

I hope you all enjoyed your Easter break and your South Coast overnight trips. The social outings team have planned many wonderful outings for May. Enjoy a Simply Lunch at Lunden House or take the whole day to explore the Powerhouse at Castle Hill, the Wollongong Art Gallery or the Big Chook in Western Sydney. Alternatively, there is some entertainment at the Bryan Brown Theatre: I love the 60s (who doesn't) and the Club Central Hurstville. So many opportunities to get out and about and enjoy the refreshing brisk weather.

The Katoomba trips will take place on the 26th to 27th June and 24th to 25th July. The cost is \$499.36 per person with a single supplement of \$110. This cost includes accommodation and breakfast at Fairmont Resort, a ticket to the Scenic Railway and a local gallery. I am looking for 2 more people for the June trip and 3 more people for the July trip. The only stipulation is that you need to be a client who is funded under the CHSP. For those people who have added their names to the waitlist, you will have received your itinerary by email or in the mail. Please call Shannon asap to confirm your attendance.



Over the next few months, we will be revising how we deliver trips to clients going to and from the city for medical appointments. We have received feedback from clients that we need to improve our flexibility in delivering this service. We are in discussions with a private service who can provide transport over a larger span of hours. We appreciate that it can be so tricky to anticipate how long you will be with your specialist or doctor for your return trip home. Our proposed solution

should take away these concerns and guarantee you a safe return trip.

Can I please ask for a favour? If you have any friends or neighbours who are new to aged care services and would benefit from knowing more, please let them know about our next Community Partners FREE event which will be held at Oatley RSL at 10.00am on Tuesday 25th June. For more information, please call me or Shannon on 9585 3000.

Congratulations to Vlado and Luke who took out our Best Photo Competition for Summer 2024. I now have lots of wonderful photos which we can enjoy in the office. They have certainly livened up the wall as you enter the office. Thank you to all the photographers who captured some wonderful experiences at St George Community.

We will celebrate National Volunteer Week in the last week of May with a lovely lunch and entertainment at Olds Park. This special event provides an opportunity to highlight the important role of volunteers in our organisation. This year the theme is 'Something for everyone' which is certainly an apt description of the services our volunteers provide, be it driving a car, answering the phones in the office or taking care of our clients on a social outing. We are very fortunate to have such a dedicated group of volunteers at St George Community!

Coming soon! Our rebranded website will be launched before the end of April. You will continue to be able to place your online bookings for social outings, individual transport and bus hire. I hope you enjoy the photos throughout the website. If you have any concerns, please let me know. Have a great May! Carol

Safety for the Team

Safety for you and our team is our priority.

We are continuously reviewing what we do to ensure you travel safely and our drivers and carers are kept safe.

Clients

- Staff provide us with updates of any changes to your transport needs
- We have breakdown kits on the bus for your social outings and city trips
- Our vehicles are serviced every 6 months and repairs and maintenance are conducted promptly
- Our drivers hold a driver's authority from Transport for NSW
- Our drivers and carers hold a current first aid certificate
- Our staff have a cleared criminal history check and working with children check
- We maintain appropriate safety equipment in the vehicle
- Our staff comply with the Aged Care Quality and Safety Standards, the Practice NDIS Standards, NSW Point to Point Standards and the Bus Operator Accreditation Scheme
- We have roadside assistance protocols in place should a vehicle breakdown
- We conduct internal audits and client surveys to assess identify gaps in our service and opportunities for improvements
- We encourage and share feedback with our clients
- Many of our vehicles are equipped with a wheelchair hoist
- Seat belts are installed in all our vehicles and clients are advised to remain seated and to keep their seat belts on until the vehicle has stopped, and they can depart the vehicle
- First aid kits are available in all vehicles
- Defibrillators are available in some vehicles

Staff

- Our staff wear a high visibility vest when they are in the yard or moving around the outside of the vehicle
- Procedures for reporting a hazard or incident are in place
- Staff can provide anonymous feedback through the staff survey and make suggested improvements to service
- Staff are encouraged to manage their fatigue
- Staff are advised of any changes in the Aged Care Safety and Quality Standards or the NDIS Practice Standards
- Staff are advised to take a meal break during their shift
- Management hold staff meetings to provide the team with updated information and training
- Bus carers are suitably trained to care for our clients
- Policies, procedures and processes are in place to support a safe work environment
- The Board govern our organisation and carefully assess risks to our business, feedback and incidents
- One of our 5 organisation values focuses on safety
- We provide training to our staff on safety related matters
- We have emergency evacuation procedures in place at the Yard and Office
- A first aid kit and a defibrillator is available in the office.



South Coast Trips



Thank you to all our clients who participated in the South Coast trip. More photos to come from Trip 2.



City Transport



In our June newsletter we will be announcing changes to the delivery of our city trips.

We have received feedback from clients that we need to extend our hours to pick you up from your city appointments and decrease the amount of time you are waiting to be brought home.

We are in conversations with St George Cabs to provide a Monday to Friday service from 6am to 6pm. While this will be more costly for St George Community, it will improve this service for our clients. The booking process and service will remain the same for our clients. **More details will be provided in our June newsletter.**

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 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

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. Come and shake your hips to some great music.

Contact: Kate 0421 902 520

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





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

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.

Booking is essential / Registered with AUSactive & Insured

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



SENIORS DANCE FITNESS CLASS

No experience needed
St George Maso's Club
Tuesdays 12.00pm to 1.00pm
(Classes run school terms)
\$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 May 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



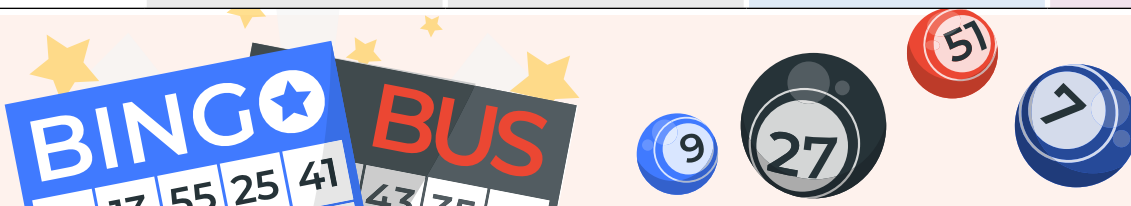
	Green Area	Yellow Area	Blue Area	Pink Area
Which AREA are you in?	<ul style="list-style-type: none"> Beverly Hills Kingsgrove Lugarno Mortdale Narwee Padstow Heights Peakhurst Riverwood 	<ul style="list-style-type: none"> Blakehurst Connells Point Hurstville Grove Kyle Bay Oatley Penshurst South Hurstville 	<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
Roselands Shopping Centre	Fri 10 th May Mon 13 th May Fri 24 th May Mon 27 th May <i>Pickups start from 10:00 am</i>	Fri 10 th May Mon 13 th May Fri 24 th May Mon 27 th May <i>Pickups start from 8.30 am</i>	N/A	N/A
Rockdale Plaza	N/A	N/A	Fri 3 rd May Mon 6 th May Fri 17 th May Mon 20 th May Fri 31 st May <i>Pickups start from 8:30 am</i>	Fri 3 rd May Mon 6 th May Fri 17 th May Mon 20 th May Fri 31 st May <i>Pickups start from 10:00 am</i>
Southgate Sylvania	Wed 1 st May Tue 7 th May Wed 15 th May Tue 21 st May Wed 29 th May <i>Pickups start from 10:30 am</i>	Wed 1 st May Tue 7 th May Wed 15 th May Tue 21 st May Wed 29 th May <i>Pickups start from 8:30 am</i>	Wed 8 th May Tue 14 th May Wed 22 nd May Tue 28 th May <i>Pickups start from 8:30 am</i>	Wed 8 th May Tue 14 th May Wed 22 nd May Tue 28 th May <i>Pickups start from 10:30 am</i>

Menai Marketplace

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 2 nd May Thur 16 th May Thur 30 th May <i>Pickups start from 10:00 am</i>	Thur 2 nd May Thur 16 th May Thur 30 th May <i>Pickups start from 8.30 am</i>	N/A	N/A
Westfield Eastgardens	N/A	N/A	Thur 9 th May Thur 23 th May <i>Pickups start from 8:30 am</i>	Thur 9 th May Thur 23 th May <i>Pickups start from 10:00 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

Return Pickup time is 1pm for ALL of the above

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

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





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.

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**.



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

May Social Outings Calendar

Wednesday 1 May

Powerhouse, Castle Hill

A new state of the art building housing Powerhouse collections. We have organised a tailored tour of this new site including history, science, technology, transport, and space exploration.



\$15 Bus \$23 Admisson & Private Tour

Thursday 2 May

Simply Lunch: The Apprentice Ultimo TAFE Restaurant

Get a fantastic meal at a bargain price with fabulous service. Be a part of the TAFE training of our future chefs and restaurateurs. Everyone who goes loves it. Limited seats.



\$15 Bus

**Prepay by Fri 19/4/24
\$48 Lunch**

Friday 3 May

Morning tea: Harvest Grounds Cafe Penshurst

Another local cafe gem. Renovated from a Restaurant to a lovely cafe with a lovely home feel to it. Check out some of the unique items on the menu and enjoy.



\$15 Bus

Monday 6 May (Also on Fri 17/5/24)

Simply Lunch: Lunden House Cafe Luddenham and Drive 1

Beautifully renovated cottage and Italian-inspired cafe that offers wholesome food, killer coffees... and more. Family run. Enjoy the drive to one of the last farming communities on the edge of Sydney.



\$15 Bus



Social Outings

Tuesday 7 May

Bradman Museum & International Cricket Hall of Fame, Bowral

Enjoy a wonderful drive, the autumn leaves and some of the most significant pieces of sporting memorabilia in Australia. Then lunch at a lovely local eatery.

\$20 Bus

\$24 Guided Tour



Wednesday 8 May

Hunters Hill Museum

The year 1861 marked a milestone in the history of Hunters Hill, with the establishment of the municipality and then the construction of the Town Hall in Alexandra Street, completed in 1866. A beautiful place to visit with a lot of history and a drive along the peninsula before lunch.

\$15 Bus

Donation



Thursday 9 May

Woronora Memorial Park, Sutherland

Here is your opportunity to visit a loved one or simply have a walk around some of the historic graves and have a coffee. We will drop you at any part of the cemetery you require. Then a lovely lunch nearby.

\$15 Bus



Friday 10 May

Wollongong Art Gallery

This extensive art gallery in Wollongong Council's old chambers will show you wonderful landscapes of the Illawarra region over time plus a variety of contemporary local works in a beautiful setting. We will be guided through the highlights of the collection by a local artist/volunteer. Coffee and lunch of course!

\$15 Bus



Social Outings

Saturday 11 May (Also on Sat 25/5/24)

NSW Rail Museum: Steam Train Ride 1

We are going on a Steam Train Ride. 40 mins of historical bliss. And then browse around the museum and the biggest collection of rolling stock in Australia. You must be able to go up 3 good steps to get on the train. Free coffee and tea provided at the museum on arrival. There will be time for lunch afterwards.

\$20 Bus

\$25 Train Ride & Museum



Monday 13 May (Also on Fri 24/5/24)

The Big Chook and Lunch 1 - Mount Vernon

An enviable selection of chutneys and jams, the on-site store sells two-and-a half doz-hen eggs at a great price. A Western Sydney icon for decades, the Chook is an extremely charismatic, old-school, homemade, iconic big thing. (Apparently no white eggs for sale).

\$15 Bus



Tuesday 14 May

Bryan Brown Theatre: I love the 60s

Get ready to fall in love with the 60s all over again as Paula Watt and David Bond take the stage in I ♥ the 60s! Paula's soulful voice and David's charismatic charm will transport you back to the golden age of music, delivering a show filled with timeless classics and memories that will have you singing along. Lunch afterwards. Free coffee and tea on arrival.

\$15 Bus

\$25 Admission



Wednesday 15 May

Band Call: Navy Band St Andrew's Cathedral

Back again at last! Stop for brunch on the way instead of lunch before listening to the Navy Band.

\$15 Bus



Social Outings

Thursday 16 May

Museum of Fire - Penrith

The Museum of Fire is a charitable organisation, administered by current and retired firefighters of all ranks. It celebrates the important and heroic history of firefighters with an extensive heritage collection that is listed on the State Heritage Register. Climb aboard! We will have lunch afterwards.

\$15 Bus

\$15 Entry & 12pm Tour



Friday 17 May (Also on Fri 6/5/24)

Ludenhose Cafe Luddenham and Drive 2

Italian inspired cafe that resides in a beautifully renovated cottage offers wholesome food, killer coffee...and more. Family run. Enjoy the drive.

\$15 Bus



Monday 20 May (Also on Wed 22/5/24)

Royal National Park Drive & Brunch 1

Enjoy a relaxing morning drive through the National Park and we are stopping for brunch. What about dinner? Let's stop at a local pie shop on the way home!

\$15 Bus



Tuesday 21 May

Simply Lunch: Penrith Leagues

Come and get lost at Penrith Leagues Club. It is amazingly big and you get lots of eating choices. More like Westfields than a Club! Just make sure you are back at the entrance foyer by the time nominated by staff.

\$15 Bus



Social Outings

Wednesday 22 May (Also on Mon 20/5/24)

Royal National Park Drive & Brunch 2

Enjoy a relaxing morning drive through the National Park and stopping for morning tea. Want to get a beautiful pie for dinner? We will stop at a local shop on the way home.



\$15 Bus

Thursday 23 May (Also on Thur 30/5/24)

Greek Community Club Lakemba 1

Indulge in a mouthwatering Greek buffet that will transport you straight to the sunny shores of Greece. Buffet Lunch and entertainment. Great value and great fun!



\$15 Bus

\$17 Buffet

Friday 24 May (Also on Mon 13/5/24)

The Big Chook and Lunch 2 - Mount Vernon

An enviable selection of chutneys and jams, the on-site store sells two-and-a half doz-hen eggs at a great price. A Western Sydney icon for decades, the Chook is an extremely charismatic, old-school, homemade, iconic big thing. (Apparently no white eggs for sale).



\$15 Bus

Saturday 25 May (Also on Sat 11/5/24)

NSW Rail Museum: Steam Train Ride 2

We are going on a Steam Train Ride. 40 mins of historical bliss. And then browse around the museum and the biggest collection of rolling stock in Australia. You must be able to go up 3 good steps to get on the train. Free coffee and tea provided at the museum on arrival. There will be time for lunch afterwards.



\$15 Bus

\$25 Train Ride & Museum



Social Outings

Monday 27 May (Also on Wed 29/5/24)

Palm Beach Drive 1

Come for the beautiful drive along Sydney's northern beaches to the opulent Palm Beach. This is a long drive with a coffee break on the way. 'Palmy' is a haven for artists, and a stunning peninsula. Lunch will be lovely and the views spectacular.



\$20 Bus

Tuesday 28 May

AIDA Care Healthcare Equipment and Lunch

For over 30 years, AIDA Care has been assisting Australians in the Hospital, Residential Aged-Care, Home & Community Care, and Rehabilitation sectors. Come and see their new outlet at Sylvania, enjoy a coffee at Sylvania Shopping Centre beforehand and then lunch afterwards.



Meanwhile in Texas...



\$15 Bus

Wednesday 29 May (Also on Mon 27/5/24)

Palm Beach Drive 2

Come for the beautiful drive along Sydney's northern beaches to the opulent Palm Beach. This is a long drive with a coffee break on the way. 'Palmy' is a haven for artists, and a stunning peninsula. Lunch will be lovely and the views spectacular.



\$20 Bus

Thursday 30 May (Also on Thur 23/5/24)

Greek Community Club Lakemba 2

Indulge in a mouthwatering Greek buffet that will transport you straight to the sunny shores of Greece. Buffet Lunch and entertainment. Great value and great fun!



\$15 Bus

\$17 Buffet

Social Outings

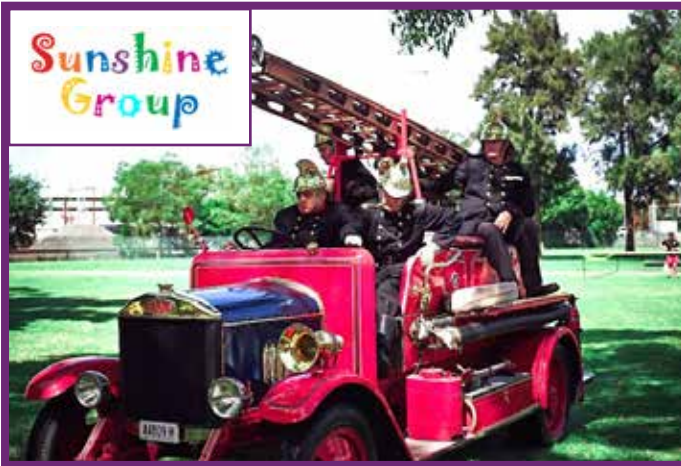
Friday 31 May

Club Central Hurstville Variety Show

Morning tea, Free Variety Show and then lunch at Club Central Hurstville. A lovely affordable day, but very limited seats. Featuring Graeme Fisher Trio, Paula Watt & Stuart Davey and compered by Tony Hogan.

\$15 Bus

Free Show



Thursday 16 May

Museum of Fire - Penrith

The Museum of Fire is a charitable organisation, administered by current and retired firefighters of all ranks. It celebrates the important and heroic history of firefighters with an extensive heritage collection that is listed on the State Heritage Register. Climb aboard! We will have lunch afterwards.

\$15 Entry - Please bring money for lunch



The Big Chook and Lunch - Mount Vernon

2024年5月13日星期一 (还有5月24日星期五)
大鸡和午餐 - 弗农山 (Mount Vernon)

现场商店销售令人垂涎的酸辣酱和果酱，并以优惠价格出售两打半鸡蛋。几十年来，大鸡是西悉尼的标志，是极具魅力自家制作的大老派。(没有白蛋)

巴士费: \$15



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



How to get your copy of the Newsletter

A copy of the current Newsletter is always available on our website 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.

BEST PHOTO WINS

Congratulations to Vlado and Luke for the best photo!



Thank you to my team of 5 judges who reviewed 30 photos to choose our Best Photo. The photos are on display in our office for anyone who is interested. Thank you to so many clients and staff members who participated in our competition, had some fun on the way, and gave me some beautiful photos for our collection.

**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

