

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

Sunshine Coast North 

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

Sunshine Coast North 

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

December Outing Program

Sunshine Coast South 

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

Sunshine Coast South 

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



Call 1800 786 227 to make a booking

www.suncare.org.au

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

Sunshine Coast 

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 – 12:15am
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 Midday 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.

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.



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!

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!