

Greetings to all our clients! March is here, and we've got an array of fantastic activities and opportunities lined up for you.

Upcoming Overnight Trips: Explore Mudgee and the South Coast!

We're thrilled to announce not one, but two overnight trips this month, heading to the picturesque destinations of Mudgee and the South Coast. Your enthusiastic participation and continued support make these adventures possible, and it's always heartening to welcome new faces to our vibrant overnight social outings club.

Please note we still have 1 spot available on our South Coast trip. Please call Shannon or Carol to book your spot

Shopaholics Rejoice: Introducing Bi-weekly Shopping Bus Excursions!

Is your Thursday routine feeling a bit lackluster? Fret not! Our shopping bus is gearing up for action. Starting this month, every alternate Thursday will offer you a shopping escapade to Menai Marketplace or Eastgardens shopping centre—depending on your location. This exciting trial is designed with you in mind, so hop on board and explore new shopping horizons. If you know someone who could use a helping hand with their shopping, encourage them to reach out, and we'll be happy to assist.

Capture the Moment: Join Our Best Photo Competition!

Calling all shutterbugs among our staff! We're running a competition for the Best Photo featuring a client, a vehicle, another staff member, or a combination of these elements.

Show us the positive vibe we strive for at St George Community. The winning shot will be showcased in our annual report, calendar, and other marketing materials. Let the friendly competition begin!

Client Spotlight: A Chat with Rosemary Maughan

In this edition, Nurina sits down with the wonderful Rosemary Maughan, a staunch advocate for our services, particularly our BActive program and social outings. Discover the positive impact our services have had on Rosemary's health and wellbeing. If you'd like to share your own story, reach out to us—we'd love to hear from you.

BActive Update: Seniors Dance Fitness and More!

Exciting news for our BActive enthusiasts! We're introducing a Seniors Dance Fitness class every Tuesday from 12 pm to 1 pm at St George Maso's Club, starting March 5th. The first class is free, and subsequent sessions are just \$7 each. If dance isn't your style, explore our other activities like yoga or cardio and strengthening classes. Contact Shannon to secure your spot and kickstart a healthier, more active you.

It may sound funny, but I look at our newsletter for social outing ideas for myself. This weekend I am visiting the Shot photo exhibition at the NSW State Library from the December/January newsletter. There is something for everyone so be sure to get in early to make your bookings.

Take care, Carol.

Upcoming overnight trips for our CHSP clients

For our cooler months St George Community has planned several one night overnight trips for your enjoyment.

The itineraries and accommodation can only be confirmed once we have bookings from 10 people or more.

City

In **May** we will head into the city to explore our city sights and spend an evening at the theatre. The trip will be mid-week and will cost **approximately \$600 per person and \$90 for a single supplement**. This cost will cover your accommodation and breakfast, your transport, your theatre ticket, and the support of our staff.



Katoomba



In **June and July**, we will spend a lovely wintery two days and one night in the Blue Mountains, enjoying the open fires and sightseeing during the day. The trips will be mid-week and will cost **approximately \$500 per person and \$120 for a single supplement**. This cost will cover your accommodation and breakfast, your transport, your scenic railway pass, and the support of our staff.

Southern Highlands

In **August** we will head South to our beautiful Southern Highlands where we will sit back and breathe in the country air while exploring the local wineries, gardens and shops. The trip will be mid-week and will cost **approximately \$510 per person and \$100 for a single supplement**. This cost will include your accommodation and breakfast, your transport, a couple of wine tastings, the support of our staff and other local activities.



Call Carol, Shannon, Brad or Harvey to be added to our waitlist.

New Shopping Destinations:

Hey there, shopaholics! We've got some exciting news for you! Two new shopping destinations added to our Shopping Bus runs.

Introducing Menai Marketplace and Westfield Eastgardens, **on alternate Thursdays**.

Green / Yellow area to **Menai Marketplace**
Blue / Pink area to **Westfield Eastgardens**

So grab your shopping buddies, mark your calendars, and spread the word. We can't wait to see you at these wonderful shopping centres!

Menai Marketplace



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.



Westfield Eastgardens



	Green Area	Yellow Area	Blue Area	Pink Area
Which AREA are you in?	<ul style="list-style-type: none"> Beverly Hills Kingsgrove Lugarno Mortdale Narwee Padstow Heights Peakhurst Riverwood 	<ul style="list-style-type: none"> Blakehurst Connells Point Hurstville Grove Kyle Bay Oatley Penshurst South Hurstville 	<ul style="list-style-type: none"> Allawah Arncliffe Bardwell Park Bardwell Valley Bexley Bexley North Carlton Turrella Hurstville 	<ul style="list-style-type: none"> Banksia Brighton-Le-Sands Cars Park Kogarah Kyeemagh Monterey Ramsgate Rockdale Sandringham Sans Souci
Menai Marketplace	Thur 7 th Mar Thur 21 st Mar <i>Pickups start from 10:00 am</i>	Thur 7 th Mar Thur 21 st Mar <i>Pickups start from 8.30 am</i>	N/A	N/A
Westfield Eastgardens	N/A	N/A	Thur 14 th Mar Thur 28 th Mar <i>Pickups start from 8:30 am</i>	Thur 14 th Mar Thur 28 th Mar <i>Pickups start from 10:00 am</i>

BActive

Live Longer, Live Stronger

Remember to keep hydrated, eat well and exercise regularly

CALL SHANNON 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

ZUMBA GOLD

Oatley Uniting Church Hall

Tuesdays 12.00pm to 1.00pm

Wednesdays 10.15am to 11.15am

(School term - ring to check dates)

\$10 Transport & \$10 per Class

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

Contact: Kate 0421 902 520



STEADY STABLE AND ABLE

Oatley Uniting Church Hall

Wednesdays 11.30am to 12.30pm

(School term - ring to check dates)

\$10 Transport & \$8 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



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

Join our friendly group classes while strengthening muscles using exercise bands, and weight bearing strength work with stretching which also assists with bone density. The class also includes falls prevention with balance work, flexibility of joints and muscles.

Contact: Coralie 0415 065 800



RESTORATIVE YOGA

Mortdale Uniting Church
18 Morts Road, Mortdale

Mondays 10.30am to 11.15am

\$10 Transport & \$15 per Class

Join this class for a calming, restorative practice to sooth your mind and alleviate strain in your body.

Contact: Jean 0416 302 712



SENIORS DANCE FITNESS CLASS

No experience needed

St George Maso's Club

Tuesdays 12.00pm to 1.00pm Starting March 5th
(Classes run school term)

\$10 Transport & \$7 per Class (1st class Free)

A fun low impact exercise class especially designed for Seniors moving to all your favourite hits from yesteryear. Stretching, flexibility, balance, low-impact dance moves and strength training. 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



SGC 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**



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Roselands Shopping Centre	Fri 1 st Mar Mon 4 th Mar Fri 15 th Mar Mon 18 th Mar <i>Pickups start from 10:00 am</i>	Fri 1 st Mar Mon 4 th Mar Fri 15 th Mar Mon 18 th Mar <i>Pickups start from 8.30 am</i>	N/A	N/A
Rockdale Plaza	N/A	N/A	Fri 8 th Mar Mon 11 th Mar Fri 22 rd Mar Mon 25 th Mar <i>Pickups start from 8:30 am</i>	Fri 8 th Mar Mon 11 th Mar Fri 22 rd Mar Mon 25 th Mar <i>Pickups start from 10 am</i>
Southgate Sylvania	Wed 6 th Mar Tue 12 th Mar Wed 20 th Mar Tue 26 th Mar <i>Pickups start from 10:30 am</i>	Wed 6 th Mar Tue 12 th Mar Wed 20 th Mar Tue 26 th Mar <i>Pickups start from 8:30 am</i>	Tue 5 th Mar Wed 13 th Mar Tue 19 th Mar Wed 27 th Mar <i>Pickups start from 8:30 am</i>	Tue 5 th Mar Wed 13 th Mar Tue 19 th Mar Wed 27 th Mar <i>Pickups start from 10:30 am</i>



Play Bingo and have a bite to eat with your friends

WEDNESDAY	Hurstville RSL	Bingo starts 10.00 am
THURSDAY	St George Leagues Club	Bingo starts 10.30 am
FRIDAY	Bexley RSL	Bingo starts 11.00 am
FRIDAY	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

Love a good read?

Join our **LIBRARY RUN, EVERY Monday.**

Get dropped off for 1-2 hrs, between approx. 11:30am-1:30pm to either:

- Kogarah Library
- Rockdale Library or
- Penshurst Branch Library

Transport: \$10 return.

Call the office on 9585 3000 to book.



Home Care Packages & NDIS outing costs

As of **1st November 2023**, the social outing fee for Home Care Package and NDIS recipients has **increased from \$55 to \$60**. This change reflects the overall rising expenses required to maintain vehicles and staffing for the social outings.

Funded client trips will remain at \$15.





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**.

March Social Outings



Our disability Sunshine Group enjoy social outings once per month.

If you are on an NDIS plan why not join? Come along and meet new people, visit fun and interesting places and have a fabulous time! Great team of carers will make sure that you enjoy your day. Please call Carol or Bronwyn on 9585 3000.



Thursday 21 March

Aqua Golf at Penrith Panthers and Lunch at Penrith Bowling Club

Surrounded by stunning water views and lush greenery. With a refreshing breeze in the air, it's the perfect setting to work on your swing or simply enjoy a leisurely game with our Sunshine Group.

Golf: \$10 a bucket

Please bring money for lunch

Picnic: Central Gardens Nature Reserve, Merrylands West

2024年3月21日星期四

野餐：西快乐区 (Merrylands West) 中央花园自然保护区

这个美丽且受人喜爱的花园胜景极适宜野餐。看看您能否发现鸬鹚、小袋鼠和袋鼠。沿着有瀑布的湖边漫步。自携午餐作野餐，或者我们会在附近停下来买些食物和饮料。

巴士费：\$15



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

Social Outing Key



Stairs involved



Wheelchair friendly



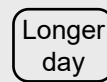
No walker access



Uneven ground or gravel paths



Own carer or Motorised required



Longer day



Some walking



No wheelchair access



Opal Card

Always bring money for food and drink.

If any of our outing venues cancel, an alternative will be organised.

Social Outings

Friday 1 March

Simply Lunch: Karimbla Restaurant

Just down the road at Miranda, this little gem of a restaurant offers healthy meals made with love at a fantastic price. With a new set menu every week, you can choose from three delicious mains and three desserts. Tea and coffee included. Limited spots.

\$15 Bus



Monday 4 March (Also on Thur 7/3/24)

Green Lane and Dirty Jane's Bowral 1

"Green Lane" is a shopping and dining precinct adjacent to the popular Dirty Janes Markets in Bowral. It provides a leafy alleyway and small village square feel. You must go into Dirty Janes and then dine at one of the eateries in the laneway. Brad loved it!

\$20 Bus



Longer day

Tuesday 5 March

St. Mary's Cathedral Mass and Tour, Sydney

Come and enjoy a tour of this magnificent building, on the site of the first Catholic Chapel in Australia. Constructed in local sandstone, the Gothic Revival style of its architecture is reminiscent of the great medieval cathedrals of Europe. We will also arrive in time to attend mass for those who would like to do so.

\$15 Bus

\$5 Tour



Wednesday 6 March

The Riverboat Postman: Hawkesbury River Cruise

Here is a wonderful opportunity to cruise the Hawkesbury River! Enjoy morning tea and a ploughman's lunch on the fully licensed vessel. A 3hr cruise includes commentary from the Ship's Captain. Early start with first pick up around 7am.

\$20 Bus

**Prepay by Fri 23/2/24
\$65 Cruise & lunch**



Longer day

— OR —

Social Outings

— OR —

Wednesday 6 March

Simply Morning Tea: Bass and Flinders Pavilion

This stunning glass cafe floats on the water, it's a must-see. With comfortable seating areas where you can relax, chat with friends, or simply enjoy the view. You will be home for lunch!

\$15 Bus



Thursday 7 March (Also on Mon 4/3/24)

Green Lane and Dirty Jane's Bowral 2

Come enjoy the vibrant ambiance that fills the air at "Green Lane", a shopping and dining precinct adjacent to the popular Dirty Janes Markets in Bowral. It provides a leafy alleyway and small village square feel. Be sure to dine at one of the eateries in the laneway. Brad loved it!

\$20 Bus



Longer day

Friday 8 March

Dollar World Warwick Farm

Bargain hunters delight. It's like a treasure hunt where everything you find is a steal! Just don't get lost in this reportedly huge warehouse of super cheap everything.

\$15 Bus



Monday 11 March

Simply Dinner: Mt Lewis Bowling Club

Our last dinner out before daylight saving ends. The bistro is a new restaurant launched by a local resident of Greenacre and provides good value club meals. Let us know if we should go again!

\$15 Bus



Social Outings

Tuesday 12 March

St Patrick's Day Fiddler Rouse Hill

Dia duit: Enjoy this spacious and lovely pub with a welcome drink, 2 course sit down lunch with tea/coffee, themed dining room and great Irish entertainment.

\$15 Bus

\$65 Prepay by Fri 1/3/24



Wednesday 13 March

Premier's Gala Concert & NSW Seniors Festival Expo 1, Sydney - 11am Concert

This year enjoy performances from Damien Leith, Paulini, Darren Coggan, and Julie Lea Goodwin.

\$15 Bus

Free Tickets



Thursday 14 March

Premier's Gala Concert & NSW Seniors Festival Expo 2, Sydney - 2.45pm Concert

This year enjoy performances from Damien Leith, Paulini, Darren Coggan, and Julie Lea Goodwin.

\$15 Bus

Free Tickets



Friday 15 March

Fardoulis Sweets & Nuts, Kogarah

The Fardoulis family has launched its own handmade gourmet pure couverture chocolates into local cafes. They have a range of gift boxes for your Easter gifts. They also supply nuts, dried fruits and sweets. We look forward to your feedback.

\$15 Bus



Social Outings

Monday 18 March

Good Old Days: Tenor David Hobson and Friends, Sydney Town Hall

David Hobson and soprano Bridget Costello (currently Christine in Phantom) will entertain you with a programme of old favourites and new songs...with plenty of stories added in!

\$15 Bus

\$50 Prepay by Fri 8/3/24



Tuesday 19 March

Vine Cottage Tool Museum and High Tea, Castlereagh

The Vine Cottage acts primarily as a wedding venue. This beautiful property houses a Tool Museum and provides a lovely High Tea. The owners will give us a tour of the property and explain its history. A lovely day.

\$15 Bus

\$50 Prepay by Fri 8/3/24



Wednesday 20 March

Millers & Rivers Shopping Revesby

Get ready for Autumn and Winter from one of our favourite shopping locations. Embrace the changing seasons and treat yourself to a shopping spree that will have you looking and feeling fabulous. Lunch afterwards.

\$15 Bus



Thursday 21 March

Picnic: Central Gardens Nature Reserve, Merrylands West

This beautiful and much loved park provides a green oasis perfect for a picnic. See if you can spot the emus, wallabies and kangaroos. Take a stroll around the lake with waterfalls. Bring a picnic lunch or we will stop nearby to pick up something to eat and drink.

\$15 Bus



Social Outings

Friday 22 March (Also on Wed 27/3/24)

Simply Lunch: Balgowlah RSL 1

Here is a bargain, combined with a nice drive. Seniors meals are available during lunch at \$16.00 for visitors or \$11.50 for members. Roast of the Day and Seniors meals change regularly.

\$15 Bus



Monday 25 March

Sydney Royal Easter Show Seniors Day

For you to enjoy independently. Grab an Easter Bag and see the wonderful arts & crafts exhibitions. Must bring your mobile phone and be able to check for calls or messages. Buy your ticket online or at the gate. Scooters for hire, \$110 - prebook. Grab a free cup of tea at the Seniors' Hub, on the lawns adjacent to The Amphitheatre.

\$15 Bus

\$20 Entry



Longer day

Tuesday 26 March

Bunnings Kirrawee

We all know how to lose ourselves in Bunnings. The one stop store for all your hardware and gardening needs. We will go again to Bunnings for Xmas shopping this year as well.

\$15 Bus



Wednesday 27 March (Also on Fri 22/3/24)

Simply Lunch: Balgowlah RSL 2

Such a good bargain we have run it twice!! Seniors meals are available during lunch at \$16.00 for visitors or \$11.50 for members. Roast of the Day and Seniors meals change regularly. Enjoy the relaxing drive north of the harbour.

\$15 Bus



Social Outings

Thursday 28 March, West Pennant Hills

Koala Park Sanctuary

This lovely sanctuary for Koalas is a 10-acre park with rainforest & eucalyptus groves for koalas, kangaroos & other Australian animals. There are specific shows to get close to the Koalas and reptiles. Enjoy a lovely day in a beautiful environment.

\$15 Bus

\$32 Entry



You are spoiling us

Thank you to everyone who takes the time to contact us to provide us with feedback. Every month we receive many compliments of our staff and our services. Here are some samples from December 2023.

- i. *We received a beautiful card and box of chocolates with the following message-Thank you for your assistance this year. You have made a great positive impact on my quality of life. I am very grateful for all that you do.*
- ii. *Thank you all for putting the Christmas Party together, very well done. Loved the game, it involved everyone.*
- iii. *I've had the best night last night visiting all the houses with their gorgeous Christmas decorations thanks to our wonderful driver and carer.*
- iv. *Thank you to all at St George Community for all you do for us, both social and medical. It is much appreciated.*
- v. *Our NDIS participant's uncle called say that he attended the Christmas Party at his nephew's group home, and it was wonderful to see him looking so happy and healthy.*
- vi. *I was dropped at my appointment to give blood and was told that they could not send the results to my doctor. I had to quickly change my plans and go to the hospital to give blood. I called your driver, and he told me he would come back to get me in 10 minutes. The drivers prompt assistance made my day a little easier. He was extremely helpful.*

We have been very fortunate to receive \$5,493 in donations this financial year and we would like to sincerely thank you for your kindness and generosity.



An Interview with Rosemary Maughan



'Just Have a Go!' is the mantra of life loving Rosemary, a regular attendee on the social outings, BActive program and a well-known citizen in her local area in Carlton. Living life to the full now, however a few years ago, after losing her husband, Rosemary lost her zest for life. For nearly a year she did not go out, lost mobility, could barely walk and her physical and mental health was at an all-time low.

Rosemary describes herself as always being a battler, never giving

up. After having a stroke in her 40's, she then survived cancer after 13 long years of treatments, with side effects causing a weak heart and subsequent operation to have a pacemaker fitted. Shortly after this Rosemary became the carer for her husband who had become sick, and he sadly passed away during the height of the pandemic lockdown. Due to the restrictions, she was not able to invite friends or family to the funeral.

A very dark year followed for Rosemary. She explained how she lost confidence in everything, became completely housebound and was too fearful to even go around the shops, choosing instead to order shopping online. Her health and

mobility suffered, she could barely walk and had all but given up on life.

Rosemary recalls that one very significant day, she realised that she had two choices, 1. Give up or 2. Get motivated and do something. The next day she spoke to her doctor who organised for her to attend a physical rehab program at Calvary hospital, they even organised the transport for her. Little by little with simple balancing and water exercises she began to build up strength. One day Rosemary hopped into a St George Community Transport bus, thinking it was her ride home. 'I think we got a ring-in here', laughed the driver and they all had a chuckle. That began Rosemary's journey with our service.

After reading our newsletter Rosemary joined up with the BActive steady and able and aqua aerobics programs. 'I can do this', she said to herself, it was very similar to what she was doing at rehab. In the early classes she did the exercises in a chair and slowly built up her strength.

Rosemary said she felt a difference after 4 months, after 6 months started to feel better and then nearly 12 months later was able to walk for a full hour and a half and had joined in the Zumba class.

She started to wear bright fun clothes, put colour in her hair, got a scooter to get to the shops and club, made friends on the outings and re-found a positive mindset. 'I haven't felt this well for 20 years, if I could give advice to anyone I would say, do something- it starts with a phone call.'

**Better Support.
Stronger Connections.**

**st george
community.**

Phone

02 9585 3000

Address

1/29-33 Pitt Street
Mortdale NSW 2223

Website

www.stgct.org.au

Connect with us

