

Sunshine Coast

Social Event Guide

● April & May 2024





KC - Social Group

Vitality Village

This program is a great way to connect with like-minded people through social connections as well as enjoy a variety of fun games and entertainment.

 **Monday 8th, 15th, 22nd, 29th April**

 Arrive: 9.30am
Conclude: 12.00pm

 Depends on your funding

 Yes

 Cost includes morning tea




The Ageing Well Creative Lab

Uni SC

In the state-of-the-art Maker Space, take part in activities led by the design team to experience creative practices like photography, augmented reality, editing, 3D printing, gallery tours & even flying drones!

 **Monday 15th & 29th April**

 Arrive: 1.00pm
Conclude: 3.00pm

 Depends on your funding

 Yes




Chair Yoga

Vitality Village

Relax and reset your Zen with Michelle. Join us to encourage fall prevention, balance, breathing, peace of mind, body, soul and strength.

 **Tuesdays 2nd, 9th, 16th, 23rd & 30th April**

 Arrive: 10.30am
Conclude: 11.30am

 Depends on your funding

 Yes



Navigating Healthy Ageing

Vitality Village

Empowering over 60's to navigate their healthy ageing journey with confidence and provides information about My Aged Care, Service Providers, MyGov, Advanced Healthcare Directives and lots more.



Tuesday 2nd, 9th, 16th, 23rd & 30th April



Arrive: 10.00am
Conclude: 11.30am



Depends on your funding



Yes



7 week course



Craft Group

Vitality Village

Come and join Elizabeth for a morning of craft. All materials and morning tea provided.



Wednesday 3rd & 17th April



Arrive: 10.00am
Conclude: 12.00pm



Depends on your funding + \$5



Yes



Includes morning tea



Ageless Grace

Vitality Village

Join us for some fun exercises that make your body and mind feel better within 10 minutes. Exercise in a chair to work your entire core body in a way that can't be done standing.



Thursdays 4th, 11th & 18th April



Arrive: 10.00am
Conclude: 11.00am



Depends on your funding



Yes



Healthy Minds

Vitality Village

Are you looking to challenge your mind? Join us for a variety of activities designed to train your brain, maintain and strengthen your cognitive abilities.



Thursday 11th April



Arrive: 11.00am
Conclude: 12.00pm



Depends on your funding



Yes



Group Gym Session

Avanti Health Centre

Attend Avanti Health Centre for an opportunity to attend an over 50's gym like no other. A unique exercise class combining chair based and strength exercises developed by an Exercise Physiologist.



Friday 5th, 12th, 19th & 26th April



Arrive: 11.00am
Conclude: 12.00pm



Depends on your funding



Yes



The Ageing Well Creative Lab

Uni SC

In the state-of-the-art Maker Space, take part in activities led by the design team to experience creative practices like photography, augmented reality, editing, 3D printing, gallery tours & even flying drones!



Friday 5th & 19th April



Arrive: 10.00am
Conclude: 12.00pm



Depends on your funding



Yes



Parklands Tavern

Meridan Plains

Enjoy lunch in a relaxed and inviting environment. The menu features a wide selection of meals to suit everyone.



Tuesday 2nd April



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost

Redcliffe Adventure

Redcliffe

Join us for a day out exploring Redcliffe including a visit to the Redcliffe Museum and a walk down Bee Gee Way.



Wednesday 3rd April



Arrive: 10.00am
Conclude: 2.00pm



Depends on your funding



No



Food and drink at own cost

Games Day

Vitality Village

Do you enjoy playing cards and board games? Interested in trying something new? Join us for a fun lunch with friends.



Thursday 4th April



Arrive: 11.00am
Conclude: 1.00pm



Depends on your funding



Yes



Lunch provided



Landsborough Museum

Landsborough

Visit the historic Landsborough Museum and gain an insight into the lives of our early pioneers.



Friday 5th April



Arrive: 10.00am
Conclude: 1.30pm



Depends on your funding



No



Food and drink at own cost



Bunnings/Spotlight Shopping Trip

Maroochydore

Looking for something new to brighten your home or garden? Or perhaps you just enjoy a browse? Join us for a morning of shopping followed by lunch.



Tuesday 9th April



Arrive: 10.30am
Conclude: 2.00pm



Depends on your funding



No



Food and drink at own cost



Secrets on the Lake

Montville

Join us at the luxurious Secrets on the Lake for Dining on the Deck. This is a truly special place, situated in the rainforest on the shores of Lake Baroon with panoramic views of the water, mountains and rainforest.



Wednesday 10th April



Arrive: 10.30am
Conclude: 1.00pm



Depends on your funding +\$35



No



Lunch will be a two course set menu for \$35 pp.



Chill Café 89

Golden Beach

Situated on the water at Golden Beach this café has 360 degree uninterrupted panoramic views of Bribie island and pumice stone passage.



Thursday 11th April



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



No



Food and drink at own cost

Golden Beach Tavern

Golden Beach

Enjoy Caloundra's finest food in quiet and luxurious air conditioned comfort. With fresh, local ingredients there is something for everyone at this bistro.



Friday 12th April



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost

Fishing Group

Caloundra

Whether you are experienced or a beginner who has always wanted to learn how to fish, please join us for a morning at the lake. We have plenty of rods available for use or you can bring your own gear.



Friday 12th April



Arrive: 10.00am
Conclude: 12.00pm



Depends on your funding + \$5



No



Cost includes morning tea



Lookabout Tour

It's a surprise

Relax with friends while your host and driver highlight the beautiful places you are seeing whilst meandering through the Sunshine Coast and surrounding areas. Refuel with pit stops for morning tea and lunch.



Tuesday 16th & Wednesday 24th April



Arrive: 10.00am
Conclude: 2.00pm



Depends on your funding



No



Food and drink at own cost.

Day Out in Gympie

Gympie

Join us as we visit the Gympie Historical Museum followed by lunch at the Heritage Railway Station.



Wednesday 17th April



Arrive: 10.00am
Conclude: 2.00pm



Depends on your funding + \$9



No



Food and drink at own cost

Vista @ Headland

Buderim

Beautifully positioned in Buderim, Vista @Headland has wide views looking out over the golf course to the coastline. They offer excellent food and professional, friendly service in a relaxed atmosphere.



Thursday 18th April



Arrive: 12.00am
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost



Dicky Beach Surf Club

Dicky Beach

The Wreck Restaurant serves modern Australian cuisine cooked with the freshest local ingredients. There is a vast variety of meals ranging from steaks, seafood and burgers to house made pizzas.



Friday 19th April



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost

Mooloolaba Picnic

Mooloolaba

Join us for a picnic lunch on the beautiful Mooloolaba Esplanade.



Tuesday 23rd April



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding + \$10



Yes



Includes lunch

Northshore Tavern

Twin Waters

Voted Best Pub Food On The Coast the bistro offers quality meals at affordable prices.



Friday 26th April



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost



Op Shopping Tour

Maroochydore & Nambour

This month's tour will be supporting Aus Living Support, an important charity who help the homeless. We will be visiting their stores in Maroochydore and Nambour.




Tuesday 30th April

 Arrive: 10.00am
Conclude: 2.00pm

 Depends on your funding

 No

 Food and drink at own cost




KC - Social Group


Vitality Village

This program is a great way to connect with like-minded people through social connections as well as enjoying a variety of fun games and entertainment.



Monday 13th, 20th & 27th May

 Arrive: 9.30am
Conclude: 12.00pm

 Depends on your funding

 Yes

 Cost includes morning tea




The Ageing Well Creative Lab


Uni SC

In the state-of-the-art Maker Space, take part in activities led by the design team to experience creative practices like photography, augmented reality, editing, 3D printing, gallery tours & even flying drones!



Monday 13th and 27th May

 Arrive: 1.00pm
Conclude: 3.00pm

 Depends on your funding

 Yes



Chair Yoga

Vitality Village

Relax and reset your Zen with Michelle. Join us to encourage fall prevention, balance, breathing, peace of mind, body, soul and strength.



**Tuesday 7th, 14th, 21st & 28th
May**



Arrive: 10.30am
Conclude: 11.30am



Depends on your funding



Yes



Relationships Australia
QUEENSLAND

Navigating Healthy Ageing

Vitality Village

Empowering over 60's to navigate their healthy ageing journey with confidence and provides information about My Aged Care, Service Providers, MyGov, Advanced Healthcare Directives and lots more.



Tuesday 7th & 14th



Arrive: 10.00am
Conclude: 11.30am



Depends on your funding



Yes



7 week course



Craft Group

Vitality Village

Come and join Elizabeth for a morning of craft. All materials and morning tea provided.



**Wednesday 1st, 15th & 29th
May**



Arrive: 10.00am
Conclude: 12.00pm



Depends on your funding + \$5



Yes



Includes morning tea



Ageless Grace

Vitality Village

Join us for some fun exercises that make your body and mind feel better within 10 minutes. Exercise in a chair to work your entire core body in a way that can't be done standing.



Thursdays 2nd, 9th, 16th, 23rd & 30th May



Arrive: 10.00am
Conclude: 11.00am



Depends on your funding



Yes

Healthy Minds

Vitality Village

Are you looking to challenge your mind? Join us for a variety of activities designed to train your brain, maintain and strengthen your cognitive abilities.



Thursday 9th & 23rd May



Arrive: 11.00am
Conclude: 12.00pm



Depends on your funding



Yes

Group Gym Session

Avanti Health Centre

Attend Avanti Health Centre for an opportunity to attend an over 50's gym like no other. A unique exercise class combining chair based and strength exercises developed by an Exercise Physiologist.



Fridays 3rd, 10th, 17th, 24th & 31st May



Arrive: 11.00am
Conclude: 12.00pm



Depends on your funding



No



The Ageing Well Creative Lab

Uni SC

In the state-of-the-art Maker Space, take part in activities led by the design team to experience creative practices like photography, augmented reality, editing, 3D printing, gallery tours & even flying drones!



Friday 3rd, 17th & 31st May



Arrive: 10.00am
Conclude: 12.00pm



Depends on your funding



Yes



Parrots in Paradise

Maleny

Join us to visit the Parrots in Paradise Sanctuary and see the live bird show and aviaries. Devonshire Tea is included.



Wednesday 1st May



Arrive: 10.00am
Conclude: 12.00pm



Depends on your funding + \$25



No



Morning tea included, lunch at own cost



Bribie Butterfly House

Bribie Island

The Butterfly House is a magical destination and a safe sanctuary for butterflies. If you stand still enough you may even have a visitor land on you. Keep your camera handy.



Thursday 2nd May



Arrive: 10.00am
Conclude: 2.00pm



Depends on your funding + \$10



No



Food and drink at own cost



Casual Bowls

Mooloolaba

Join us for a casual round of bowls at Mooloolaba bowls club



Friday 3rd May



Arrive: 11.00am
Conclude: 2.00pm



Depends on your funding + \$10



No



Food and drink at own cost



Lookabout Tour

It's a surprise

Relax with friends while your host and driver highlight the beautiful places you are seeing whilst meandering through the Sunshine Coast and surrounding areas. Refuel with pit stops for morning tea and lunch.



Tuesday 7th & Wednesday 29th May



Arrive: 10.00am
Conclude: 2.00pm



Depends on your funding



No



Food and drink at own cost



Mooloolaba Canal Cruise

Mooloolaba

Board the M.V. Mudjimba ferry and enjoy a cruise through the Mooloolaba Canal. Join us afterwards for lunch on the Mooloolaba wharf.



Wednesday 8th May



Arrive: 10.30am
Conclude: 2.00pm



Depends on your funding + \$50



No



Includes cruise + lunch



Ricks on 6th

Maroochydore

The best bakery on the Sunshine Coast, Rick's offers some of the most divine pastries and cakes as well as savoury treats for an indulgent morning tea.



Thursday 9th May



Arrive: 10.00am
Conclude: 12.00pm



Depends on your funding



No



Food and drink at own cost



Friday Country Fare

Eumundi Square

The perfect way to enjoy the Eumundi Markets without the market day crowds. Over 100 leading Eumundi market traders as well as live music and food stalls.



Friday 10th May



Arrive: 10.00am
Conclude: 2.00pm



Depends on your funding



No



Food and drink at own cost



Sunshine Beach Surf Club

Sunshine Beach

Enjoying unparalleled views of the coast from its position set above beautiful Sunshine Beach, the restaurant menu offers a range of tempting meal at an affordable price.



Tuesday 14th May



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



No



Food and drink at own cost



Movies & Lunch

Kawana Shoppingworld

Kick back and enjoy this month's selected movie with popcorn or candy in hand. Afterwards, enjoy lunch at the many food outlets Kawana Shoppingworld has to offer. A great day of fun and friendship.



Wednesday 15th May



Arrive: 9.45am
Conclude: 2.00pm



Depends on your funding
+ \$10 movie ticket



Yes



Food and drink at own cost

Sconetime

Beerwah

Join local seniors in Beerwah to enjoy a scrumptious morning tea of freshly baked scones, entertainment and socialising.



Thursday 16th May



Arrive: 10.00am
Conclude: 11.30am



Depends on your funding + \$8



No



Includes morning tea.

Buderim Tavern

Buderim

Known for serving up the best steaks in Buderim, the Tavern also offers a great selection of your favourite pub classics.



Friday 17th May



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost




Mystery Picnic

Sunshine Coast

Good food, good company and some games to play. Enjoy lunch outside at a location with a view.




Tuesday 21st May

 Arrive: 12.00pm
Conclude: 2.00pm

 Depends on your funding + \$10

 Yes

 Cost includes lunch

Day out in Cooroy

Cooroy

Join us as we visit the Noosa Botanic Gardens followed by lunch in Cooroy




Wednesday 22nd May

 Arrive: 10.00.am
Conclude: 2.00pm

 Depends on your funding

 No

 Food and drink at own cost

Mooloolaba Surf Club


Mooloolaba

The Surf Club Mooloolaba is the ultimate beachfront location to enjoy a delicious meal. The Boathouse Restaurant boasts the best view on the Coast. The enticing Modern Australian cuisine, features Seafood, locally sourced in Mooloolaba.




Thursday 23rd May

 Arrive: 12.00pm
Conclude: 2.00pm

 Depends on your funding

 Yes

 Food and drink at own cost



Uptown Social

Maroochydore

Uptown Social is a stylish venue with a seasonal menu offering classic pub cuisine with a modern Australian twist.



Friday 24th May



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost



Coolum Beach Bowls Club Chinese

Coolum Beach

We've found a new Chinese restaurant to try. Join us for all the crowd favourites at Golden Bite Restaurant.



Tuesday 28th May



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost



Kings Beach Tavern

Kings Beach

It's no wonder this is a local favourite with coast views and a menu featuring local seafood and quality steaks grilled to perfection, you'll also find all your fave pub classics like parmas, chicken wings, summery salads and more.



Thursday 30th May



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost



Noosa Yacht Club

Noosa River

The Noosa Yacht and Rowing club offers the very best in casual waterfront dining overlooking the beautiful Noosa River. Enjoy the relaxed atmosphere and contemporary menu which focuses on the best local and seasonal produce.



Friday 31st may



Arrive: 12.00pm
Conclude: 2.00pm



Depends on your funding



Yes



Food and drink at own cost



ShopConnect

Door-To-Door Community Transport Shopping Service



Comlink Australia's **ShopConnect** service is a door-to-door community transport shopping service. **ShopConnect** is available to Sunshine Coast residents with limited access to transport services & people with a disability or mobility impairment. Comlink Australia will collect you from your home & transport you to your local shopping centre. This service is available for travel within **10km of your local shopping centre** on the days listed below:

Monday

- Nambour Plaza (AM) 9.30am – 11.30am
- Coolum Park (PM) 1.30pm – 3.30pm

Tuesday

- Sunshine Plaza (Maroochydore) (AM) 9.30am – 11.30am
- Big Top (Maroochydore) (PM) 1.30pm – 3.30pm

Wednesday

- Kawana Shopping World (AM/PM) 9.30am – 11.30am & 1.30pm – 3.30pm

Thursday

- Buderim Marketplace (AM) 9.30am – 11.30am
- Chancellor Park (Sippy Downs) (PM) 1.30pm – 3.30pm

Friday

- Stockland Caloundra (AM) 9.30am – 11.30am
- Currimundi Market Place (PM) 1.30pm – 3.30pm

Call **1300 761 011** and speak to one of our friendly staff to find out more & to book your trip

Available for **\$7** each way*

*Prices may vary for HCP, NDIS and fee for service clients please check when booking.



live life
better!

CHAMPION
LIFE
Seniors

comlinkTM
AUSTRALIA

Guided functional movement in your own home

Champion Life Seniors is a new program designed and developed specifically by health professionals for older adults.

It involves functional movement designed to improve strength, balance and conditioning to help you perform everyday tasks keeping you physically fit for gardening, personal care, cooking or keep up with family and friends!

Champion your own life and **live life... better!**

The program involves a weekly one on one session in your home with one of our care staff taking you through a personalised exercise program.

To find out more please register your interest by calling our friendly team on **1300 761 011**

Monday	Tuesday	Wednesday	Thursday	Friday
Easter Monday Public Holiday 1 <small>*Transport, Social Support and Domestic Assistance Unavailable This Date*</small>	Parklands Tavern 2 Navigating Healthy Ageing Chair Yoga	 Redcliffe Adventure Craft Group 3	 Games Day Ageless Grace 4	Landsborough Museum 5 The Ageing Well Creative Lab Group Gym Session
 KC - Social Group 8	Bunnings & Spotlight 9 Navigating Healthy Ageing Chair Yoga	 Secrets on the Lake 10	 Chill Café 89 Healthy Minds Ageless Grace 11	 Fishing Group Golden Beach Tavern Group Gym Session 12
 The Ageing Well Creative Lab KC - Social Group 15	Lookabout Tour 16 Navigating Healthy Ageing Chair Yoga	 Day Out in Gympie Craft Group 17	 Vista @ Headland Ageless Grace 18	Dicky Beach Surf Club 19 The Ageing Well Creative Lab Group Gym Session
 KC - Social Group 22	Mooloolaba Picnic 23 Navigating Healthy Ageing Chair Yoga	 Lookabout Tour 24	Anzac Day Public Holiday 25 <small>*Transport, Social Support and Domestic Assistance Unavailable This Date*</small>	 Northshore Tavern Group Gym Session 26
 The Ageing Well Creative Lab KC - Social Group 29	Op Shopping Tour 30 Navigating Healthy Ageing Chair Yoga	  Don't Forget ShopConnect shopping days are listed on page 19		

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Don't Forget ShopConnect shopping days are listed on page 19</p>		<p>1</p> <p>Parrots in Paradise Craft Group</p>	<p>2</p> <p>Ageless Grace Bribie Butterfly House</p>	<p>3</p> <p>Casual Bowls The Ageing Well Creative Lab Group Gym Session</p>
<p>6</p> <p>Labour Day Public Holiday</p> <p><small>*Transport, Social Support and Domestic Assistance Unavailable This Date*</small></p>	<p>7</p> <p>Lookabout Tour Navigating Healthy Ageing Chair Yoga</p>	<p>8</p> <p>Mooloolaba Canal Cruise</p>	<p>9</p> <p>Ricks on 6th Healthy Minds Ageless Grace</p>	<p>10</p> <p>Friday Country Fare Group Gym Session</p>
<p>13</p> <p>The Ageing Well Creative Lab KC - Social Group</p>	<p>14</p> <p>Sunshine Beach Surf Club Navigating Healthy Ageing Chair Yoga</p>	<p>15</p> <p>Movies & Lunch Craft Group</p>	<p>16</p> <p>Sconetime Ageless Grace</p>	<p>17</p> <p>Buderim Tavern The Ageing Well Creative Lab Group Gym Session</p>
<p>20</p> <p>KC - Social Group</p>	<p>21</p> <p>Mystery Picnic Chair Yoga</p>	<p>22</p> <p>Day out in Cooroy</p>	<p>23</p> <p>Mooloolaba Surf Club Healthy Minds Ageless Grace</p>	<p>24</p> <p>Uptown Social Group Gym Session</p>
<p>27</p> <p>The Ageing Well Creative Lab KC - Social Group</p>	<p>28</p> <p>Coolum Beach Bowls Club Chinese Chair Yoga</p>	<p>29</p> <p>Lookabout Tour Craft Group</p>	<p>30</p> <p>Kings Beach Tavern Ageless Grace</p>	<p>31</p> <p>Noosa Yacht Club The Ageing Well Creative Lab Group Gym Session</p>



How did we do?

Name: _____



Venue: _____ Date: _____

- Client
- Carer
- Volunteer
- Staff

Your feedback is very important to us, please let us know if there is anything we can do better. Any feedback is valued, please provide details below:

Please tick the boxes below

Very Poor Average Very Good

Score	1	2	3	4	5	6	7	8	9	10	NA
Location											
Distance											
Venue Features											
Facilities											
Ease of Access											
Food Provided											
Value for Money											
Activities											
Attending Staff											
How long was the Event?	<input type="checkbox"/> Too Long			<input type="checkbox"/> Just Right			<input type="checkbox"/> Too Short				

CHSP clients will require a Social Support Group referral code from My Aged Care to attend these events. If you are unsure if you have the appropriate code or require assistance please contact your Care Adviser for further information.

Contact us

If at any time you have any questions, need further support or have any concerns, don't hesitate to give us a call on **1300 761 011** to speak to one of our friendly staff, or visit **comlinkaustralia.com.au** to learn more.

Our call centres are open:

Mon to Fri - 7.00am - 4.30pm

1300 761 011

customersupport@comlinkaustralia.com.au

comlinkaustralia.com.au



Comlink Australia is a registered charity and welcomes donations.

Supported by the Australian Government Department of Social Services. Visit the Department of Social Services website www.dss.gov.au for more information.

Comlink Australia acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures, to Elders past, present and emerging.

