



Social Connections Program

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

SUNSHINE COAST
April 2026



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



Important information



SUPPORT AT HOME FUNDING UPDATE

You can now attend our Social Connection Activities starting from \$10 per hour. CHSP customers are now welcome; contact your Care Partner to learn more. Non Suncare Customers may now attend starting from \$10 per hour. Contact 1800 786 227 to learn more and ask for a free trial.

CLINICAL THERAPY PRICE UPDATE

Clinical therapy classes, led by our qualified Allied Health Professionals, are now available at \$80 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.

THERAPY PRE ASSESSMENT

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

MEAL PRICES

- Customers are responsible for the cost of meal on outings.
- Meal deals may change when attending the venue.

CANCELLATIONS

- Support at Home services require 48 hours notice for cancellations.
- CHSP services require 24 hours notice for cancellations.

HEALTH AND WELLBEING STATEMENT

Your health and wellbeing, and that of our community, comes first. If you're feeling unwell or have any symptoms of illness, we ask that you please stay home and rest rather than attend activities or outings.

To help keep everyone safe, we may also ask you to wear a mask if you're showing symptoms while with us. Thank you for helping us look after one another.



TRANSPORT NOTICE

Transport is available to and from activities and outings, depending on your catchment area. Transport is charged separately. Times may vary, but the duration of activities remains the same.

Outings: Destinations and costs change weekly. Bookings are essential to avoid disappointment — transport is limited, and some activities depend on numbers.

If transport is full, you may be able to book individual transport — please discuss this option with your Care Partner. You're also welcome to make your own way to the outing; just be sure to book in by calling 1800 or add your name to the waitlist. 48 hours' notice is required for cancellations.

Why Social Connections Matter



FEELING LONELY? YOU'RE NOT ALONE

Almost 1 in 3 Australians (32%) experience moderate loneliness, and more than 1 in 6 (17.5%) experience severe loneliness. Loneliness can affect anyone - regardless of how many friends they have. It's not about the number of people around you, but about whether you feel truly connected and that you belong.

Loneliness and social isolation don't reflect weakness or personal failure - they simply show that we all need stronger, more meaningful connections.

WHY IT'S IMPORTANT

Loneliness and social isolation can have a serious impact on mental, emotional, and physical health. Research shows loneliness can increase the risk of early death by 26% - the same health risk as smoking 15 cigarettes a day.

They have also been linked to:

- Higher rates of chronic disease, depression, and anxiety
- Lower wellbeing and quality of life
- Increased risk of suicide and premature death
- Higher likelihood of dementia, high blood pressure, and weakened immune function
- Greater emotional distress and reduced feelings of wellness



HOW SOCIAL PROGRAMS HELP

Joining a Social Connections Program is a simple and enjoyable way to combat loneliness and build a sense of belonging. Being part of a community group:

- Fosters a sense of shared purpose and belonging
- Connects you to wider social supports
- Encourages meaningful relationships
- Increases engagement and joy through shared activities
- Helps reduce stress and promote overall wellbeing



April 2026 Outing Program

April bookings open Monday 2nd March

SUNSHINE COAST NORTH

2-6 George Street, Maroochydore



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6 PUBLIC HOLIDAY
EASTER MONDAY

7 Easter Morning tea h at the Barn on Flaxton.
Location: Flaxton
Start: 11:00am
Duration: 2hr

1 Lunch at Mooloolah Valley Country Club.
Location: Landsborough
Start: 11:30am
Duration: 2hr

2 Lunch at the Barn on Flaxton.
Location: Flaxton
Start: 11:00am
Duration: 2hr

3 PUBLIC HOLIDAY
EASTER FRIDAY



TUESDAY MORNING WALK

This is an alternate outing offered every Tuesday, where different locations are visited for a morning stroll and breakfast.

START: 7am
LOCATION: Various
DURATION: 2 hrs

8 Lunch at Landsborough Pub.
Location: Landsborough
Start: 11:30am
Duration: 2hr

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

10 Lunch at Maroochy Bowls Chinese Restaurant
Location: Maroochydore
Start: 11:30am
Duration: 2hr

9 Mates Motor - Lunch at Fisheries on the Spit
Start: 11:00am
Duration: 2hr

13 Morning tea Cock and Hen Cafe.
Location: Twin Waters
Start: 10:00am
Duration: 2hr

14 Lunch at North Shore Tavern.
Location: Pacific Paradise
Start: 11:30am
Duration: 2hr

15 Lunch at Chancellors Tavern.
Location: Sippy Downs
Start: 11:30am
Duration: 2hr

16 Morning Melodies at Gympie RSL
Location: Gympie
Start: 11:00am
Duration: 2hr

17 In centre Movie - See flyer for details.
Location: Suncare Community Centre
Start: 10:30am
Duration: 3hr

18 Saturday Shopper Bus at Kawana Shopping World
Start - 10:30am
Duration - 3 hrs

If attending, please be aware these trips may include independent shopping, substantial walking and you to have your mobile phone with you.

20 Morning tea at Cafe 63
Location: Maroochydore
Start: 10:00am
Duration: 2hr

21 Lunch at Baringa Tavern
Location: Baringa
Start: 11:30am
Duration: 2hr

22 Anzac Day Remembrance. Wear a sprig of rosemary
Location: Suncare Community Care
Start: 11:00am
Duration: 2hr

23 Live entertainment and lunch at Club Kawana
Location: Wurtulla
Start: 11:30am
Duration: 2hr

24 Lunch at Kawana Waters Hotel
Location: Kawana Waters
Start: 11:30am
Duration: 2hr

27 Morning tea at One on La Balsa
Location: Buddina
Start: 10:00am
Duration: 2hr

28 Lunch at Boronia Cottage
Location: Bellara
Start: 11:00am
Duration: 2hr

29 Lunch at Kings Beach Tavern
Location: Kings Beach
Start: 11:30am
Duration: 2hr

30 Lunch at Siam Spicy
Location: Peregian Beach
Start: 11:30am
Duration: 2hr

TO MAKE A BOOKING:

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



April 2026 Activities Program

April bookings open Monday 2nd March

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

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



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April 2026 Activities Program

April bookings open Monday 2nd March

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

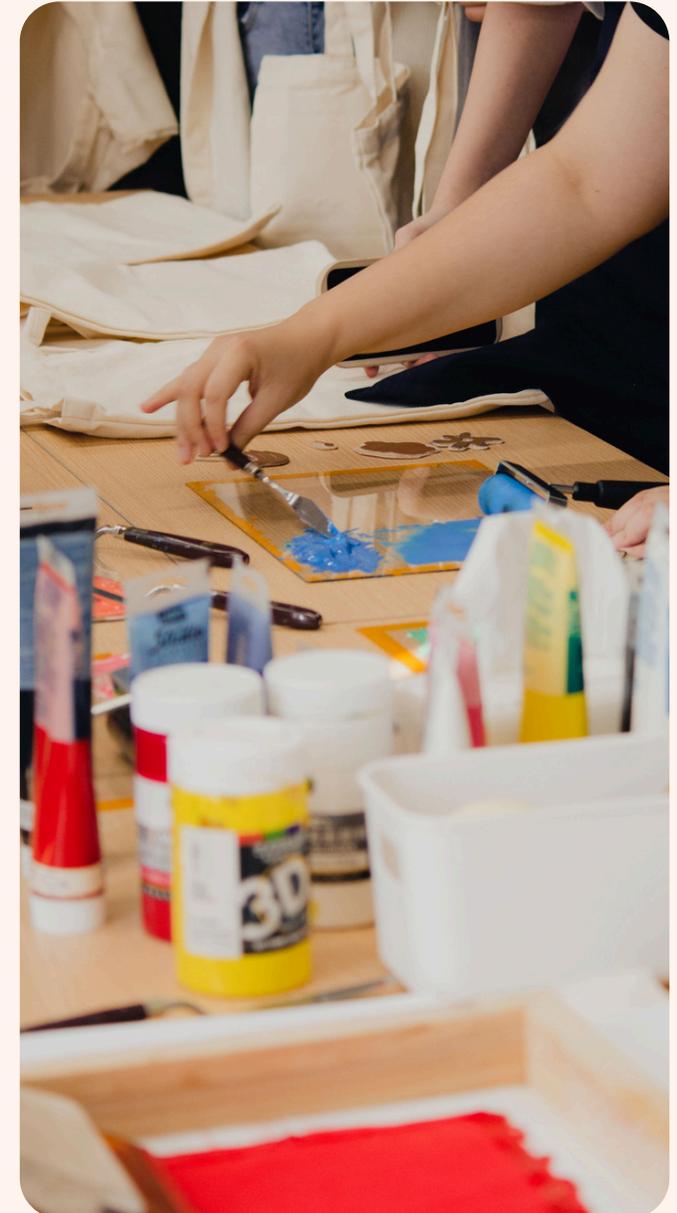
ABOUT: This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

BOARD GAME BONANZA

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.**



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April 2026 Outing Program

April bookings open Monday 2nd March

SUNSHINE COAST **SOUTH**

2-6 George Street, Maroochydore



WEDNESDAYS



1 Lunch at Mooloolah Valley Country Club.
Location: Landsborough
Start: 11:30am
Duration: 2hr



8 Lunch at Landsborough Pub.
Location: Landsborough
Start: 11:30am
Duration: 2hr



15 Lunch at Chancellors Tavern.
Location: Sippy Downs
Start: 11:30am
Duration: 2hr



22 Lunch at Kawana Waters Hotel
Location: Kawana Waters
Start: 11:30am
Duration: 2hr



29 Lunch at Kings Beach Tavern
Location: Kings Beach
Start: 11:30am
Duration: 2hr



 **TO MAKE A BOOKING:** CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

April Community Centre Activities

April bookings open Monday 2nd March

NAMBOUR

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



FRIDAYS

3 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.

10 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.

17 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.

24 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 MAKE A BOOKING: CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

April Therapy Activities

April bookings open Monday 2nd March

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

CHAIR PILATES

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

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

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

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April Activities Key

April bookings open Monday 2nd March



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.

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 social group incorporates a number of activities and games. Attendees contribute to morning tea and is located in the Hall at the Nambour Anglican Parish, 174-176 Currie St, Nambour.

April Community Centre Flyer

April bookings open Monday 2nd March



FRIDAY 17TH

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: Mrs. Doubtfire



TUESDAY 28TH

LUNCH AT BORONIA COTTAGE

About: Come for a visit down to Suncare's Boronia Cottage on Bribie Island. The Bribie team will be opening their doors and cooking a home cooked meal.



WEDNESDAY 22ND

ANZAC DAY REMEMBRANCE

About: Join us for an early ANZAC Day Service at our Maroochydore Community Centre. We will hold a short ceremony followed by lunch and a friendly game of Two-Up.

We warmly welcome everyone to wear their own medals or the medals of a loved one, in honour and remembrance.

If you would like to read a poem, share a story or be acknowledged in the ceremony please advise when you book in for the event.

NAMBOUR TRAIN STATION RALLY POINT

The program helps reduce isolation and loneliness and we understand transport can be a barrier. We're inviting customers from beyond our usual catchment to join our North Catchment outings.

Rally Point: Nambour Train Station Car Park (entry via 21 Price St)

How it works:

1. Call Suncare to book an outing.
2. We'll call the day before to confirm.
3. Meet at the Rally Point and enjoy the outing!
4. All participants will be dropped back at the Rally Point.

 **TO MAKE A BOOKING:** CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.