

DEMENTIA Network Sunshine Coast

Event Calendar/Planner 2025



- ✓ Social Catch-Up Cuppas
- ✓ Networking; Friendships
- ✓ Aqua Aerobics
- ✓ Ageless Grace Chair Exercise
- ✓ Dementia Choir
- ✓ Family Carer Support Group
- ✓ Emotional Support
- ✓ Workshops, Conference
- ✓ Dementia Information
- ✓ Referrals: respite, legal, advocacy, financial, counselling



FEBRUARY, 2025

*One word frees us of all the weight and pain of life: **That word is love.***
Sophocles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	4 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	5 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	6 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12noon	7	8	9
10 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	11 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	12	13 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon	14 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	15	16

<p>17 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>18 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am-12 noon</p>	<p>19 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am</p>	<p>20 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>24 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>25 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>26 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am</p>	<p>27 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11am</p>	<p>28 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am</p>		

NOTES

World Cancer Day, 4th

Valentine's Day, 14th. Celebrate love. Make memories.

Do everything with love.

MARCH, 2025

*Qualities of Life? For the person diagnosed with dementia and the carer?
Social activities intermingled with exercise and music in an accepting
environment with those who understand, make life enjoyable and meaningful.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon					1	2
3 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	4 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	5 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	6 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	7	8	9
10 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	11 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	12	13 Nambour Catch-Up Cuppa Nambour RSL, 14 Mathew St 10.15 am Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	14 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	15	16

<p>17 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p> <p>Buderim Cuppa and Dementia Discussion Bloomhill Cancer Care, 58 Ballinger Rd Buderim 10 am</p>	<p>18 Exercise Ageless Grace Laurel Springs,18 Doolan St, Nambour 10 am – 12 noon</p>	<p>19</p>	<p>20 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>24 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>25 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>26 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am</p>	<p>27 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>28 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am</p>	<p>29</p>	<p>30</p>

NOTES

International Women’s Day, 8th. A global holiday celebrated annually as a focal point in the women's rights movement.

St Patrick’s Day, 17th. Celebrates the feast of Saint Patrick in honour of Ireland’s patron St Patrick.

Harmony Day, 21st. Celebrates cultural diversity.

Neighbour Day, 31st. Relationships Australia (Qld) Look out for each other. Get to know your neighbours.

APRIL, 2025

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. We will remember them. Laurence Binyon; Poems of the Great War 1914

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	2 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	3 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	4 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am Easter Ecumenical Service	5	6
7 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	8 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	9	10 Maroochydhore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydhore 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	11	12	13
14 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	15 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	16 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	17 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	18 Good Friday Public Holiday	19 Easter Saturday	20 Easter Sunday

19 Easter Monday Public Holiday	22 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	23 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	24 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	25 Public Holiday Anzac Day	26	27
28 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	29 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	30				

NOTES


Easter is a Christian festival commemorating the crucifixion and resurrection of Jesus from the dead.

Do not be afraid...for He is risen Matthew 28:5-6

Anzac Day, 25th commemorates when Australian and New Zealand soldiers landed on Gallipoli, 1915, WW1.

We remember them.

MAY, 2025

A mother is like a flower, beautiful and unique. 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	2 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	3	4
5 Public Holiday Labour Day	6 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	7 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	8 Nambour Catch-Up Cuppa RSL,14 Mathew St, Nambour 10.15 am Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	9	10	11 Mother’s Day
12 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	13 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	14	15 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	16 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	17	18

<p>19 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>20 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>21</p>	<p>22 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>27 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>28 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am</p>	<p>29 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>30 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am</p>	<p>31</p>	

NOTES

Labour Day 5th celebrates victory for workers in Spain, 1593
(40- hour week – 8 hr working, 8 hr recreation, 8 hr sleep)

Mother's Day 11th recognised formally in 1914 with a Bill
signed by US President Woodrow Wilson.

JUNE, 2025

When the world is silent, even one voice becomes powerful. Malala Yousafzai
 Family carers and paid carers become advocates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon						1
2 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	3 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	4 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	5 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	6	7	8
9 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	10 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	11	12 Maroochydhore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydhore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	13 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	14	15

16 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	17 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	18 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	19 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	20	21	22
23 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	24 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	25 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	26 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	27 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	28	29

NOTES

Queensland Day. 6th. Celebrations are part of Qld Week, which focuses on the state’s history and development.

World Elder Abuse Awareness Day, 15th June. A day to voice oppositions of the abuse of older people.

Elder Abuse can be:

Emotional and Psychological – inflicting mental anguish

Sexual – Language. Includes devices, phone, videos and images

Social – Isolating a person and preventing visitors or preventing the adult from going out

Physical – Deliberately causing physical pain or injury

Financial – The illegal, improper use and /or mismanagement of a person’s property or resources

Elder Abuse Helpline: 1300 651 192 9am – 5 pm, Monday to Friday. Free, anonymous and confidential assistance
Aged and Disability Advocacy Australia: 1800 818 338

JULY, 2025

Communication is complex, especially for one who has memory loss and cognitive impairment. Understanding and speaking words can be impacted. Use visuals and body language. Five "S": Slow. Simple. Specific. Show. Smile. A Speech pathologist can help.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	2 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	3 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	4	5	6
7 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	8 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	9	10 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	11	12	13
14 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	15 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	16	17 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	18 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	19	20

<p>21 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>22 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>23</p>	<p>24 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>29 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>30 Maleny Catch-Up Cuppa, Tranquil Park, 483 Mountain View Rd 10- 12 noon</p>	<p>31 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>			

NOTES NAIDOC (National Aboriginal and Islander Day Observance

Committee). Sunday, 6th The first day of the Week kicks off the seven days of festivities that celebrate the culture of the native people of Australia.

Queensland Garden Expo, Nambour Showgrounds. Thursday 10th, Friday 11th, Saturday 12th, Sunday, 13th. 5441 4655

Friendship is a sheltering tree. Taylor Coleridge
Along the dementia journey, people living with dementia and family carers can form new friendships.

AUGUST, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	2	3
4 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	5 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	6 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	7 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	8	9	10
11 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	12 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	13	14 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	15 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	16	17

<p>18 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>19 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>20 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon</p>	<p>21 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>26 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>27 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am</p>	<p>28 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>29 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 – 11.30 am</p>	<p>30</p>	<p>31</p>

NOTES

SEPTEMBER, 2025: Dementia Month

*A month to foster understanding of and compassion for people diagnosed with dementia and their family carers.
Break down stigma and discrimination. "Dementiaism"*

Dementia Conference TBC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	2 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	3 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	4 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	5	6	7 Father's Day
8 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	9 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	10	11 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15– 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	12 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	13	14
15 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	16 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	17	18 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	19	20	21 World Dementia Day

<p>22 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>23 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>24 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 -12 noon</p>	<p>25 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>29 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>30 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>					

NOTES

OCTOBER, 2025:

Carers Week, Seniors' Month, Mental Health Week

The attitude to give and to receive support will affect the quality of care. Carers need to accept support and foster self-care to be the best carer of their loved one.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm Seniors Expo	2 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon	3	4	5
6 Public Holiday Kings Birthday	7 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	8	9 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	10 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 – 11.30 am	11	12
13 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	14 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	15 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon	16 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	17	18	19

<p>20 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>21 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>22</p>	<p>23 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>24 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am</p>	<p>25</p>	<p>26 Grandparents Day</p>
<p>27 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>28 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>29 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 – 12 noon</p>	<p>30 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>31</p>		

NOTES

International Day of Older People. First Wednesday of October.

Grandparent's Day, Sunday, 26th.

I Age Well Seniors Expo Festival. expo@iagewell.com.au 3041 1355

Mental Health Week Qld. www.qldmentalhealthweek.org.au

Carers Week, Sun 12th – Sat 18th.

Carers Qld 1300 747 636

Carer Gateway – Wellways 1800 422 737

NOVEMBER, 2025

Use Visuals: Create a special box labeled for keys, wallets, and glasses, a Whiteboard for the week's events, a canvas board for reminder notes, clocks with dates display, a photograph folder of people and places, technology reminders to prompt, signs on doors. Check the environment for contrasting colors and lighting.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	4 No Exercise But join <u>the Melbourne Cup</u> lunch at Laurel Springs. 5441 4711	5 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm	6 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	7	8	9
10 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon	11 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon	12	13 Nambour Catch-Up Cuppa RSL 14 Mathew St, Nambour 10.15 -12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am	14 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	15	16

<p>17 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>18 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>19</p>	<p>20 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>24 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>25 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>26 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am – 12 noon</p>	<p>27 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>28 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am</p>	<p>29</p>	<p>30</p>

NOTES

Melbourne Cup Day. Tuesday, 4th. An Australian traditional horse race starting in 1861.

Remembrance Day. Tuesday, 11th. Dedicated to Australians who died particularly in WW1. 11 am: One minute’s silence.

World Kindness Day. Thursday, 13th. Commemorates the power of kindness and the impact it has on others.

DECEMBER, 2025

Christmas may be a day of feasting or of prayer, but always, it will be a day of remembrance—a day in which we think of everything we have ever loved. Augusta E. Randel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>2 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>3 Family Carer Support Group Anglican Church, 46 Upper Gay Tce, Caloundra 2 pm – 4 pm</p>	<p>4 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>8 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>9 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>10</p>	<p>11 Maroochydhore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydhore. 10.15 – 12 noon Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>12 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –12 noon Ecumenical Christmas Service</p>	<p>13</p>	<p>14</p>
<p>15 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon</p>	<p>16 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon</p>	<p>17 Christmas Eve Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon</p>	<p>18 Aqua Aerobics Caloundra Pool, Central Park Road, Caloundra 10 – 11 am</p>	<p>19</p>	<p>20</p>	<p>21</p>

<p>22 Aqua Aerobics Nambour Pool, 31 Petrie Park Rd, Nambour 10 – 12 noon TBC</p>	<p>23 Exercise Ageless Grace Laurel Springs, 18 Doolan St, Nambour 10 am – 12 noon TBC</p>	<p>24</p>	<p>25 Public Holiday Christmas Day Keep it simple & enjoy!</p>	<p>26 Public Holiday Boxing Day</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31 New Year's Eve Caloundra Catch-Up Cuppa TBC RSL, 19 West Tce 10.15 – 12 noon</p>				

NOTES

12th: Ecumenical Christmas service, singing and morning tea. Dementia Choir at the Anglican Church, Caloundra. Free.




DEMENTIA NETWORK EVENTS 2025

**Please register. There will be added events.
Photocopy for a noticeboard.**

Contact: To register, to gain information; to be placed on the email list. Lorrae 0418 298 183 (Tues – Fri business hrs)
carersoutlook@gmail.com www.scdementia.com.au
Facebook: Dementia Network Sunshine Coast

EVENT	FOR	LOCATION	DATE AND TIME	COSTS
Family Carer Support Groups	Family/friend carers (unpaid carers) and post-carers only	<p>1. Carers Outlook 50 Savilles Road, Nambour Facilitator: Lorrae 0418 298 183</p> <p>2. Anglican Church 46 Upper Gay Tce, Kings Beach, Caloundra. Facilitator: Vanessa 0401 716 776</p>	<p>First Thursday of the month <u>10 am-12 noon</u> Starting Feb 6th</p> <p>First Wednesday of the month <u>2 pm – 4 pm</u> Starting, Feb 5th</p>	<p>\$ Donation. Morning tea is provided.</p> <p>\$ Donation. Afternoon tea is provided.</p>
<p>Ageless Grace Chair Exercises: Body, Brain & Mental Health Gentle chair exercise to music Instructors: Vicki Doolan, 0409 526 982, Stuart; Vicki Howell, Lorrae 0418 298 183</p>	A person living with dementia or related disorder, family carer or paid carer, friend to support	Laurel Springs Clubhouse 18 Doolan Street, Nambour	<p>Tuesdays, weekly 10 am -12 noon From Jan 21st. Not operating Nov 5 (Melbourne Cup)</p>	\$10 individual; \$15 a couple Includes morning tea, Check if payment can be via My Aged Care or NDIS packages
<p>Aqua Aerobics to music Instructor: Glen McFadden Lorrae 0418 298 183</p>	A person living with dementia or a related disorder, family carer or paid carer, friend to support	<p>1. Nambour Aquatic Centre 31 Petrie Park Rd, Nambour Heated accessible shaded pool.</p> <p>2. Caloundra Aquatic Centre Central Park Rd, Heated accessible pool</p>	<p>Mondays, weekly 10 am – 11 am Some are not operating due to public holidays.</p> <p>Thursdays, weekly 10 am – 11 am From 20 Feb</p>	\$10 individual Check if Payment can be via My Aged Care or NDIS packages

<p>Dementia Choir, Sunshine Singers Conductor: Anne Bowyer 0416 921 963; Rev Jeanette. Lorrae: 0418 298 183</p>	<p>A person living with dementia or a related disorder, family carer, or paid carer or friend. A support person <u>must</u> attend.</p>	<p>St Andrews, Anglican Church 46 Upper Gay Tce Kings Beach Caloundra Ramp on the left side</p>	<p>Fridays, Fortnightly, school terms, 10 am - 11.30 am Jan 31; Feb 14; 28; Mar 14; 28; April 4; (Ecumenical Service) May 2; 16; 30; June 13; 27; July 18; Aug 1; 15; 29; Sept 12; Oct 10; 24; Nov 14; 28; Dec 12 (Ecumenical Service)</p>	<p>\$ Donation. Morning tea is provided.</p>
<p>Catch – Up Cuppas (CUC) Social gathering with those who understand.</p>	<p>A person living with dementia or a related disorder, family carer, paid carer, friend or post-carer.</p>	<p>Caloundra RSL 19 West Tce Caloundra</p>	<p>Last Wednesdays, Bi-monthly 10.15 am Feb 26; Ap 23; June 25; Aug 27; Oct 29; Dec 31 (TBC)</p>	<p>Self-pay. Sometimes participants stay for lunch</p>
<p>Many of these venues do not open until 10 am.</p>		<p>Coolum Surf Club 1775 David Low Way Coolum Beach</p>	<p>3rd Wednesdays, Bi-monthly 10.15 am Feb 19; April 16; June 18; Aug 20; Oct 15; Dec 17</p>	<p>Self-pay. Sometimes participants stay for lunch</p>
<p>Look for the purple rose to identify the group.</p> 		<p>Maleny, Tranquil Park 483 Mountain View Rd Maleny</p>	<p>Last Wednesdays, Bi-monthly 10.15 am Jan 29; Mar 26; May 28; July 30; Sept 24; Nov 26</p>	<p>Self-pay. \$12.50 each. No lunch afterward. Some meet at another venue.</p>
		<p>Maroochy RSL 105 Memorial Av Maroochydore</p>	<p>2nd Thursdays, Bi-monthly 10.15 am Feb 13; April 10; June 12; Aug 14; Oct 9; Dec 11</p>	<p>Self-pay. Sometimes participants stay for lunch</p>
		<p>Nambour RSL 14 Mathew St Nambour</p>	<p>2nd Thursdays, Bi-monthly 10.15 am Jan 9; Mar 13; May 8; July 10; Sept 11; Nov 13</p>	<p>Self-pay. Sometimes participants stay for lunch</p>
<p>Cuppa and Dementia Discussion</p>	<p>A person living with dementia or related disorder, family carer or paid carer, friend, staff.</p>	<p>Buderim Bloomhill Cancer Centre 58 Ballinger Rd</p>	<p>Monday, 17th March, 10 am</p>	<p>Self-pay. Sometimes participants stay for lunch</p>



DEMENTIA NETWORK Sunshine Coast

Is an independent community grassroots voluntary service for people diagnosed with dementia, family carers, family members, friends & staff which provides information, referrals, gatherings and education.

It has been facilitated by Carers Outlook, Vince and Lorrae O'Rourke for about 12 years. Both have the lived experience of caring for loved ones diagnosed with dementia.

Contact: Lorrae on 0418 298 183; carersoutlook@gmail.com



Thank you to for contributions from Sage Care Advice, Maroochy North Shore Lions, Caloundra RSL, TAFE Mooloolaba, MMLaw, Faulkner Law, St Andrew's Church, Stockland Halcyon Landing, Urban Angels and the many individuals.



Catch-Up Cuppas: Maleny, Caloundra, Coolum, Maroochy, Nambour Social, fun, lucky door prizes, information sharing, emotional support.



Thank you to Vanessa, Nell, Peta, Volunteers.



Body, Brain and Mental Health Ageless Grace Chair Exercise to music. Socializing. FUN for all. Couple's activity. Thanks Vicki D, Stuart, Vicki H. **Aqua Aerobics to music:** Thanks Glen at Nambour and Caloundra Aquatic Centres.

Dementia Choir, Sunshine Singers: Singing, listening to music, reading the song sheets, socializing and FUN for all. Thanks Anne, Jeanette and volunteers.



Rev Jeanette & Anne



Thank you to **Laurel Springs Retirement Village** for the generous donation and for the use of its Clubhouse for exercises. 5441 4711



GTPRINT



5445 8407

www.gtpprint.com



Family Carer Support Groups: Monthly Caloundra & Nambour