



# Social Connections Program

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

SUNSHINE COAST

March 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 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

Cancellations made less than 48 hours before the outing or activity will incur a cancellation fee. Call 1800 786 227 to cancel your activity or outing.

## 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



# March 2026 Outing Program

March bookings open Monday 2nd February

**SUNSHINE COAST NORTH**

2-6 George Street, Maroochydore



## MONDAY

**2** Morning Tea at Cock and Hen Café  
Location: Twin Waters  
Start: 10:00am  
Duration: 2hr

**9** Morning Tea at The Shed  
Location: Palmwoods  
Start: 10:00am  
Duration: 2hr

**16** Morning Tea at Nambour RSL's Altro Café  
Location: Nambour  
Start: 10:00am  
Duration: 2hr

**23** Morning Tea at Fairhill Gardens  
Location: Ninderry  
Start: 10:00am  
Duration: 2hr

**30** Morning Tea at "The Local"  
Location: Bli Bli  
Start: 10:00am  
Duration: 2hr

## TUESDAY

**3** Lunch at Izzy Chai  
Location: Noosaville  
Start: 11:00am  
Duration: 2hr

**10** Lunch at Cooroy RSL  
Location: Cooroy  
Start: 11:30am  
Duration: 2hr

**17** Lunch at Maroochy RSL  
Location: Maroochydore  
Start: 11:30am  
Duration: 2hr

**24** Lunch at Bli Bli Hotel  
Location: Bli Bli  
Start: 11:30am  
Duration: 2hr

**31** Lunch at Parklands Tavern  
Location: Meridan Plains  
Start: 11:30am  
Duration: 2hr

## WEDNESDAY

**4** Lunch at Caloundra Power Boat Club  
Location: Golden Beach  
Start: 11:30am  
Duration: 2hr

**11** Lunch at Bribie Island RSL  
Location: Bongaree  
Start: 11:00am  
Duration: 2hr

**18** St Patrick's Day: See flyer for details  
Location: Suncare Community Centre  
Start: 11:00am  
Duration: 2hr

**25** Greek Independence Day: Lunch at Vrina Mezze Bar.  
Location: Parrearra  
Start: 11:30am  
Duration: 2

## THURSDAY

**5** Lunch at Peppermint Crescent  
Location: Buderim  
Start: 11:30am  
Duration: 2hr

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

**12** Lunch at Savvy Squire Mooloolaba  
Start: 11:30am  
Duration: 2hr

**19** Movies at BCC cinemas Maroochydore + Lunch  
Location: Maroochydore  
Start: 10:30am  
Duration: 3hr

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

## FRIDAY

**6** Lunch at Pelican Waters Bowls Club? \$15 lunch special  
Location: Pelican Waters  
Start: 11:30am  
Duration: 2hr

**13** Lunch at Buderim Tavern  
Location: Buderim  
Start: 11:30am  
Duration: 2hr

**20** Lunch at Noosa Reef Hotel  
Location: Noosa  
Start: 11:30am  
Duration: 2hr

**27** Lunch at Maroochy Bridge Hotel  
Location: Maroochydore  
Start: 11:30am  
Duration: 2hr

## SAT/SUN



### 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

**21** Saturday Shopper Bus at The Sunshine Plaza  
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.

### TO MAKE A BOOKING:

CALL 1800 786 227 or visit our website [www.suncare.org.au](http://www.suncare.org.au) to receive our program straight to your inbox.



# March 2026 Activities Program

March bookings open Monday 2nd February

**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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# March 2026 Activities Program

March bookings open Monday 2nd February

**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

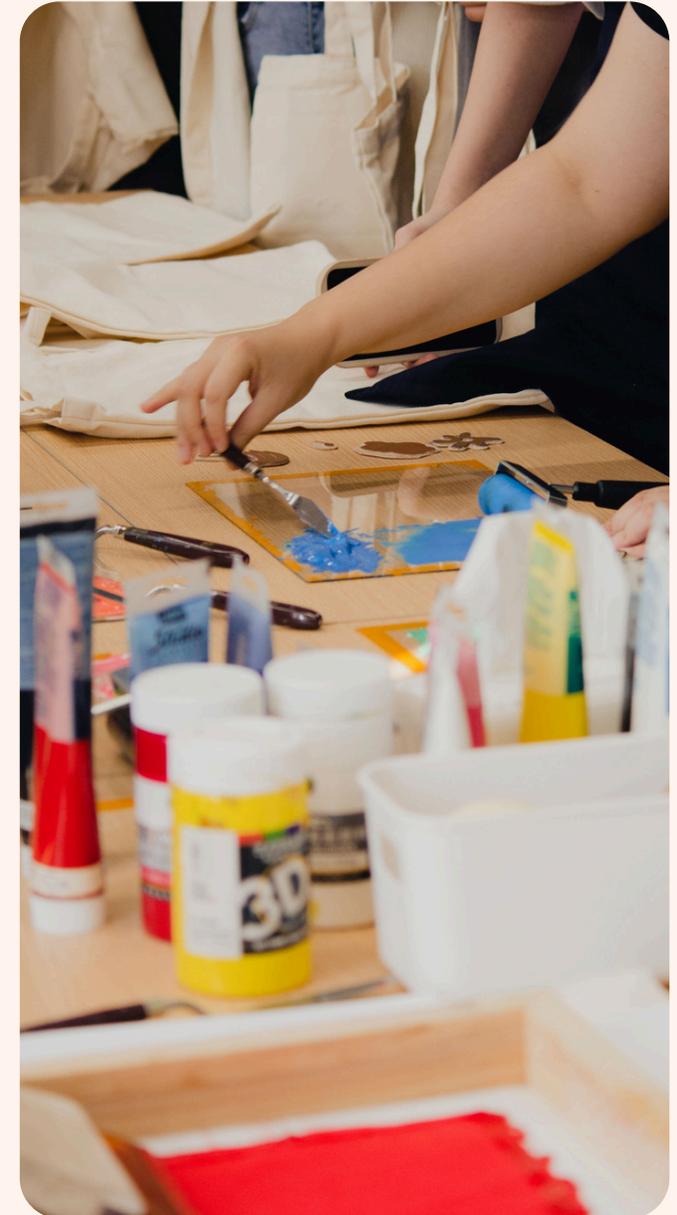
**ABOUT:** This activity follows the Western style game of Mahjong and is suitable for those who enjoy playing this memory stretching game or wish to learn how to play.

### 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.**



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



# March Community Centre Activities

March bookings open Monday 2nd February

**NAMBOUR**

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



## FRIDAYS

### 6 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.

### 13 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.

### 20 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.

### 27 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](http://www.suncare.org.au) to receive our program straight to your inbox.

# March Therapy Activities

March bookings open Monday 2nd February

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

### COGNITIVE MAINTENANCE GROUP

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

### 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

## 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:

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# March Activities Key

March bookings open Monday 2nd February



## 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.

# March Community Centre Flyer

March bookings open Monday 2nd February



## WEDNESDAY 18TH

### ST PATRICK'S DAY - NORTH AND SOUTH

**About:** Join us to celebrate St Patrick's Day. Bring along the luck of the Irish, join a team and compete in various games. Prizes and lunch included.

\$10 + regular hourly rate



## WEDNESDAY 19TH

### MOVIES AT BBC CINEMAS MAROOCHYDORE - NORTH

**About:** We will be heading to the cinemas for the full movie experience. Movie choice will be made on Tuesday 17<sup>th</sup> when all session times are made public.  
\$13 + regular hourly rate.



## BOARD GAME BONANZA

### FRIDAY AFTERNOONS AT KAWANA

**About:** Join us for a fun, relaxed afternoon of board games! Enjoy Rummikub, Scrabble, Dominoes, or bring your own game ideas. Whether you're a seasoned player or just in it for the laughs, it's a great way to connect over a cuppa - Kawana Tennis Club House, 2 Nanyima Street, Buddina

### NAMBOUR TRAIN STATION RALLY POINT

The program helps reduce isolation and loneliness, including for those with transport barriers. 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.

**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.**

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