



SUNSHINE COAST DECEMBER 2025

# Social Connections Program



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



# Important information



## Support at Home Funding Update

- You can now attend our SSG sessions starting from **\$10 per hour**, depending on the level of support you need. For more information, please contact your Care Partner.

## Clinical Therapy Price Update

- Clinical therapy classes, led by our qualified Allied Health Professionals, are now available at **\$38 per session**. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers.

## Meal Prices

- Customers are responsible for the cost of meal on outings.

## Cancellations

- Cancellations made less than 24 hours before the outing or activity will incur a cancellation fee.

## Transport Notice

- Offered to and from activities and outings. This is depending on catchment area and is charged separately.
- Times subject to change but remain at same duration
- Outing: Destinations & cost will vary each week.
- Please book to avoid disappointment, as the transport is limited and some Activities and Outings are subject to numbers.
- Times are subject to change but remain at same duration.
- If transport is booked out, you may be able to book individual transport (to attend) or place your name on a waitlist.
- 24 hours' cancellation notice required.
- You can make your own way to an outing but need to book in.

## Therapy Pre Assessment

- Please note: All Therapy Calendar groups require pre-assessment and minimum numbers to proceed. A \$16/hr co-payment applies

# December Centre Activities

## 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

### CARDS - CRIBBAGE

**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

# December Outing Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b> Christmas shopping at the Plaza Start: 10am Duration: 2hrs</p>	<p><b>2</b> Lunch at Bombay Bliss Start: 10am Duration: 2hrs</p>	<p><b>3</b> Suncare Christmas Party Start: 11am Duration: 2.5hrs</p>	<p><b>4</b> Lunch at the Coolum Beach Hotel Start: 11:30am Duration: 2hr</p>	<p><b>5</b> In centre movie. See flyer for details. Start: 10:30am Duration: 2hr</p>	<p><b>Tuesday morning walk</b> is an alternate outing offered every Tuesday, where different locations are visited for a morning stroll and breakfast. Location: Various Duration: 2 hrs</p>
<p><b>8</b> Christmas in Caloundra. \$35 + regular hourly rate Start: 11:30am Duration: 3hr</p>	<p><b>9</b> Christmas shopping Bribie Island Community Arts Centre + lunch Start: 11am Duration: 2hr</p>	<p><b>10</b> Silver Stars entertainment at Woombye Pub \$25 (payable on the day) + regular hourly rate Start: 11am Duration: 2hr</p>	<p><b>11</b> Live entertainment and lunch at Club Kawana</p>	<p><b>12</b> Lunch at The Bower Tree Start: 11:30am Duration: 2hr</p>	
<p><b>15</b> Morning tea at L'Espresso Start: 10am Duration: 2hrs</p>	<p><b>16</b> Lunch at the Northshore Tavern with optional op shopping Start: 11am Duration: 2hr</p>	<p><b>17</b> EVENING EVENT - Dinner and Christmas light drive. Start: 5pm Duration: 2hr PLEASE NOTE - TIME AND LOCATION SUBJECT TO CHANGE</p>	<p><b>11</b> Mates Motor - Lunch at Ricks Garage</p>	<p><b>19</b> Carols Karaoke in Centre See flyer for details Start: 11am Duration: 2hr</p>	
<p><b>22</b> Morning Tea at Cafe 63 Explore Spotlight and Harris Scarfe Start: 10am Duration: 2hrs</p>	<p><b>23</b> Scenic drive and lunch at Flaxton Barn Start: 11am Duration: 2hr</p>	<p><b>24</b> Lunch at Parklands Tavern Start: 11:30am Duration: 2hr</p>	<p><b>18</b> Christmas 2 Course Lunch. \$30 + regular hourly rate Start: 12pm Duration: 2hr</p>	<p><b>25</b> PUBLIC HOLIDAY CHRISTMAS DAY</p>	<p><b>26</b> PUBLIC HOLIDAY BOXING DAY</p>
<p><b>29</b> Morning Tea at Maroochy RSL Start: 10am Duration: 2hrs</p>	<p><b>30</b> Lunch at Bli Bli Hotel Start: 11:30am Duration: 2hr</p>	<p><b>31</b> Countdown to Midday See flyer for details Start: 11am Duration: 2hr</p>			

# December Outing Program

## 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.

### BOARD GAME BONAZA

**Time:** 1:00pm – 3:00pm

**Duration:** 2hr

**About:** Join us for a casual beginners afternoon of board games. Various games available with a choice and rotation between selected games.

Games available Rummikub, Scrabble, and dominos.

Game suggestions welcome.



# December Outing Program

## WEDNESDAY 3RD

**Suncare Christmas party.**  
Location: Suncare Community Centre  
Start: 11am  
Duration: 2.5hr



## WEDNESDAY 10TH

**Christmas Shopping at Kawana shopping world + Lunch at Kawana Waters Hotel**  
Location: Buddina  
Start: 11:00am | Duration: 2hrs



## WEDNESDAY 17TH

**Dinner and Christmas light drive**  
Location: To be decided  
Start: 5:00pm  
Duration: 2hrs  
Time & Location subject to change



## WEDNESDAY 24TH

**Lunch at parklands tavern**  
Location: Meridian Plains  
Start: 11:30am  
Duration: 2hr  
\$15 lunch specials



## WEDNESDAY 31ST

**Countdown to midday**  
Location: Suncare Community Centre  
Start: 11:00am  
Duration: 2hr



## FRIDAY 5TH

**In centre movies. See flyer for details**  
Location: Caloundra  
Start: 11am  
Duration: 2hr



## FRIDAY 19TH

**Carols in centre. See flyer for details**  
Location: Suncare Community Centre  
Start: 11am  
Duration: 2hr



# December Community Centre Activities

## FRIDAY 5TH

### **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.

## FRIDAY 12TH

### **SOCIAL GROUP - BINGO**

**Time:** 9:00am - 11:00am

**Duration:** 2hr

**About:** A game of chance where players mark off numbers on cards as they're randomly called out, aiming to complete a winning pattern before others.

### **AGELESS GRACE**

**Time:** 12:00pm - 12:45pm

**Duration:** 45min

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

## FRIDAY 19TH

### **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.

## FRIDAY 26TH

### **PUBLIC HOLIDAY - BOXING DAY**

# December Therapy Activities

## MONDAYS

### CARDIAC REHAB MAINTENANCE

Time: 11:30am - 12:30pm  
Duration: 1hr  
Location: SCC

### AQUATIC PHYSIO

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

### AQUATIC PHYSIO

Time: 2:00pm - 3:00pm  
Duration: 1hr  
Location: CTAC

## TUESDAYS

### CHAIR PILATES

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

### AQUATIC PHYSIO

Time: 11:45am - 12:45pm  
12:45pm - 1:45pm  
Duration: 1hr  
Location: PAC

### COGNITIVE MAINTENANCE GROUP

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

### COGNITIVE STIMULATION THERAPY

Time: 11:15am - 12:00pm  
Duration: 45min  
Location: SCC

## WEDNESDAYS

### LAND-BASED PHYSIO

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

### LOWER LIMB ARTHRITIS CLASS

Time: 11:00am - 12:00pm  
Duration: 1hr  
Location: SCC

### STRENGTH AND BALANCE

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

## THURSDAYS

### LAND-BASED PHYSIO

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

### AQUATIC PHYSIO

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

### COGNITIVE MAINTENANCE GROUP

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

### COGNITIVE STIMULATION THERAPY

Time: 11:15am - 12:00pm  
Duration: 45min  
Location: SCC

## FRIDAYS

### LAND-BASED PHYSIO

Time: 11:15am - 12:15pm  
Duration: 1hr  
Location: KFMP

### AQUATIC PHYSIO

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

# December Activities Key



## 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.

### INDOOR BOWLS

A social and competitive game .

### BINGO

Join us for a game of bingo, prizes to be won! Grab your friends!

### 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.

### CARDS - CRIBBAGE

A fast-paced card game full of clever moves and quick math. It's fun, sneaky, and seriously satisfying when you nail that perfect play.

### CARDS - HAND & FOOT

How's your hand? Come along and give cards a crack. Games with 3 - 4 players.

## SOUTH ACTIVITIES

### BOARD GAME BONANZA

Join us for a casual beginners afternoon of board games. Various games available with a choice and rotation between selected games.

Games available Rummikub, Scrabble, and dominos.

Game suggestions welcome.

### 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 ACTIVITIES

### COGNITIVE STIMULATION THERAPY

Involves a wide range of activities aiming to stimulate thinking and memory.

### LOWER LIMB ARTHRITIS CLASS

Lower Limb arthritis exercise.

### AQUATIC PHYSIO

Gentle exercise within a 32 degree heated pool.

### LAND BASED PHYSIOTHERAPY

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.

## SOCIAL DAYS

The social day incorporates a number of activities and games. Attendees contribute to morning tea. On the last Friday of each month, an outing is arranged, somewhere either agreed on by the group or a mystery!

# December Outing Program



## WEDNESDAY 31ST

### COUNTDOWN TO MIDDAY

**About:** A social lunch where we will countdown the New Year at Middy and possibly open a bottle of bubbles (non-alcoholic)



## WEDNESDAY 17TH

### EVENING EVENT - DINNER AND CHRISTMAS LIGHT DRIVE

**About:** This evening event will include a visit to a venue to purchase dinner before a drive to view the Christmas lights.

Location to be decided.

PLEASE NOTE - TIMES AND LOCATION SUBJECT TO CHANGE



## FRIDAY 5TH

### IN CENTRE MOVIE

**About:** We will be dimming the lights and popping the popcorn. Join us in centre for a real movie experience. Movie treats and light lunch provided.

**Movie:** Tootsie

A talented but notoriously difficult actor who struggles to find work due to his reputation disguises himself as a woman and lands a role on a popular daytime soap opera, becoming a feminist icon and beloved by viewers, but things get complicated when he falls for his co-star Julie.

Movie suggestions taken at the end of each session.



## FRIDAY 19TH

### CAROL KARAOKE IN CENTRE

**About:** Join in and sing along to your favourite festival holiday songs at Carol Karaoke in centre. Lunch provided. \$5 + regular hourly rate

# November Outing Program



## BOARD GAME BONAZA

### FRIDAY AFTERNOONS AT KAWANA

**About:** Join us for a relaxed and laughter-filled afternoon of classic board games, friendly competition, and great company! Whether you're a seasoned player or just in it for the fun, it's the perfect way to connect, chat, and enjoy a cuppa with friends. No experience needed—just bring your smile!

Games available – Rummikub, scrabble and dominos.

Games suggestions welcome.



## CARDS - HAND AND FOOT

### TUESDAY AFTERNOONS AT MAROOCHYDORE

**About:** A fun, fast-paced card game played with multiple decks. Each player has two sets of cards: a "Hand" and a "Foot", with the goal of creating sets of matching cards to score points, and be the first to play all your cards. It's often played in teams and combines strategy, luck, and a bit of chaos!

### NAMBOUR TRAIN STATION RALLY POINT

The goal of the Social Connections Program is to combat isolation and loneliness, which can be further exacerbated by transport barriers. One of our key objectives is to include as many customers as possible, and to achieve this, we are looking to engage with customers outside of our traditional catchment areas. We are coordinating our first designated Rally Point, where you can meet to be picked up and attend our North Catchment outings.

#### Point Location:

Nambour Train Station – Car Park.  
Entry via 21 Price St, Nambour

#### Process:

Call SunCare and book an outing, receive a call the day before to confirm, meet us at the Rally Point and join in the fun. All customers meeting at Rally Points will be dropped off at the Rally Point end of the day.

**Please note:** Transport is provided to and from outings, depending on catchment and is charged separately. Please book to avoid disappointment  
Times subject to change but remain at same duration.



# Christmas PARTY

DECEMBER | 3 | AT 11:00AM

SUNCARE COMMUNITY CENTRE

WE WILL BE DECKING THE HALLS AND JIGGLING THE BELLS! JOIN US FOR THE SUNCARE CHRISTMAS PARTY WHERE WE WILL HAVE A CHRISTMAS LUNCH, ENTERTAINMENT BY JOHNNY SPITZ AND MAYBE EVEN A VISIT FROM SANTA. PLEASE NOTE - THIS EVENT WILL BE POPULAR SO GET IN QUICK! AND BOOKING A "MAKE YOUR OWN WAY" SPOT TO THE VENUE IS AN OPTION IF COMMUNITY CENTRE TRANSPORT BOOKS OUT.

RVSP TO 1800 786 227

*Let's celebrate!*