

I would like to start our October Newsletter by thanking our CEO Carol Strachan for the incredible dedication she has made to our organisation over the last 6 years, her dedication and care of the organisation has allowed me to join a very amazing organisation and I am excited by the prospects. I am certain many of you will miss her smile in the office, but her family will be able to now see that smile more often. We wish her all the very best.

So that allows me to introduce myself to you.

My name is Natasha Stokes and I have commenced the role as CEO at St. George Community this month. I am happy to tell you a little about myself. Firstly I am a wife and mother to 6



children (aged between 20 and 12). I am a nurse by trade and have worked in this area for the last 36 years. The last 15 years I have been managing Aged Care organisations and I am dedicated to the people to whom I serve. I am thrilled to be here and thank each of you who I have already met, for the warm welcome received. There is a lot of work ahead for me in our future, specifically focused on the 2024-2027 Strategic Plan and the pending changes proposed in the aged and disability spaces from the Government. These are all very important initiatives, and I am so pleased I have inherited a dynamic team to work with on this for our Community.

Please don't hesitate to drop in when you are passing the office next to say hello, and you

can find me at the Lugarno Fair on Sunday 15 September, 10am – 4pm. Or simply drop me an email or call me to say hi. My contact details are natasha.stokes@stgct.org.au or 0413 763 274.

Our members will have received their letters to our AGM. Please note that we have needed to change this as follows: It will be held at Mortdale RSL on **Friday the 11th** October at 1.30pm, not the 18th as previously communicated, we will send a new letter to confirm this. If you would like to attend our AGM you are welcome to do so. Call Shannon to confirm your attendance. Our calendar for 2025 will be available at our AGM and in our vehicles after this date. You will also be able to see our electronic Annual Report at the AGM which will be made available on our website. I would love to meet you all at this time.

Our Southern Highlands overnight trippers have returned from their two-day trip and said they felt like they were on a discovery tour. The schedule was very busy but also very interesting. One client commented, "We have done things we thought we would never do again" and that is what our outings program is all about, helping you to get out and about and enjoy life. One of our regular clients who is over 90 years of age but regularly attends our overnight trips called to say she had a wonderful time, and the staff were outstanding, looking after all the clients' needs. The group got on like a house on fire and the accommodation at Briar's Country Lodge was top rate. The Beekeeping Tour and the Pines Pastoral Farm were a special treat. For those of you who follow St George Community Transport on social media you will have seen that a calf was born on the morning of our clients' visit to the farm.

Our Hunter Valley trip is booked out for October and promises to be a great trip for 18 of our clients. Mark and I are now planning our November trip to the Hunter Valley on 26th and 27th November to see the

Christmas lights, please let us know if you would like to come. As we plan for our 2025 calendar of exciting adventures, it would be great to hear some more ideas from you on where you would like to go. We will send out a little survey next month (copies will be at the AGM) for your suggestions.

Thank you to all those clients who have been booking their trips through our website. We have seen a significant increase in online bookings since launching our website. We continue to iron out one or two bugs and would be very happy to hear from you if you are experiencing any issues. We can then do one update with all these changes in stage 2 of the website project. Please speak to the CEO, Amalia or Harvey with feedback. In each edition of the newsletter, we will feature a different page of the website so that you can know where you need to go to access information.

The client and staff surveys have been finalised and we learned some important feedback. You

will have seen the client feedback in our September newsletter. Our staff surveys feedback has been collated and whilst it was generally great, there is always some places to improve, we will be working on ways to improve satisfaction in the areas the team identify as the ones they want to work on. We will let you know on our progress.

An August highlight was when our team came together at Club Rivers to celebrate the long service of our dedicated staff. Congratulations to Martine, Amalia, Robin, Razia, Nurina, Brad and Alan for their service with St George Community. You can see some of the lovely pictures below.

Warmest wishes, Natasha

SGC's Long Service Celebration



Discover Our "About Us" Page

Explore the Heart of SGC



Welcome to the SGC, where our commitment to enhancing community life is at the core of everything we do. Our "About Us" page is your gateway to understanding who we are, what we stand for, and how we make a difference in our community.

What's new under 'About Us' Page



ABOUT SGC

Discover how SGC can assist you with our wide range of services. Serving over 2,500 clients annually, we are committed to keeping you connected and helping you maintain your independence. Our dedicated team of professionals and volunteers is here to enhance your quality of life and well-being.



MISSION, VISION & VALUES

Our vision reflects our dedication to creating meaningful change, promoting social well-being, and addressing key local needs with transparency and integrity.



OUR STORY

Learn about the origins SGC. Our page details the history of our organisation, highlighting the journey from our inception to the present day. Discover the driving forces behind our organisation and how our vision has shaped our ongoing efforts to support the community.



OUR BOARD MEMBERS

Our page introduces you to our Board members, each of whom brings a wealth of experience and expertise to our organisation. Learn about their backgrounds, roles, and the collective vision driving our efforts.



JOIN THE SGC FAMILY – BECOME A MEMBER

Join SGC and get a say in our future. As a member, you'll vote for our Board at the AGM and help drive our mission forward. *Ready to Join?* Fill out our Membership Application and Renewal Form and we'll take it from there. Your voice matters!

GIVE US YOUR NEWS

Have you had an exciting experience you would like to share with us?

Forward your news to reception@stgct.org.au

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)

Thursday at 10.00am (NEW)

\$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. 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 & \$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





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 October 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.

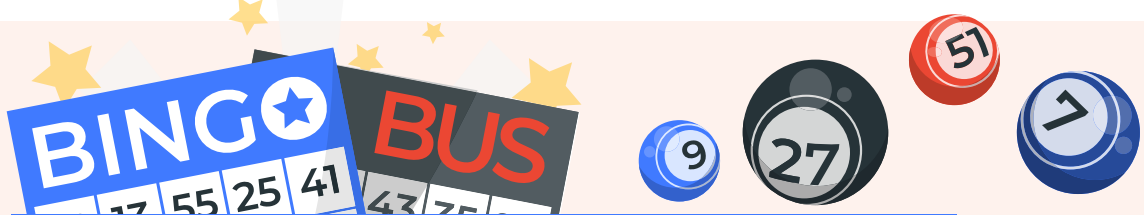
**Max 4 bags per person.
Max 16kg in total**



	Green Area	Yellow Area	Blue Area	Pink Area
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 Hurstville Turrella 	<ul style="list-style-type: none"> Banksia Brighton-Le-Sands Carss Park Kogarah Kyeemagh Monterey Ramsgate Rockdale Sandringham Sans Souci
Roselands Shopping Centre	Fri 11 Oct Mon 14 Oct Fri 25 Oct Mon 28 Oct <i>Pickups start from 10:00 am</i>	Fri 11 Oct Mon 14 Oct Fri 25 Oct Mon 28 Oct <i>Pickups start from 8:30 am</i>	NEW Mon 14 Oct Mon 28 Oct <i>Pickups start from 10:00am</i>	NEW Mon 14 Oct Mon 28 Oct <i>Pickups start from 10:00am</i>
Rockdale Plaza	NEW Mon 21 Oct <i>Pickups start from 10:00am</i>	NEW Mon 21 Oct <i>Pickups start from 10:00am</i>	Fri 4 Oct Fri 18 Oct Mon 21 Oct <i>Pickups start from 8:30 am</i>	Fri 4 Oct Fri 18 Oct Mon 21 Oct <i>Pickups start from 10:00 am</i>
Southgate Sylvania	Tue 1 Oct Wed 9 Oct Tue 15 Oct Wed 23 Oct Tue 29 Oct <i>Pickups start from 10:00 am</i>	Tue 1 Oct Wed 9 Oct Tue 15 Oct Wed 23 Oct Tue 29 Oct <i>Pickups start from 10:00 am</i>	Wed 2 Oct Tue 8 Oct Wed 16 Oct Tue 22 Oct Wed 30 Oct <i>Pickups start from 10:00 am</i>	Wed 2 Oct Tue 8 Oct Wed 16 Oct Tue 22 Oct Wed 30 Oct <i>Pickups start from 10:00 am</i>

Menai Marketplace

	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 Hurstville Turrella 	<ul style="list-style-type: none"> Banksia Brighton-Le-Sands Carss Park Kogarah Kyeemagh Monterey Ramsgate Rockdale Sandringham Sans Souci
Menai Marketplace	Thur 3 Oct Thur 17 Oct Thur 31 Oct <i>Pickups start from 10:00 am</i>	Thur 3 Oct Thur 17 Oct Thur 31 Oct <i>Pickups start from 10.00 am</i>	N/A Westfields Eastgarden shopping bus suspended	N/A



Play Bingo and have a bite to eat with your friends

WEDNESDAY	South 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: \$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
 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.

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



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

Social Outings Information

Booking Options

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

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. You can also leave a message if it is outside office hours.

Social Outings Reminder Phone Calls

You will receive two automatic calls for each outing (including Sat/Sun). Please let us know which phone number for the courtesy calls.

- The first call is a reminder: two days before an outing around 10.30am
- The second call includes your pickup time: the day before your outing around 4.00pm

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**.

October Social Outings Calendar

Tuesday 1 October

Mini Donkey Farm Experience, Alpine

Pine Ridge is a 25 acre boutique farm nestled in the beautiful NSW Southern Highlands. They breed show winning American Miniature Mediterranean Donkeys and have a menagerie of animals: donkeys, alpacas, goats and chickens. This guided tour ends with a lovely local lunch. A couple of steps into homestead.

\$25 Bus

**Prepay by Thurs 19/9/24
\$65 Lunch & Tour**



Wednesday 2 October

Duelling Pianos: Jazz Duets, Beauty Point Padstow Heights

Performance starring Robbie Mann and Bradley Newman playing hot 1920s style jazz piano duets and solos. Inspiration is drawn from the famous 1920s rent party-cutting contests. Lunch first at a local club, then optional \$10 scone & tea for dessert at the concert.

\$15 Bus

\$10 Admission



Thursday 3 October

Sydney Princess Lunch Cruise, Circular Quay

2 hr cruise with Buffet lunch and refreshments (tea, coffee, water) served onboard. Live guided commentary about Sydney's history and famous landmarks. Come and enjoy our beautiful harbour, again! Access to toilets via stairs only.

\$15 Bus

**Prepay by Thurs 19/9/24
\$82 Lunch & Cruise**



Friday 4 October

Woodlands Killara: the Historic House of Ethel Turner

In 1883, within this 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 Entry



Social Outings

Tuesday 8 October

Simply Lunch: Pronto Sylvania

Recommended by one of our social outing colleagues. Join us for a taste of Italy and the Balkans, featuring an exquisite selection of dishes. Menu \$18 - \$30. A lovely lunch out, not too far away!



\$15 Bus

Wednesday 9 October

Dangar Island Lunch 1, Brooklyn (Also on Thur 10/10/24)

Dangar Island Depot's menu revolves around fresh and local ingredients. And they boast an excellent coffee. A couple of stairs to the ferry only. Toilets on the island are 120m walk. If available, an island buggy can drive you there for \$2 for disabled and \$5 for ambulant.



\$25 Bus

Thursday 10 October

Dangar Island Lunch 2, Brooklyn (Also on Wed 9/10/24)

Dangar Island Depot's menu revolves around fresh and local ingredients. And they boast an excellent coffee. A couple of stairs to the ferry only. Toilets on the island are 120m walk. If available, an island buggy can drive you there for \$2 for disabled and \$5 for ambulant.



\$25 Bus

Friday 11 October

For All Time: Shakespeare in Print, State Library of NSW

This display features the Library's significant Shakespeare collection, including the only copy of the First Folio in Australia, published in the 17th century after Shakespeare's death. See rare illustrations, books, and artefacts that informed and influenced Shakespeare.



\$15 Bus

— OR —

Social Outings

— OR —

Friday 11 October

UTURN Outlet, Punchbowl

Don't get lost in this huge second hand clothing and bits and pieces warehouse. You must see this (and you will find out where Brad's fashions come from!). Morning tea and lunch of course.

\$15 Bus



Monday 14 October

Music in the Morning – Top of the World 70's Music, Wollongong

What better way to celebrate the sweeter side of 70s pop than by spending a fun filled hour with Melissa Langton and Mark Jones – the Captain and Tennille of Australian Cabaret! What a decade it was!

\$25 Bus

Prepay by Fri 4/10/24

\$25 Ticket



Tuesday 15 October

Cyprus Community Club Seniors Lunch and Entertainment Stanmore

Fun, food, fellowship the Cypriot way. Come for a delicious meal and live Greek music and dancing, for a bargain price.

\$15 Bus

\$19 Buffet



Wednesday 16 October

St Patrick's Church Hill Tour Sydney, The Rocks

In 1840 William Davis donated the land on which St Patrick's is built, gifting that section of his 1809 grant bounded by Gloucester and Grosvenor Streets. We will start with a coffee in the lovely courtyard, have the tour and then head off for lunch. A lovely way to spend the morning.

\$15 Bus

\$10 Tour



Social Outings

Thursday 17 October (Also on Wed 23/10/24)

ANSTO Discovery Centre Lucas Heights 1

ANSTO operates much of Australia's landmark scientific infrastructure including one of the world's most modern nuclear research reactors; neutron beam instruments; the Australian Synchrotron; the National Imaging Facility Research Cyclotron; and the Centre for Accelerator Science what is all that about? Come and find out!

\$15 Bus **\$15 Prepay by Fri 4/10/24**



Friday 18 October

SGC Concert: Ian Blakeney & Mortdale RSL

Join in and sing your favourite tunes with Ian Blakeney - what a treat! Make sure you request your favourite song. We'll enjoy a lovely lunch too.

\$15 Bus **\$15 Admission**



Saturday 19 October

Regals Musical Society: Kiss Me Kate by Col Porter, Rockdale

Kiss Me Kate, by the magical Col Porter, is a toe-tapping musical that twirls around the chaotic lives of a group of theatre actors. Set against a Broadway backdrop, expect dazzling dance numbers, catchy tunes and romantic entanglements galore. 2pm matinee.

\$25 Bus **Prepay by Thurs 10/10/24**
\$39 Ticket



Monday 21 October (Also on Tue 22/10/24)

Shellharbour Drive and Waterfront Tavern 1

Enjoy the delightful drive down the gorgeous south coast to Shell Harbour. Usual stop for morning tea and then continue our journey. Enjoy the views and a lovely waterfront lunch.

\$25 Bus



Social Outings

Tuesday 22 October (Also on Mon 21/9/24)

Shellharbour Drive and Waterfront Tavern 2

Enjoy the delightful drive down the gorgeous south coast to Shell Harbour. Usual stop for morning tea and then continue our journey. Enjoy the views and a lovely waterfront lunch.

\$25 Bus



Wednesday 23 October (Also on Thur 17/10/24)

ANSTO Discovery Centre Lucas Heights 2

ANSTO operates much of Australia's landmark scientific infrastructure including one of the world's most modern nuclear research reactors; neutron beam instruments; the Australian Synchrotron; the National Imaging Facility Research Cyclotron; and the Centre for Accelerator Science what is all that about? Come and find out!

\$15 Bus **\$15 Prepay by Fri 4/10/24**



Thursday 24 October

\$10 Lunch and Bingo Kurnell Sports and Recreation Club

What a bargain this is. \$10 for lunch & Bingo?! And a lovely drive through Cronulla along the beach on the way home as well.

\$15 Bus **\$10 Admission**



Friday 25 October

Christmas Crazy Shop Taren Point & Taren Point Bowling Club

Christmas is near and if you have not been to a Christmas decoration shop before, here is your chance. We expect your whole house to be lit up this Christmas and photos in the Leader! 😊

\$15 Bus



Social Outings

Monday 28 October

Good Old Days: Piano Passion, Sydney Town Hall

This concert celebrates Bernard's chart topping "PIANO PASSION" album, accompanied by The Good Old Days Concerts Orchestra and with special guest, brilliant vocalist BELINDA ADAMS, who will thrill us with her magical voice.

\$15 Bus

**Prepay by Wed 16/10/24
\$50 Ticket**



Tuesday 29 October

Simply Dinner: Canterbury Leagues Club

Yes daylight saving has started and here is our first dinner for summer. Bistro, Chinese or Italian. Enjoy this large beautiful club.

\$15 Bus



Wednesday 30 October

Jacaranda Trees In Bloom Woollahra 1 (Also on Thur 31/10/24)

Let's check out the Jacarandas and streets of Woollahra. A beautiful drive followed by a lovely lunch nearby.

\$15 Bus



Thursday 31 October

Jacaranda Trees In Bloom Woollahra 2 (Also on Wed 30/9/24)

Let's check out the Jacarandas and streets of Woollahra. A beautiful drive followed by a lovely lunch nearby.

\$15 Bus



Social Outings

Thursday 17 October

Sunshine Group: ANSTO



Available to NDIS Participants.

ANSTO operates much of Australia's landmark scientific infrastructure including one of the world's most modern nuclear research reactors; neutron beam instruments; the Australian Synchrotron; the National Imaging Facility Research Cyclotron; and the Centre for Accelerator Science what is all that about? Come and find out!

\$15 Admission

Please bring money for lunch.



Hunter Valley Christmas Lights
Overnight Trip

Join us on the Hunter Valley overnight trip to see the Christmas Lights Spectacular and many other attractions.

TWO DAYS - ONE NIGHT

Dates: Tues 26 to Wed 27 November 2024

(Available to CHSP clients only)

Please call Mark Scheuer, Shannon or Tracey O on 9585 3000 with any enquiries.



st george community.

ability supports

St George Community provides NDIS services in the St George area, Sutherland Shire and some parts of the eastern suburbs. We have over 100 hundred active participants who take advantage of our wide range of services including:

- Assistance to get to and from work / medical appointments / social and recreational activities, specialist appointments, physiotherapy, community events and much more.
- Household cleaning including dusting, vacuuming, mopping, cleaning bathrooms.
- Assistance at home to complete day to day activities such as meal preparation and cooking, light shopping, mini-projects, sorting cupboards, general tidying.
- Assistance in the community to exercise, go to the movies, go on a bush walk, visit a museum, attend a course, and much more. We can do this one on one or in a group.
- Assistance with your personal care – showering, dressing and grooming.
- Assistance to learn how to navigate the public transport system.

If you are receiving one service from St George Community, call 9585 3000 and talk to one of our NDIS Coordinators, Tracey and Vicky, to see if we can assist you with other services.

In this photo of Paige, she is enjoying whale watching with her one-on-one support worker Luisa.



Our staff all hold qualifications in aged care, disability or individual support. They have been working in our sector for many years and are always professional and empathetic in their approach.

Contact our team for a home visit to see how we can support you to achieve your goals in the future.



**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

