

We have reached the last month of the financial year in the blink of an eye and what a great year it has been for the team and clients at SGC. We enjoyed our 40-year celebrations throughout 2023 and we developed our new strategic plan for 2024-2027. The team met our budget targets and our NDIS one-on-one and Social Outings services achieved significant growth which is great for our business and great for our clients. We also welcomed three new Board members to our Governance Body, Deirdre Campbell, Gavin Reynolds and Sue Qu and we saw some movement in our Board executive positions. Our Chairperson is now Elizabeth Weston; our Secretary is Chris Tyler, and our Treasurer is John Harrison. I would like to thank Chris Tyler for his many years of dedication as St George Community Transport's Chairman and for the support he has given me in my role as CEO from day one back in August 2018.

In June this year we will be changing how we deliver transport to our clients travelling into the City for medical appointments. This change is the result of feedback we have received from our clients and their representatives. We listened to your feedback and have taken steps to ensure our customer service is prioritised. More information is provided in this newsletter.

Our overnight trips are going very well, thanks to the interest and support shown by our clients. The South Coast trippers reported having a wonderful time although the 2<sup>nd</sup> group headed south after those big storms, which saw the closure of Minnamurra Rainforest and kept the dolphins out at sea. Our trips give our clients the opportunity to take a couple of days away from home and see some wonderful sights with the support of our team who they know and trust. We have created some wonderful memories on these trips, and I think it is truly remarkable

to see people in their eighties and nineties wholeheartedly participating in our trips. I can only aspire to maintain the same adventurous spirit as I get older.

I received a visit from a client in April who asked to meet to discuss the drop-off issues our drivers face on a daily basis. This followed on from my comments in the May newsletter about our visit from MP David Coleman. I would like to thank Fred for his time and his suggestions: co-operative signage at the local hospitals, a parking attendant at Gray Street entrance to St George Public Hospital, a petition from our clients for Georges River Council, advertising on television to share our concerns. It is so nice to know our clients care enough about our team to provide their considered advice. Thank you!

At the end of May we are expecting a new Toyota Camry and Commuter to join our fleet. We will be selling Viv and Lady Pamela cars and Who Dunit Sprinter. The Commuter is a popular vehicle choice for many of our counterparts and we hope to make good use of this vehicle with our NDIS participants.

Our social outings, BActive program and Sunshine Group all form part of our health and wellbeing services. Look out for a new BActive activity supporting digital technology skills. For those of you who go to our website you will see very soon that we have rebranded our website and you will have several ways to access the newsletter – through the About Us, Our Services and News and Events pages. Online bookings will be available for individual transport to appointments, bus hire and social outings.

Wrap up warm and enjoy the first month of winter!  
Carol

# City Trips - Extended Hours **Trial for June**



&

ST GEORGE CABS



We are pleased to announce we will run a trial in June to extend the hours for the city trips, to provide a Monday to Friday service from 6 am to 6 pm. To do this we will utilise help from St George Cabs.

Please book your city trips by calling our office, as normal. Our team will coordinate the transport pick up with St George Cabs.

To organise your return home, call our office before 5 pm and one of our office team will book the taxi home for you.

Our standard fee of \$30 will apply for City trips for all CHSP clients and we will send an invoice to you following the trip. Home Care Package and NDIS clients should ring us to discuss city trip options.

For this to work, anyone travelling to the city must have a mobile phone with them so that we and St George Cabs can contact you. To book and for more information please call the office on 9585 3000.

**Community Partners**

Join us to find out how to access friendly and supportive Aged Care Services for you, or your family.

Our Community Partners event is for older people or their family members looking to find out more about aged care services available in our community. We aim to support older people to remain living independently in their own homes.

At our event, you will hear from local industry experts and have the opportunity to ask questions regarding, Starting the aged care journey, Nutrition as we age, Healthcare equipment & assistive technology, and Legal Aid information & accessibility.

PLUS, you'll also have the opportunity to speak directly to our friendly Community Partners for support and information about accessing Home Care Packages, Community Transport and Home Modifications.

Event sponsored by **aidacare**

**Tuesday 25th June**  
10am - 3.30pm  
Oatley RSL - 22 Letitia Street Oatley  
Free event & lunch provided

**BOOK NOW**  
Places are strictly limited so book early to avoid disappointment.  
☎ 1300 120 674 or 9585 3000  
🌐 www.communitypartners.org.au

**FREE**

Meet your Community Partners:

st george community | HMS | KCS

# Overnight Trips

*We are very excited to see that our overnight trips are being thoroughly enjoyed by our clients. Here is an update on what is happening.*



**Katoomba Trips:** Our Katoomba trips are almost fully booked, with just one room available for the 24th to 25th July trip. Act quickly to secure your spot and join us for a memorable escape to the Blue Mountains!

**Southern Highlands Trip:** It's happening! Our Southern Highlands trip on the 21st to 22nd August has 10 people on the list. There is still room for a few more people. Get ready for an unforgettable journey through this enchanting region.

Looking ahead to September and October, we have two remarkable adventures lined up:

**Floriade in Canberra (September 24th to 26th-TBC):** Picture-perfect tulips, vibrant displays, and iconic landmarks await us at Floriade! Add your name to the waitlist now for this three-day, two-night extravaganza. Explore Canberra's treasures, including Parliament House, the National Arboretum and much more.

**Hunter Valley (October 21st to 23rd-TBC):** Get ready for a sensory delight in the Hunter Valley! Join us as we sample the finest wines, wander through lush gardens, and savour the charm of this picturesque countryside. Secure your spot on the waitlist today!



Our overnight trips offer a range of experiences, from scenic vistas to cultural immersion, ensuring there's something for everyone. Costs will range from \$800 to \$1,100, covering accommodation, breakfast, transport, support staff, and entrance fees.

Stay tuned as we finalise the details and reach out to those on the waitlist to confirm attendance. **Reserve your spot today by calling Shannon on 9585 3000.**

You will be provided with the itinerary, the final cost and more details about the trips once we have reached our minimum numbers for the trip. We will then seek confirmation of your attendance.



# BActive

## Live Longer, Live Stronger

Remember to keep hydrated, eat well and exercise regularly

Please contact the instructors directly to book in your class before booking transport with us.  
Call Shannon or Tracey O on 9585 3000 to book your transport.

Please note for non-funded clients, Transport costs will be calculated individually.



### AQUA AEROBICS

IRT Peakhurst

Tuesdays at 10.30am (limited places)

\$10 Transport & \$12 per Class

Enjoy some gentle exercises in the beautiful heated pool at IRT and hop in the spa to relax at the end. Bring/wear your cossies and a towel.

**Contact:** Cassie 0435 079 680

[cmaquafit@gmail.com](mailto:cmaquafit@gmail.com)

### ZUMBA GOLD

Oatley Uniting Church Hall

Tuesdays 12.00pm to 1.00pm

Wednesdays 10.15am to 11.15am

(School terms - ring to check dates)

\$10 Transport & \$10 per Class

Zumba is low impact, low intensity and is for everyone. Shake your hips to some great music.

**Contact:** Kate 0421 902 520

[katedemayo@gmail.com](mailto:katedemayo@gmail.com)



### STEADY STABLE AND ABLE

Oatley Uniting Church Hall

Wednesdays 11.30am to 12.30pm

\$10 Transport & \$10 per Class

Bexley Congregational Church

Tuesday 9.30am to 10.30am

\$10 Transport & \$15 per Class

Exercise and have some fun with a cardiovascular warm up, strengthening and balancing exercises. You will need to walk independently and be able to get yourself in and out of chairs.

**Contact:** Kate 0421 902 520

[katedemayo@gmail.com](mailto:katedemayo@gmail.com)





## SEATED AND STRONG

Bexley Congregational Church  
Tuesday 10.30am to 11.30am  
(School terms - ring to check dates)  
\$10 Transport & \$15 per Class

This new chair-based class will help you get stronger and fitter.

**Contact:** Kate 0421 902 520  
katedemayo@gmail.com

## ACTIVE AGEING FITNESS GROUP

Oatley Community Hall  
Mondays 10.00am to 11.00am  
PJ Ferry Reserve Community Hall  
Tuesdays 11.00am to 12.00pm  
\$10 Transport & \$8 per Class. 10-week term

Friendly group classes for weight bearing strength work with stretching. The class also includes falls prevention with balance work.

**Booking is essential** / Registered with AUSactive & Insured

**Contact:** Coralie 0415 065 800  
coralie@fitnessnow.com.au



## SENIORS DANCE FITNESS CLASS

St George Maso's Club  
Tuesdays 12.00pm to 1.00pm  
(Classes run school terms)  
\$10 Transport & \$7 per Class (1<sup>st</sup> class Free)

A fun low impact exercise class especially designed for Seniors moving to all your favourite hits from yesteryear. The class is both seated and standing.

**Contact:** Tracie 0419 999 650  
tracie@dancefitsydney.com.au



\*ALL AGES \*ALL FITNESS LEVELS  
Where fitness and friendship come together

**Special Classes for Seniors**

## BE CONNECTED

KCS Community Hub, 49 English St Kogarah  
Wednesdays 1pm to 2.30pm  
Free Sessions - Afternoon tea provided

KCS presents The Australian Government initiative, that aims to support, coach and teach Older Australians (50+) to improve their skills and confidence in using digital technology.

**Contact:** Maria 9161 3937



# SGC June Shopping Bus



**Cost:** only \$10 per person or \$15 per couple.

Contact the office for NDIS and Home Care Package Fees.

2 hours allocated for shopping time.

**Max 4 bags per person.  
Max 16kg in total**



	Green Area	Yellow Area	Blue Area	Pink Area
Which AREA are you in?	<ul style="list-style-type: none"> <li>Beverly Hills</li> <li>Kingsgrove</li> <li>Lugarno</li> <li>Mortdale</li> <li>Narwee</li> <li>Padstow Heights</li> <li>Peakhurst</li> <li>Riverwood</li> </ul>	<ul style="list-style-type: none"> <li>Blakehurst</li> <li>Connells Point</li> <li>Hurstville Grove</li> <li>Kyle Bay</li> <li>Oatley</li> <li>Penshurst</li> <li>South Hurstville</li> </ul>	<ul style="list-style-type: none"> <li>Allawah</li> <li>Arncliffe</li> <li>Bardwell Park</li> <li>Bardwell Valley</li> <li>Bexley</li> <li>Bexley North</li> <li>Carlton</li> <li>Turrella</li> <li>Hurstville</li> </ul>	<ul style="list-style-type: none"> <li>Banksia</li> <li>Brighton-Le-Sands</li> <li>Cars Park</li> <li>Kogarah</li> <li>Kyeemagh</li> <li>Monterey</li> <li>Ramsgate</li> <li>Rockdale</li> <li>Sandringham</li> <li>Sans Souci</li> </ul>
Roselands Shopping Centre	Fri 7 <sup>th</sup> June Fri 21 <sup>st</sup> June Mon 24 <sup>th</sup> June  <i>Pickups start from 10:00 am</i>	Fri 7 <sup>th</sup> June Fri 21 <sup>st</sup> June Mon 24 <sup>th</sup> June  <i>Pickups start from 8.30 am</i>	N/A	N/A
Rockdale Plaza	N/A	N/A	Mon 3 <sup>rd</sup> June Fri 14 <sup>th</sup> June Mon 17 <sup>th</sup> June Fri 28 <sup>th</sup> June  <i>Pickups start from 8:30 am</i>	Mon 3 <sup>rd</sup> June Fri 14 <sup>th</sup> June Mon 17 <sup>th</sup> June Fri 28 <sup>th</sup> June  <i>Pickups start from 10:00 am</i>
Southgate Sylvania	Tue 4 <sup>th</sup> June Wed 12 <sup>th</sup> June Tue 18 <sup>th</sup> June Wed 26 <sup>th</sup> June  <i>Pickups start from 10:30 am</i>	Tue 4 <sup>th</sup> June Wed 12 <sup>th</sup> June Tue 18 <sup>th</sup> June Wed 26 <sup>th</sup> June  <i>Pickups start from 8:30 am</i>	Wed 5 <sup>th</sup> June Tue 11 <sup>th</sup> June Wed 19 <sup>th</sup> June Tue 25 <sup>th</sup> June  <i>Pickups start from 8:30 am</i>	Wed 5 <sup>th</sup> June Tue 11 <sup>th</sup> June Wed 19 <sup>th</sup> June Tue 25 <sup>th</sup> June  <i>Pickups start from 10:30 am</i>



# Menai Marketplace

# Westfield Eastgardens



	Green Area	Yellow Area	Blue Area	Pink Area
<b>Which AREA are you in?</b>	<ul style="list-style-type: none"> <li>Beverly Hills</li> <li>Kingsgrove</li> <li>Lugarno</li> <li>Mortdale</li> <li>Narwee</li> <li>Padstow Heights</li> <li>Peakhurst</li> <li>Riverwood</li> </ul>	<ul style="list-style-type: none"> <li>Blakehurst</li> <li>Connells Point</li> <li>Hurstville Grove</li> <li>Kyle Bay</li> <li>Oatley</li> <li>Penshurst</li> <li>South Hurstville</li> </ul>	<ul style="list-style-type: none"> <li>Allawah</li> <li>Arncliffe</li> <li>Bardwell Park</li> <li>Bardwell Valley</li> <li>Bexley</li> <li>Bexley North</li> <li>Carlton</li> <li>Turrella</li> <li>Hurstville</li> </ul>	<ul style="list-style-type: none"> <li>Banksia</li> <li>Brighton-Le-Sands</li> <li>Cars Park</li> <li>Kogarah</li> <li>Kyeemagh</li> <li>Monterey</li> <li>Ramsgate</li> <li>Rockdale</li> <li>Sandringham</li> <li>Sans Souci</li> </ul>
<b>Menai Marketplace</b>	Thur 13 <sup>th</sup> June Thur 27 <sup>th</sup> June <i>Pickups start from 10:00 am</i>	Thur 13 <sup>th</sup> June Thur 27 <sup>th</sup> June <i>Pickups start from 8.30 am</i>	N/A	N/A
<b>Westfield Eastgardens</b>	N/A	N/A	Thur 6 <sup>th</sup> June Thur 20 <sup>th</sup> June <i>Pickups start from 8:30 am</i>	Thur 6 <sup>th</sup> June Thur 20 <sup>th</sup> June <i>Pickups start from 10:00 am</i>

**Play Bingo and have a bite to eat with your friends**

<b>WEDNESDAY</b>	Hurstville RSL	Bingo starts 10.00 am
<b>THURSDAY</b>	St George Leagues Club	Bingo starts 10.30 am
<b>FRIDAY</b>	Bexley RSL	Bingo starts 11.00 am
<b>FRIDAY</b>	Oatley RSL	Bingo starts 11.00 am

*Pickup starts 1 hour and 15 minutes before bingo, arriving 15min early.*

**Transport: \$7 Return.**  
**Call the office on 9585 3000 to book.**

**Return Pickup time is 1pm for ALL of the above**



Come along on an outing and meet us 😊

# Social Outings Information

## Booking Options

- Call 9585 3000. Press '2' for Social Outings.
- Email your outings to harvey@stgct.org.au and you will receive a reply email.
- Use our website stgct.org.au  
Open our homepage and click on heading 'ONLINE BOOKING', choose 'Social Outings', fill in required fields with your information. Click 'Send'.

## Payments

- **Bus fares:** No advance payment. Cash or EFTPOS on the day or go on account and we will invoice you once a month.
- **Entry fees and other event costs:** Pay ON THE DAY unless we ask for a prepayment in the Newsletter. Any prepayments can be made over the phone using VISA or Mastercard.



**Always bring money for food and drink.** If any of our outing venues cancel, an alternative will be organised

## Cancellations

If you need to cancel your booking(s), please call the office by 10am the day before at latest. You can also leave a message if it is outside office hours.

## Social Outings Reminder Phone Calls

You will receive two courtesy reminders for each outing. Please let us know which phone number you want the messages sent to.

- The first reminder: two days before an outing between 10.00 - 11.00am
- The second reminder: the day before your outing between 3.30 - 4.30pm (includes your pickup time)

Follow the prompts at the end of each message to confirm or cancel your outing. Please call the office if you have any questions **9585 3000**.



# June Social Outings Calendar

**Monday 3 June** (Also on Wed 12/6/24)

## **Burraborang Lookout and The Oaks Hotel 1**

Burraborang lookout and picnic area is a great day trip through Camden, Nattai and the State Forest. Enjoy stunning views of Lake Burraborang, which is the result of Warragamba Dam. Then we head back to The Oaks Hotel for a yummy and great value lunch.

**\$20 Bus**



Lake Burraborang - Photographer John Spencer/DPIE



Longer day

**Tuesday 4 June**

## **Gledswood Homestead & Winery Morning tea with scones**

Here is a special treat. The beautiful Gledswood Historic farm, a history talk, delightful morning tea and then, on the way home, stop at the shops for lunch, or pick up something to eat for dinner.

**\$15 Bus**

**\$15 Morning Tea**



**Wednesday 5 June**

## **Afternoon Delight: Fitzpatrick Park Picnic Point & Mr Max Dessert Bar Riverwood**

Have an early lunch at home then duck out for an afternoon drive and some afternoon delight! Mr Max opens at 3pm and offers an assortment of freshly made waffles, from classic options to innovative creations. That, along with all your other cake and dessert favourites.

**\$15 Bus**



**Thursday 6 June** (Also on Mon 17/6/24)

## **Kiama Train Trip & Lunch 1**

The train line is fully open again, so let's do this beautiful train trip to Kiama. Wonderful views of the ocean and the National Park. Limited numbers. Train leaves Hurstville 9.46am and arrives Kiama 11.39am; and return train is 1.55pm arrives Hurstville 3.42pm. You must be a completely independent walker, able to walk 200m. (Wheelchair inquiries to Brad)

**\$15 Bus**

**Train Fare**



Longer day

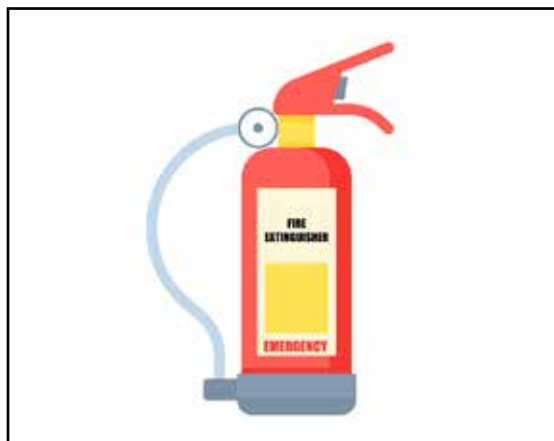
# Social Outings

**Friday 7 June**

## **Fire & Emergency Talk: Kogarah Clubhouse**

This year we have met with the Police, SES and now our Fire Service. Join us to find out the latest safety measures to take and to hear some of the worst mistakes and the problems the fires have dealt with. Coffee and lunch as always!

**\$15 Bus**



**Tuesday 11 June**

## **Bryan Brown Theatre: Brass & Barbara Streisand**

Feel the magic as Christopher Booth and Karen Beckett bring to life Barbara's legendary hits. Let the harmonious fusion of Christopher Booth and Karen Beckett transport you to an era of unforgettable melodies.

**\$15 Bus     \$25 Admisson Pay On Day**



**Wednesday 12 June (Also on Mon 3/6/24)**

## **Burratorang Lookout and The Oaks Hotel 2**

Burratorang lookout and picnic area is a great day trip through Camden, Nattai and the State Forest. Enjoy stunning views of Lake Burratorang, which is the result of Warragamba Dam. Then we head back to The Oaks Hotel for a yummy and great value lunch.

**\$20 Bus**



Longer day

**Thursday 13 June**

## **Simply Lunch: Embark Restaurant Loftus TAFE**

Embark Restaurant's menus reflect modern Australian cuisine, through a fusion of all cuisines that will tantalise your taste buds. Three course lunch menu with a cup of tea or coffee.

**\$15 Bus     \$48 Prepay by Mon 3/6/24**



— OR —



# Social Outings

— OR —

Thursday 13 June

## Evening Trip: Sydney Observatory

Lets go star gazing! The Sydney Observatory is getting some well earned conservation work and tours are limited, but we can take 12 people who can walk 20 stairs to look through their telescope and see some amazing stellar images. If it is cloudy it is still on just a different “focus” ... focus”, get it! Ha ha ha! Ok Ok not funny!

**\$15 Bus**

**\$38 Prepay by Fri 31/5/24**



Friday 14 June

## Simply Lunch: Kingsgrove RSL

Lets try the Fireside Brasserie – a family-friendly atmosphere, with a scrumptious daily menu and ever-changing Chef’s specials. 5% discount for members.

**\$15 Bus**



Monday 17 May (Also on Thur 6/6/24)

## Kiama Train Trip & Lunch 2

Enjoy the wonderful views of the ocean and the National Park. Limited numbers. Train leaves Hurstville 9.46am and arrives Kiama 11.39am; and return train is 1.55pm arrives Hurstville 3.42pm. You must be a completely independent walker, able to walk 200m. (Wheelchair inquiries to Brad)

**\$15 Bus**

**Train Fare**



Longer day

Tuesday 18 June

## French Lunch: The Little Snail

Delicious, beautifully served meals and great service. The \$45 three course menu has plenty of choice and is fantastic value giving us the ooh là là we are looking for. A la carte is also available. Includes 40 metres walk each way. Bon appétit!

**\$15 Bus**

**\$45 Three Course Meal**





# Social Outings

Wednesday 19 June

## Nutcote May Gibbs Cottage

Nutcote is the beautiful harbourside home of May Gibbs (1877-1969), Australia's foremost children's author and illustrator of the Adventures of Snugglepot & Cuddlepie. Located in Sydney's Neutral Bay and now a house museum surrounded by delightful gardens and spectacular views. Tour guide and a simple morning tea all included.

**\$15 Bus**

**\$20 Morning Tea & Tour**  
**Prepay by Mon 10/6/24**



Thursday 20 June

## The Crooner Show: Ramsgate RSL

Featuring Tony Mazell & Sara Key! Performing the Best of the Crooners including, Dea Martin, Frank Sinatra, Nat King Cole, Tom Jones, Engelbert Humperdinck, Natlie Cole, Etta James AND MANY MORE!

**\$15 Bus**

**\$5 Entry**



Together with

Sunshine Group



— OR —

Thursday 20 June

## Animal Welfare League: Shelter Tour, Kemps Creek

Come and cuddle a pet and help find them a new home! As seen on the TV show, The Dog House.

**\$15 Bus**  
**(CHSP Clients)**

**\$15 Tour**



Friday 21 June

## Morning Tea: Bass and Flinders Pavilion

Due to popular demand, we are returning to this stunning glass cafe, floating on the Georges River. Enjoy the water and boat views while you have a relaxing morning tea. You will be home for lunch!

**\$15 Bus**



# Social Outings

**Monday 24 June**

## **Piaf & Aznavour: Merrigong Theatre**

Embark on a journey Back In Time into the fascinating world of French popular music where the real stars are the worldly, renowned songs of Edith Piaf & Charles Aznavour—including 'Milord', 'La vie en Rose', 'No Regrets', 'Yesterday When I Was Young', 'She', 'If You Love Me', 'The Ol' Fashioned Way', & 'La Boheme'.

**\$15 Bus      \$25 Ticket Prepay by Fri 14/6/24**



**Tuesday 25 June**

## **Brad's Trivia @ Georges River 16ft Sailing Club**

Be bamboozled, be amazed, be entertained as I try to bring back memories and knowledge that you have hidden in the recesses of your mind. And if nothing comes out .... enjoy a laugh and a good feed! 😊

**\$15 Bus**



**Wednesday 26 June (Also on Fri 28/6/24)**

## **Mt Kembla Drive, Cemetery and Lunch 1**

Unfortunately the Mt Kembla Museum has closed. But we can still visit the cemetery of Australia's biggest mining disaster in 1902 where 96 people were killed from a mine explosion, heard as far as Bulli. Then lunch at our favourite pub, Mt Kembla Village Inn.

**\$20 Bus**



**Thursday 27 June**

## **Victoria Barracks and AFP tour**

The Victoria Barracks complex dates from its first occupation in 1848, and is one of the finest examples of British colonial military architecture of the Victoria era. The collection spans 4 centuries of military history pertaining to Sydney, NSW and Australia.

**Must have your Photo ID.**

**\$15 Bus      \$5 Tour**





# Social Outings

**Friday 28 June** (Also on Wed 26/6/24)

## Mt Kembla Drive, Cemetery and Lunch 2

This beautiful area is a delight to drive through. We will visit the cemetery of Australia's biggest mining disaster in 1902 where 96 people were killed from an explosion, heard as far as Bulli. Then lunch at our favourite pub, Mt Kembla Village Inn.

**\$20 Bus**



## Burratorang Lookout and The Oaks Hotel

2024年6月3日星期一 (还有6月12日星期三)  
布拉戈朗(Burratorang)观景台和橡树(Oaks)酒店

布拉戈朗观景台和野餐区是穿越卡姆登(Camden)、纳泰(Nattai)和州立森林的最佳一日游。瓦拉甘巴(Warragamba)水坝是处于布拉戈朗湖的建设,我们欣赏该湖的壮丽景色之后,会到橡树酒店享用美味且物有所值的午餐。

巴士费: \$20



Lake Burratorang - Photographer John Spencer/DPIE



Longer day

The above outing is in response to demand from all of our Chinese clients, and is open to all.

## Wednesday 3 July (Prebooking)

### Chicago The Musical, Capitol Theatre Sydney

Murder, greed, corruption, exploitation, adultery, treachery... and All That Jazz... so begins the international multi-award-winning musical, CHICAGO. The longest-running musical on Broadway, this scorching hot masterpiece is playing in Sydney in the middle of the year.

**\$15 Bus**      **\$80 Ticket - Pay immediately**



## How to get your copy of the Newsletter

A copy of the current Newsletter is always available on our website [www.stgct.org.au](http://www.stgct.org.au)  
We can also email you a copy.

If you prefer a printed copy of the newsletter delivered to your home by post, please call 9585 3000.  
Subscription cost is only **\$25** for **6 months** or **\$45** for **12 months**.

Copies are available in our vehicles too - ask one of our friendly drivers or carers.





# Sunshine Group

## JOIN THE SUNSHINE GROUP FOR ADVENTURE AND FUN!

Are you ready to embark on exciting journeys, explore new places, and try new activities? Look no further than the Sunshine Group – an inclusive community open to individuals of all ages and interests who have NDIS Plans.

### What we offer:

**Customised Outings:** Our group empowers you to choose the destination for our next adventure! Whether it's a scenic park, a bustling market, or an adrenaline pumping activity, the choice is yours.

**Social Connections:** Connect with like-minded individuals and expand your social circle! We regularly meet up with other groups, providing opportunities to forge new friendships and engage in shared experiences.

**Qualified Team:** Rest assured, you'll be in good hands with our professional and experienced team. From planning activities to ensuring your comfort and safety during transportation, we've got you covered.

**Comfortable Transport:** Travel in style and comfort with well-maintained vehicles. We prioritise your convenience, ensuring a smooth and enjoyable journey from start to finish.

**Affordable options:** Worried about costs? Don't be! Our outings are priced at approximately \$25 per hour unless you require one on one support. We have workers available if this is the case.

**Regular Excursions:** Mark your calendars! We venture out every third Thursday of the month, with plans to expand to additional days in the near future. Plus, we will pick you up from home and drop you off afterwards, ensuring a hassle-free experience.



**Call Carol or Bronwyn on 9585 3000 for more information.**



Aidacare are a manufacturer, supplier, and distributor of a large range of high-quality assistive technology healthcare equipment. Aidacare and our Network of Supply Partners, work closely with Customers, Occupational Therapists; Physiotherapists; other Allied Health professionals; and, Homecare Nursing providers to bring equipment into the comfort and security of the home environment.


- **Customer Service** – Sylvania branch 02 9520 1866, providing you immediate advice or linking you with our Rehab Equipment Specialists in the field.
- **Trials** – Arrange a trial simply and easily in your home environment. Our Rehab Equipment Specialists will bring equipment to your home and attend the trial to demonstrate the equipment and provide friendly advice.
- **Rental / Hire** – Comprehensive range of rental equipment that is available for short-term rehabilitation needs. We can also provide you with a rent to buy package.
- **Sylvania Showroom** – Viewing and comparing options at the branch
- **Service** – Do you have equipment that requires to be fixed or serviced, please call us and we can arrange for a technician to come and have look

Our team at Sylvania are available to help you with any questions you may have. We are here to make it easier for you. If we can't help you, we will find someone who can.

You can view a full range of our products via our website [Products | Aidacare](#) or you can pop into our showroom located at 117-119 Princess Highway, Sylvania (hours of operation 8.30am to 4.30pm Monday to Friday)



Sponsored Ad



### Lost Property

**Have you lost anything recently?**

If you realise that you have lost something and you have recently been in one of our vehicles please call us now on **9585 3000** to ask if it's in our lost property box.

**Better Support.  
Stronger Connections.**



**Phone**

02 9585 3000

**Address**

1/29-33 Pitt Street  
Mortdale NSW 2223

**Website**

[www.stgct.org.au](http://www.stgct.org.au)

**Connect with us**

