

What a wonderful way to start Spring by joining such a vibrant organisation! It has been an absolute pleasure meeting many of you over the last month and I cannot thank you all enough for the warm welcome.

Please don't hesitate to drop in when you are passing the office next and say hello, or simply drop me an email or call me to say hi. My contact details are [natasha.stokes@stgct.org.au](mailto:natasha.stokes@stgct.org.au) or 0413 763 274.

The weather warmed up earlier this year and this brought a flurry of activity on our outings. Many great trips that we planned had wonderful compliments from those who

attended with a resounding theme of.... "please thank your drivers and carers, they made my day amazing!" This is exactly what we try to achieve for everyone who travels with us and I thank the team for their enthusiasm and dedication.

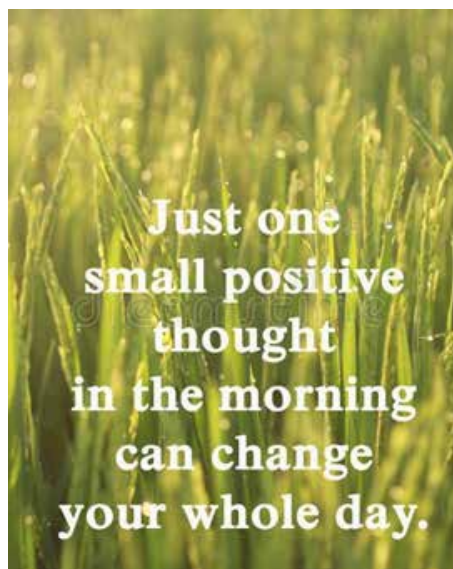
However, I am always mindful that not everyone is able to enjoy these simple pleasures, and I wish to highlight to you that October and November are focused on the mental health of our community. I am a big supporter of the wonderful services offered to help us stay connected and wish to highlight 2 incredible events, the Seniors Healthy Mind Day on Friday 31<sup>st</sup> October in Cronulla as well as the 2024 Healthy Minds and wellbeing Expo on

10<sup>th</sup> October in Kogarah.

Good mental health is essential for overall well-being. It encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Good mental health is important at every stage of life, from childhood and adolescence through adulthood. It sets the foundation for a healthy and fulfilling life. In my article, I plan to discuss the importance of mental health, strategies for maintaining good mental health, and the impact of mental health on our daily lives.

The best strategies for good mental health include:

1. **Regular Exercise:** Physical activity has a positive impact on mental health by reducing anxiety, depression, and stress, and improving mood and self-esteem.
  2. **Balanced Diet:** Eating a nutritious, well-balanced diet can contribute to good mental health. Nutrients such as omega-3 fatty acids, found in fish, and folate, found in green vegetables, have been linked to mental well-being.
  3. **Adequate Sleep:** Getting enough quality sleep is vital for good mental health. It can help regulate mood and reduce stress.
  4. **Stress Management:** Learning to manage and cope with stress through relaxation techniques, mindfulness, and time management can significantly improve mental well-being.
  5. **Social Connections: Building and maintaining strong relationships with family and friends can provide a support system and improve mental health.**
  6. **Seeking Help:** It's important to seek professional help if you're struggling with mental health issues. Therapy, counselling, or medication can be effective treatments for various mental health conditions.
- These are just a few strategies for maintaining good



mental health, and incorporating them into your daily routine can make a significant difference.

Here at St George Community we help people every day to improve Social Connections. Our team thrives on the challenge of getting you to where you need to go, but also more importantly, we are a partner with you on the **journey**. Just the simple pleasure of talking to one of our amazing drivers or carers could change your perspective on the day and we encourage you to take the time for this chat when you book. If you need more of a **lift**, then join us in one of our social outings to meet new people or bring a friend along and spend the day together enjoying the **travels** that we offer.

The team here has a number of great events planned for November and I am pleased to say that I will be out and about enjoying some of these

events with you all.

Our Hunter Valley trip is booked out for October and promises to be a great trip for 14 of our clients. We are preparing for our November trip to see the Christmas lights in the Hunter Valley and it is shaping up to be one of our largest overnight trips. We will be taking 2 buses and test driving an electric vehicle as part of our fleet review. We will keep you updated on how this goes for us.... overall, it should be **electrifying!**

We are also preparing the annual overnight trip calendar for 2025 and have come up with some great suggested trips. A reminder, please send us your suggestions or let us know at the AGM if there is anywhere special you would like to go.

Warmest wishes, Natasha



## Building social connections

We are social creatures, so having strong social connections is one of the most important factors in our mental health. Learn how to form new social connections.

### Helps with

Loneliness Connection

## To learn more online

Visit the website: [lifeline.org.au](https://lifeline.org.au)

Scroll down and click on the following:

1



### Tools, Techniques & Stories

View information, tools, techniques and real stories to help you understand how you're feeling.

2

### Explore by content type

Select a content type to explore

Techniques & Strategies Tools & Apps Real Stories Support Services Support Groups

3

View all techniques & strategies

Direct link to the article:

<https://toolkit.lifeline.org.au/articles/techniques/building-social-connections>

## Why is it important to have good social connections?

As far back as we can trace, humans have thrived in social groups and relied on their community for safety, a sense of identity and good health. It's no coincidence we often say 'a burden shared is a burden halved'.

Social connectedness can boost our mental health by:

- Creating a sense of belonging, purpose and identity
- Reducing your stress levels
- Giving you an improved sense of self-worth
- Boosting your confidence
- Boosting your levels of resilience
- Making you feel more positive.

Science shows that social connectedness is actually a critical pillar when it comes to good physical health as well.

Studies have found that feeling lonely is as bad for us as smoking 15 cigarettes a day. Loneliness has been found to disrupt sleep patterns, elevate blood pressure and increase the stress hormone cortisol. On the other hand, good social connection helps us recover from disease and illness faster and strengthens our immune system.

## How can I get started?

Making new friends can be hard or sometimes even feel downright impossible. Especially as we get older, it might seem like there are fewer opportunities to meet new people and that people are more closed off to new friendships.

While it might take more work, if you're ready to get started on building new connections, there's a range of different ways to go about it.

It can take time to form friendships and deep connections, so it's important to be patient. It also takes practice and a little bit of confidence and vulnerability to reach out to someone new, so don't be disheartened if it doesn't work straight away.

Forming new friendships takes time and effort, so don't expect anything to happen overnight. Different friendships can be built on different things, including having fun, a common interest, energy levels, time spent together or shared histories. However, most friendships share a few things in common - trust, respect for each other, and authenticity.

## Reach out for support



**Call 13 11 14**  
Available 24/7



Call 9585 3000  
to book your transport

# 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 & \$15 per Class or 10-Class pass for \$130**

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 & \$10 per Class**

3Bridges Youth Centre, Penshurst Park

**Fridays 10.30am to 11.30pm**

**\$10 Transport & \$10 per Class**

**Fridays 11.45am to 12.45pm**

**\$10 Transport & \$10 per Class**

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

*Please call Kate to discuss which class is suitable for you.*

**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 & **\$10 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

From 7 Oct to 10 Dec 2024:  
Oatley Community Hall  
Mondays 9.00am to 9.50am  
PJ Ferry Reserve Community Hall, Allawah  
Tuesdays 10.00 to 10.50am  
\$10 Transport & **\$10 per Class. 10-week term**  
Friendly group classes for weight bearing strength work with stretching and falls prevention with balance work.

## TAI CHI QIGONG GROUP

From 7 Oct to 10 Dec 2024:  
Oatley Community Hall  
Mondays 10.00am to 10.50am  
PJ Ferry Reserve Community Hall, Allawah  
Tuesdays 11.00 to 11.50am  
\$10 Transport & **\$15 per class or join 10-week Term 10 classes for \$100.** Join both groups & receive a SPECIAL Seniors DISCOUNT. Private Health fund receipts can be provided.  
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 (1st 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**

# SGC November 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.

**NEW shopping dates available - See below.**

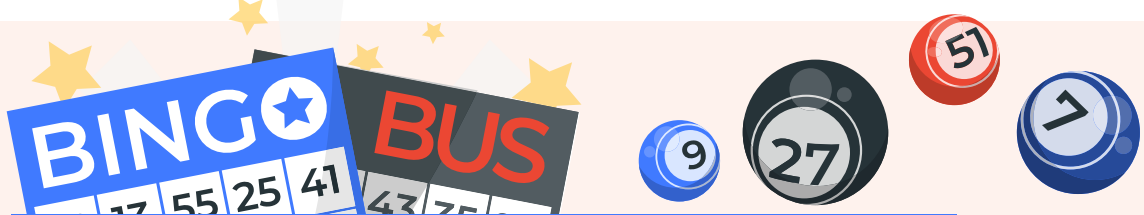
**Max 4 bags per person. Max 16kg in total**



	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>Hurstville</li> <li>Turrella</li> </ul>	<ul style="list-style-type: none"> <li>Banksia</li> <li>Brighton-Le-Sands</li> <li>Carss 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>Roselands Shopping Centre</b>	Fri 8 Nov Mon 11 Nov Fri 22 Nov Mon 25 Nov  <i>Pickups start from 10:00 am</i>	Fri 8 Nov Mon 11 Nov Fri 22 Nov Mon 25 Nov  <i>Pickups start from 8:30 am</i>	<b>NEW</b> Mon 11 Nov Mon 25 Nov  <i>Pickups start from 10:00am</i>	<b>NEW</b> Mon 11 Nov Mon 25 Nov  <i>Pickups start from 10:00am</i>
<b>Rockdale Plaza</b>	<b>NEW</b> Mon 4 Nov Mon 18 Nov  <i>Pickups start from 10:00am</i>	<b>NEW</b> Mon 4 Nov Mon 18 Nov  <i>Pickups start from 10:00am</i>	Fri 1 Nov Mon 4 Nov Fri 15 Nov Mon 18 Nov Fri 29 Nov  <i>Pickups start from 8:30 am</i>	Fri 1 Nov Mon 4 Nov Fri 15 Nov Mon 18 Nov Fri 29 Nov  <i>Pickups start from 10:00 am</i>
<b>Southgate Sylvania</b>	Tue 5 Nov Wed 13 Nov Tue 19 Nov Wed 27 Nov  <i>Pickups start from 10:00 am</i>	Tue 5 Nov Wed 13 Nov Tue 19 Nov Wed 27 Nov  <i>Pickups start from 10:00 am</i>	Wed 6 Nov Tue 12 Nov Wed 20 Nov Tue 26 Nov  <i>Pickups start from 10:00 am</i>	Wed 6 Nov Tue 12 Nov Wed 20 Nov Tue 26 Nov  <i>Pickups start from 10:00 am</i>

# Menai Marketplace

	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>Hurstville</li> <li>Turrella</li> </ul>	<ul style="list-style-type: none"> <li>Banksia</li> <li>Brighton-Le-Sands</li> <li>Carss 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 14 Nov Thur 28 Nov  <i>Pickups start from 10:00 am</i>	Thur 14 Nov Thur 28 Nov  <i>Pickups start from 10:00 am</i>	N/A  <b>Westfields Eastgarden shopping bus suspended until further notice</b>	N/A



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

<b>WEDNESDAY</b>	South 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

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

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

**Transport: \$10 or \$15(couple) Return.**  
**Call the office on 9585 3000 to book.**



## 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.

# SGC Social Outings

Check out some photos of our clients and staff enjoying the social outings.



Still young enough for an adventure? Then come along with us! 😊

A little activity for the bus ride!

Z M E D I T A T I O N K C P I W A Y P E H O V Q  
 O G H E L P F U L B S I L L Y F P F A H D L F Z  
 T I V S K N A T U R E W N E D G R C H W D W H D  
 S J L Q K V U U Q Z F E E E F A T F V F I Y L P  
 W H S R W C H F W V I V R G R M M C E O G I L Q  
 P V U B N W A C G D D G I I W E H S M B H Q S C  
 T V N O H L P B H K P E J S V S X H B O N N J D  
 Q W S L C Q P D F U L Q Q U O F O M D G F K X Z  
 R A H G F C Y Z K Q A B U G D X T K U H A E U D  
 Y R I E E Q T V Z Y Y R A I N B O W S C L P B S  
 M I N P R Z R U A M Q I X H U G S L O V E D S X  
 Z X E C D H Y W R B T X K C M A E U X S W T I W  
 N T I S X K A Y K E T X Q O Q N J W T T H O Y T  
 C M P A B C L A D B Y W X Q T Z L D V E Z U I M  
 D O V R Z R A H W G W V G G R A T E F U L C F B  
 M O D F C O W P O S I T I V I T Y L G B H O R U  
 J D P E X E R C I S E A M F U N O O Q L O Z I D  
 C S R R E K Y N H N R Z I A A F F J N B P J E S  
 K O U X G E F A I A U M Q M C D R T Z L I A N M  
 F R T K U J F F R X W Y T I Q C N P O I Z E D I  
 R Z T U R L H I C K H C I L U Q G N W B C L S L  
 D L U T G O N U F M K L W Y O W E V L G W Y U E  
 J B B Z I Q B J N L H K V P I R G L A S J V Q L  
 Q H Y F U N G U F Y S K I N D N E S S D J O Y X

## Happiness

- |            |            |          |
|------------|------------|----------|
| meditation | positivity | rainbows |
| sunshine   | grateful   | exercise |
| kindness   | helpful    | friends  |
| nature     | family     | games    |
| silly      | moods      | smile    |
| happy      | hugs       | play     |
| love       | fun        | joy      |





# November Social Outings Calendar

**Friday 1 November** (Also on Mon 4/11/24)

## **Sculpture by the sea at Mark's Park Tamarama 1**

Sculpture by the Sea at Mark's Park provides many sculptures in one place, with a toilet. A walk around the park with wonderful views and a lovely lunch to follow.



**\$15 Bus**

**Monday 4 November** (Also on Fri 1/11/24)

## **Sculpture by the sea at Mark's Park Tamarama 2**

Sculpture by the Sea at Mark's Park provides many sculptures in one place, with a toilet. A walk around the park with wonderful views and a lovely lunch to follow.



**\$15 Bus**

**Tuesday 5 November**

## **ABBA Show & Melbourne Cup Ramsgate RSL**

How good is this! Australia's favourite ABBA Tribute Band and lunch and the Melbourne Cup all wrapped up in one day! What a great atmosphere it will be. Includes glass of champagne on arrival, 3-course lunch and show. 24 tickets only.



**\$15 Bus**                      **Prepay by Fri 25/10/24**  
**\$75 Ticket**

**Wednesday 6 November**

## **Simply Lunch: Heathcote Rd & Riverhigh Beauty Point**

We will have a delightful lunch at the new and lovely Riverhigh Restaurant at Beauty Point. But before that let's have a coffee and a drive along the old Heathcote Rd to see what has changed. Will you be surprised?



**\$15 Bus**



# Social Outings

**Thursday 7 November** (Also on Tues 12/11/24)

## **Londonderry Drive & Lunch The Log Cabin 1**

Established in 1826, this historic inn has been brought back to life with a nod to its enchanting and revelrous past. Sitting on the Nepean River, you will be able to take a walk across the river on the Yandhai Bridge right next door.

**\$25 Bus**



Longer day

**Friday 8 November**

## **War Museum at RSL ANZAC Village Narrabeen**

Armistice Day is this week so we will visit this state-of-the-art, professionally curated museum. The tour run by the Museum Committee includes a talk and morning tea in the Gallipoli cafe. Lunch afterwards on the way home.

**\$15 Bus**

**\$20 Tour & Morning tea**



**Monday 11 November** (Also on Fri 15/11/24)

## **Bundeena Ferry Ride and lunch 1**

Delightful ferry ride to Bundeena on the beautiful Hacking River, lunch at Bundeena and a peaceful drive home through the Royal National Park. **Two lunch options: A la Carte or \$24 Seniors Meal Deal which includes Main+Dessert+Tea/Coffee (to get the meal deal call the office and preorder your lunch).**

**\$25 Bus**      **Cash or Card - No Opal Card**  
**\$4.15 Concession Card**



**Tuesday 12 November** (Also on Thur 7/11/24)

## **Londonderry Drive & Lunch The Log Cabin 2**

Established in 1826, this historic inn has been brought back to life with a nod to its enchanting and revelrous past. Sitting on the Nepean River, you will be able to take a walk across the river on the Yandhai Bridge right next door.

**\$25 Bus**



Longer day

# Social Outings

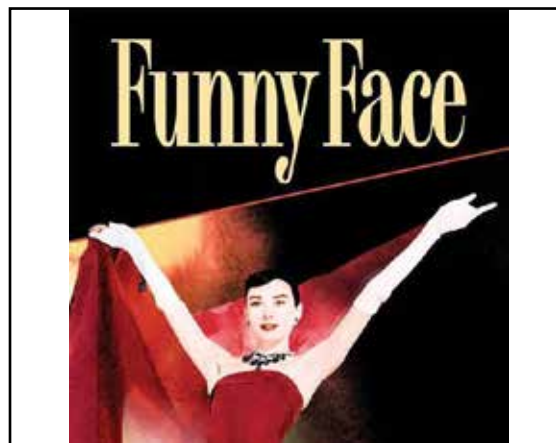
**Wednesday 13 November**

## **Ritz Cinema Randwick: Funny Face 1957**

Funny Face is a 1957 American musical romantic comedy film containing assorted songs by George and Ira Gershwin. Starring Fred Astaire, the lovely Audrey Hepburn and Kay Thompson. Enjoy reminiscing, coffee and lunch.

**\$15 Bus**

**\$16.50 Concession**



**Thursday 14 November**

## **Lydham Hall Historic House and Museum**

Everyone loved this so much earlier this year we are doing it again. One of the oldest homes in the St George area, built in the early 1860s. Hear the owner's story and see if it still has commanding views of Botany Bay. Morning tea provided and then to lunch.

**\$15 Bus**

**\$15 Tour & Morning Tea**



**Friday 15 November (Also on Mon 11/11/24)**

## **Bundeena Ferry Ride and lunch 2**

Magical ferry ride to Bundeena on the beautiful Hacking River, lunch at Bundeena and a peaceful drive home through the Royal National Park. **Two lunch options: A la Carte or \$24 Seniors Meal Deal which includes Main+Dessert+Tea/Coffee (to get the meal deal call the office and preorder your lunch).**

**Cash or Card - No Opal Card**

**\$25 Bus**

**\$4.15 Concession Card**



**Monday 18 November**

## **Light Rail Trip Circular Quay**

Missed the light rail in September? Here is your second chance to enjoy morning tea before going for a private light rail ride, fully escorted by Transdev staff.

**\$15 Bus**

**Free Ride**



# Social Outings

**Tuesday 19 November**

## **Simply Lunch: Merrylands Bowling Club**

One of our favourites. Great meals and great value, with a little exploratory drive!



**\$15 Bus**

**Wednesday 20 November**

## **Airport Drive, Shep's Mound & La Perouse**

If you missed out last month, then join us for a drive around the new roads of Sydney airport, and visit Shep's Mound which has two elevated areas to view planes coming in to land or taking off. There will be time for morning tea and we will finish at La Perouse for lunch.



**\$15 Bus**

— OR —

**Wednesday 20 November**

## **Golden Ridge Animal Farm, Dural**

Back to the farm! We will hand baby chicks, ducklings, lambs and rabbits; and a walk around the farm where you get to feed and see the larger animals. Try milking the cow. Bring a bag with a change of shoes after farm mud! If you're using a walking aid you will be limited on where you can go. But you can enjoy the view and fresh air.



**\$25 Bus**

**\$22 Admission**

**Thursday 21 November**

## **Berrylicious Strawberries, Thirlmere**

Berrylicious grow strawberries in a different system. The plants are in tunnels elevated two meters from the ground and eliminate most pests and bacteria. The strawberries are under cover and grown all year, hail, rain or shine. Price includes picking & eating as many strawberries as you like, on site.



**\$25 Bus**

**\$22 Fruit Picking**

# Social Outings

Friday 22 November (Also on Thur 28/11/24)

## Woodlands Killara: the Historic House of Ethel Turner 1

In 1883, within this state heritage-listed northern Sydney house, Ethel Turner penned what was to become Australia's most popular and never out of print children's novel, *Seven Little Australians*. Hear her story and see this delightfully restored privately owned house.

\$15 Bus

\$10 Tour only

— OR —



Friday 22 November

## Dollar World Warwick Farm

Bargain hunters delight. Just don't get lost in this huge warehouse of super cheap everything! Maybe a Christmas gift or 2 as well. Approx. 1.5hrs allocated for shopping.

\$15 Bus



Monday 25 November

## Christmas Shopping: Lindt, Marsden park Or Darrell Lea, Ingleburn

Your choice between Lindt and Darrell Lea again this year. But you cannot go to both! Have fun in your chocolate bath!

\$15 Bus



Tuesday 26 November

## Student Life: Max Dupain at the University of Sydney

This photographic exhibition introduces Dupain's modernist approach to photography in a brilliant and frequently hilarious series of candid shots. Enjoy a coffee in the lovely Sydney University and then a lovely lunch after.

\$15 Bus

Free

— OR —



# Social Outings

— OR —

Tuesday 26 November

## Dangar Island Lunch

Our last trip. Dangar Island Depot boasts a menu that revolves around fresh and local ingredients. And they boast an excellent coffee. Toilet on the island is 120m walk. Stairs and rough walkways.

Exact change or Credit card - No Opal Card  
\$25 Bus \$5.50 Ferry each way



Longer day

Wednesday 27 November

## CHANGED Christmas Shopping: Home & Gift Warehouse and More, Taren Point

Arrowmaster has closed! So we have a new Gift Warehouse with benefits. Over 900m2 of home, kitchen and gift products, promising to match any cheaper prices. At this centre you will also find Bed & Home Barn, Discount Party World, a golf shop, aquarium and Repco Auto Parts. Something for everyone.

\$15 Bus



— OR —

Wednesday 27 November

## Wharf Revue: The End of the Wharf Revue as we Know It, Chippendale

“After twenty-five years in the harsh and unforgiving spotlight of politics, The Wharf Revue has decided to step away from public life.” Yes this is its last hurrah! Do you enjoy political satire, then this is your last chance .... Ever!

Prepay by Fri 15/11/24  
\$15 Bus \$88 / Non-Pensioner \$105



Thursday 28 November (Also on Fri 22/11/24)

## Woodlands Killara: the Historic House of Ethel Turner 2

In 1883, within this state heritage-listed northern Sydney house, Ethel Turner penned what was to become Australia's most popular and never out of print children's novel, Seven Little Australians. Hear her story and see this delightfully restored privately owned house.

\$15 Bus \$10 Tour Only



# Social Outings

Friday 29 November

## Naval Historical Society of Australia: WEST of the Harbour Bridge

Here is a wonderful and unique day out. This 2.5hr cruise, around Sydney harbour includes morning tea, we will visit and hear about the Cockatoo Island Dockyard, the Spectacle Island Armament Depot, and Snapper Island. Also learn about RAN customs and traditions, and receive a complimentary information booklet to take away.

\$15 Bus

Prepay by Fri 15/11/24  
\$80 Cruise



Wednesday 11 December (Prebooking)

## Jesus Christ Superstar: Capitol Theatre, Sydney

The iconic global phenomenon, JESUS CHRIST SUPERSTAR, arrives in Australia with a mesmerising new production that has received unprecedented acclaim and accolades during its US and UK tours, including an Olivier Award for Best Musical Revival.

\$15 Bus

\$88 Ticket - Pay immediately



Thursday 21 November

## Sunshine Group: Club Marconi Buffet Lunch



Available to NDIS Participants.

Join us for an awesome buffet experience that'll satisfy all your cravings! So come hungry and ready to indulge in a feast that'll leave you smiling

\$25 Lunch

Please bring money for lunch.



Let's meet the raffle winners

## Lugarno Lions Fair 2024



Congratulations!



Strengthening for over 60s invites you and your peers for an afternoon of education and connecting over a cup of tea.

### HEALTHY AGEING SEMINAR

Our guest speakers at this inaugural seminar are:

- **Community Pharmacist, Elsie Bennett** on medication and exercise
- **Strengthening for over 60s Program Manager, Kamilla Haufort** on optimal strength and balance for good function.
- **Nutritionist, Tegan Fahey** on nutrition to support healthy ageing.

14th Nov 2024

2pm - 3.30pm

St George Hospital Research & Education Centre

A: 4-10 South street, Kogarah

RSVP: [seslhd-strength@health.nsw.gov.au](mailto:seslhd-strength@health.nsw.gov.au)



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