \$10 cost for lunch

🚶 In centre fun suitable for everyone

Waves of Kindness Op Shop and Lunch Noosa

Date Thursday 3th September

Time 10.30am - 2.00pm (3.5hrs)

Waves of Kindness is a shopping experience like no other, the largest Op Shop on the Sunny Coast. Enjoy some bargain hunting, followed by lunch at Noosa Surf Club

\$ Cost of meal and drinks

🚶 Independent walking



Pub Lunch & Scenic Drive Maroochydore

Date Friday 4th September

Time 10.30am - 1.30pm (3hrs)

Kick off the weekend with a relaxed and enjoyable Friday Pub Lunch at the Newly renovated Sands Tavern! Join us for a delicious meal and good conversations

\$ Cost of meal and drinks

🚶 Independent walking

Treasure and Tails Suncare Community Centre	
Date	Monday 7 th September
Time	10.30am - 1.30pm (3hours)
Bring along a special photo or keepsake and share the stories behind it. Take a trip down memory lane and enjoy lunch with friends	
\$	\$10 for lunch.
♿	All abilities welcome

Noosa Botanic Gardens Noosa	
Date	Tuesday 8 th September
Time	10.30am - 2.00pm (3.5hrs)
Join us for a relaxing day out at the beautiful Noosa Botanic Gardens. Enjoy a picnic lunch surrounded by stunning lakeside views, colourful gardens, and peaceful walking paths.	
\$	\$10 cost for lunch
♿	Independent walker

Wildlife HQ Woombye	
Date	Wednesday 9 th September
Time	10.30am - 2.00pm (3.5hrs)
Join us for an exciting day out at the HQ Zoo in Woombye, where you'll get up close to some of Australia's most fascinating animals. Lunch provided at an additional cost	
\$	Entry ticket and lunch
♿	Independent walker

Kenilworth Adventure	
Date	Thursday 10 th September
Time	10.30am - 1.30pm (3hrs)
Enjoy a lovely day in the heart of the Mary Valley, surrounded by lush green country side. A visit to the local dairy, lunch at one of the eateries in town, finishing off with a donut from the famous bakery	
\$	Cost of meal and drinks
♿	All abilities welcome



Indian Lunch & Coastal Drive Maroochydore	
Date	Friday 11 th September
Time	11.00am - 1.30pm (2.5hrs)
Come for a mouth watering Indian lunch at Bombay Bliss, followed by a beautiful scenic drive along the coastline.	
\$	Cost of meal and drinks
♿	All abilities welcome

Shopper Bus Sunshine Plaza

Date	Monday 14 th September
Time	10.30am - 2.00pm (3.5hrs)
Hop aboard for a fun and convenient Shopper Bus Outing! Enjoy a day out exploring local shops and browsing for bargains.	
\$	Cost of own meal & purchases
♿	In centre fun suitable for everyone

Izzy Chair Asian Lunch Noosaville

Date	Tuesday 15 th September
Time	11.00am - 1.30pm (2.5hrs)
Join us for for a flavourful modern Asian lunch in a relaxed and welcoming setting. Perfect for sharing with friends and enjoying authentic Thai inspired dishes	
\$	Cost of meal and drinks
♿	All abilities welcome

Mad Hatters Tea Party Suncare Hub

Date	Wednesday 16 th September
Time	10.30am - 1.30pm (3hrs)
Step into the world of whimsy and fun and enjoy a lunch filled with themed activities and decor. Come dressed wearing your best Mad Hat. Prizes to be won.	
\$	\$15 for lunch
♿	In Centre fun, suitable for everyone

Morning Melodies Gympie RSL

Date	Thursday 17 th September
Time	10.30am - 1.30pm (3hrs)
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
♿	1km walk to the leagues club



Mystery Outing/Lunch

Date	Friday 18 th September
Time	10.30am - 1.30pm (3hrs)
Sit back, relax as we head off to a mystery destination that is sure to be a memorable day out. This outing will include a scenic drive and a delicious lunch.	
\$	Cost of meal and drinks
♿	All abilities welcome

Gun Cotton Coffee Yandina

Date	Monday 21 th September
Time	10.30am - 1.30pm (3hrs)
Join us for award winning coffee, sweets, morning tea or lunch at Gun Cotton Coffee. Followed by a scenic drive through the hinterland on the way home.	
\$	Cost of meal and drinks
	Independent walking

Parrots in Paradise Glasshouse

Date	Tuesday 22 st September
Time	10.30am - 2.00pm (3.5hrs)
Enjoy a relaxing picnic lunch at Parrots in Paradise, surrounded by colourful parrots and the stunning scenery of the Glass House Mountains!	
\$	Entry ticket plus \$10 for picnic lunch
	Uneven ground services

Vintage Fashion Fair Maleny

Date	Wednesday 23 nd September
Time	10.30am - 2.00pm (3.5hrs)
Come and explore a stunning collection of clothing, accessories, and timeless treasures. Feel free to dress in your favourite vintage attire. Lunch to follow	
\$	Cost of meal and drink
	Independent walking

Club Kawana Lunch Kawana

Date	Thursday 24 th September
Time	11.30am - 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
	500m walk to the leagues club



Orchard Show Beerwah

Date	Friday 25 th September
Time	10.30am - 1.30pm (3hrs)
Be captivated by the beauty of stunning Orchids on display at the Beerwah Orchid Show. Admire the incredible blooms and enjoy lunch as part of this delightful day.	
\$	Cost of meal and drinks
	Independent walking

Games Day/BBQ Lunch Suncare Community Centre

Date	Monday 28 th September
Time	10.00am – 1.30pm (3.5hrs)
Come along for a fun-filled day of games, music, laughter, and a delicious BBQ lunch. There's something for everyone to enjoy.	
\$	\$15 additional cost for BBQ lunch
	In Centre fun suitable for everyone

Coffee & Wappa Dam Yandina

Date	Tuesday 29 th September
Time	10.30am – 2.00pm (3.5hrs)
Enjoy a relaxing coffee stop on the way to the beautiful Wappa Dam where you can take in the fresh air with a lovely picnic surrounded by natural scenery.	
\$	\$10 Picnic Lunch provided
	Uneven ground surfaces

Sunshine Coast Show Choir Suncare Community Centre

Date	Friday 30 th September
Time	10.30am – 1.30pm (3hrs)
Be entertained by the golden voices of the Sunshine Coast Show Choir—an uplifting performance guaranteed to have you singing along!	
\$	\$15 Lunch and performance
	In centre fun suitable for everyone



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 Table Tennis SCC 10.00am - 11.30am 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 10.30am - 11.30am 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, Friday & Sunday
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 of breakfast
	Maroochydore - various locations

Dance Class 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 & Tuesday
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
	Located at SCC

Card Games: Hand & Foot

Date	Every Tuesday
Time	12noon - 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	Varied 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

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 Fit

Date	Every Thursday
Time	9.30am - 10.30am (1hrs)
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 additonal cost
	Located at SCC

Suncare Choir

Date	Every Thursday
Time	10.00am - 12noon
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
	Buddina Tennis Club

Board Game Bonanza

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 (2.5hrs)
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
Time	12.00noon - 12.45pm
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
Cognitive Stimulation SCC 9.30am - 10.15am	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
Cardiac Rehab SCC 11.30am - 12.30pm	Exercise Plus SCC 11.30am - 12.30pm	Strength & Balance SCC 9.00am - 10.00am	Physio Fitness SCC 10.45am - 11.45am	
AQUA Fitness BAC 12.00pm - 1.00pm	Cognitive Stimulation SCC 11.15am - 12.00pm	Cognitive Stimulation SCC 9.30am - 10.15am	Cognitive Stimulation SCC 11.15am - 12.00pm	
AQUA FITNESS CTAC 2.00pm - 3.00pm	AQUA Fitness PAC 11.45am - 12.45pm 12.45pm - 1.45pm	Lower Limb Arthritis SCC 11.00am - 11.20.00pm	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 clinician, 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 clinician, 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.



May not be suitable



Up to 50m walk from carpark

STRENGTH & BALANCE

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.



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

Come and join our new Suncare Choir

Suncare Community Centre

Date Every Thursday

Time 10am - 12.00noon (2hrs)

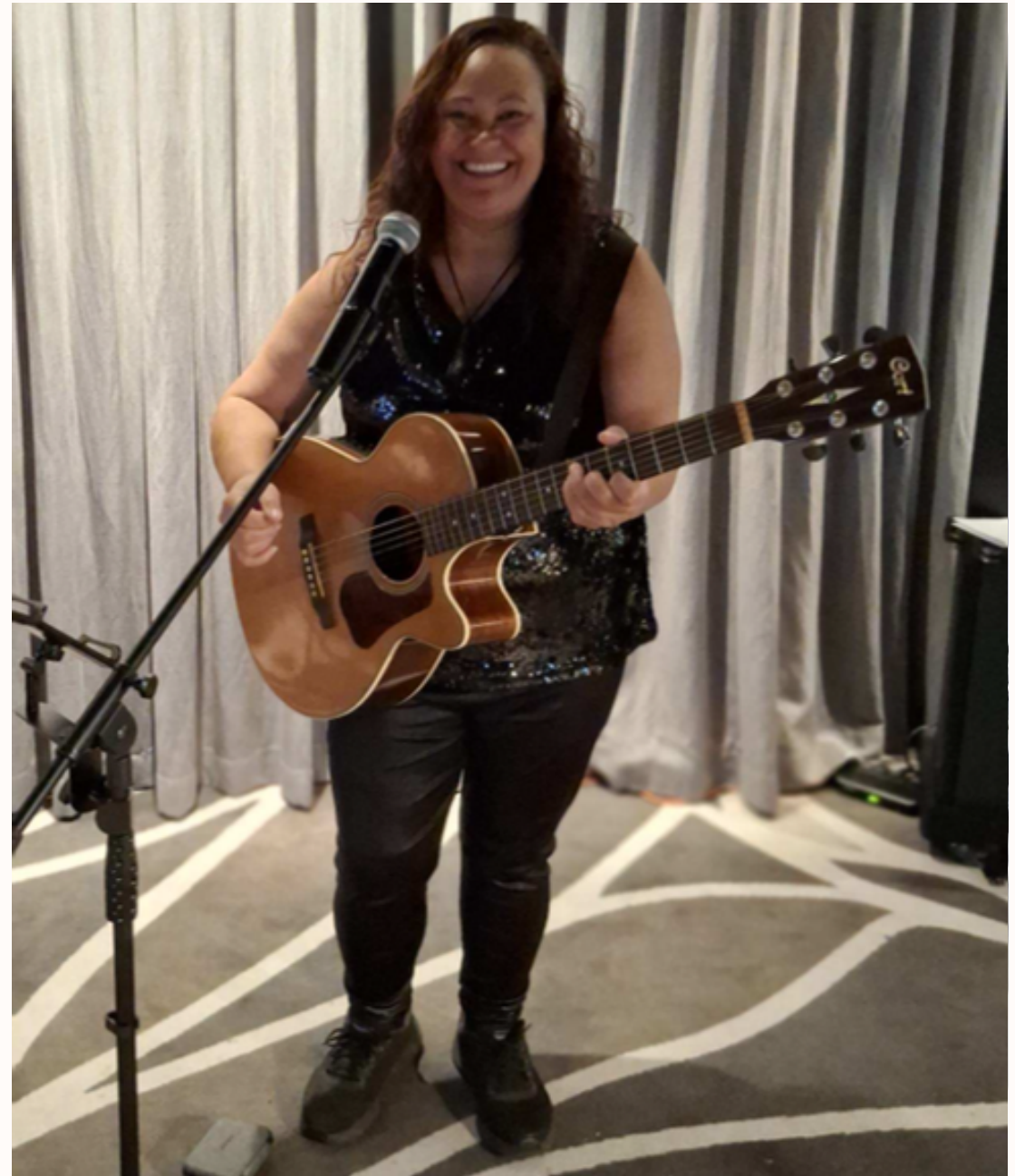
If you love to sing, enjoy music or simply want to meet new people, the Suncare Choir is for you. No singing experience is needed and you don't have to be a great singer to join, everyone is welcome!

The Suncare Choir, led by a professional artist, is all about having fun, building confidence and enjoying the magic of music in a relaxed and supported environment.

 \$10 includes morning tea

 Wheelchair Accessible

 Suncare Community Centre





SPECIAL EVENT

Footy Finals Fever

Suncare Community Centre

Date Wednesday 2nd September

Time 10:30am - 1.30pm

Whether you're a lifelong supporter or just enjoy the excitement of finals season, this is a great opportunity to connect with other footy friends of all codes. Test your sporting knowledge, join in with some fun team chants and games. Prizes to be won! Traditional footy food will be served and you are encouraged to wear your favourite footy colours, beanies, hats and jersey.



SPECIAL EVENT

Mad Hatters Luncheon

Suncare Community Centre

Date Wednesday 16th September

Time 10.30am - 1.30pm

You are invited to a wonderfully whimsical Mad Hatters Lunch. Enjoy a fun-filled afternoon of delicious food, delightful company and plenty of laughter. With themed decorations, colourful surprises and a touch of madness, this special event is the perfect opportunity to create memorable moments.

Best "Mad Hat" wins a prize