



## Better Support. Stronger Connection

Who would have imagined that December is already here!

At St. George Community, we have experienced a month filled with joy, enjoying the extra spring in our step that the warmer weather brings. The Jacarandas have bloomed throughout the district, adding a beautiful touch to our streets and creating a sense of **happiness**

as we drive through. I hope we are all taking the time to appreciate this beauty and pausing for a moment before the busy holiday season descends upon us.

Kindest regards,  
Natasha Stokes CEO



The joy of brightening other lives, bearing each others' burdens, easing other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas.  
William Carey Jones  
US Congressman

### New this month

- Westfield Miranda Shopping Bus

Did you know that we have the following in our programs:

- Social Outings
- Individual transport to appointments
- Shopping buses
- Bus Hire
- NDIS services

Tell your friends and neighbours!!!



## Our Wish to you at this time

Whilst we prepare to take a break at the end of the year, we also understand that this may be a difficult time of year for many of our staff and clients. We appreciate this struggle and wish to let you know that this can be a time of **self care**. A time to take a few moments to just provide the love and support to yourself that you usually put off but that you absolutely deserve.

We wish you a peaceful and loving time. We wish you enough of everything that you need, enough time to feel special, enough time with one person who makes you feel good, enough food to satisfy and enough moments to treasure, whether they are old or new moments.

We wish to see everyone in the New Year.

# CLOSING AND OPENING TIMES FOR 2024/2025



|                                                    | <b>Last Day 2024</b>           | <b>First Day 2025</b> |
|----------------------------------------------------|--------------------------------|-----------------------|
| Office                                             | Mon 23 Dec                     | Thur 2 Jan            |
| Individual Transport                               | Mon 23 Dec                     | Mon 6 Jan             |
| Bus Hire                                           | Mon 23 Dec                     | Mon 6 Jan             |
| NDIS One on One                                    | Only closed on public holidays |                       |
| Social Outings                                     | Thur 19 Dec                    | Tue 14 Jan            |
| BActive: Aqua Aerobics                             | Tue 17 Dec                     | Tue 7 Jan             |
| BActive: Zumba Gold                                | Wed 18 Dec                     | Tue 4 Feb             |
| BActive: Seated And Strong / Steady, Stable & Able | Fri 20 Dec                     | Tue 4 Feb             |
| BActive: Active Ageing Fitness / Tai Chi Qigong    | Tue 10 Dec                     | Mon 27 Jan            |
| BActive: Seniors Dance Fitness Class               | Tue 17 Dec                     | Tue 21 Jan            |
| Volunteer Home Visiting Program                    | Mon 23 Dec                     | Mon 6 Jan             |
| Sunshine Group                                     | Mon 23 Dec                     | Mon 6 Jan             |

**HAPPY HOLIDAYS!**



20  
24



  
**THE  
WINNER**

**As an organisation we exist because of our Volunteers. This year we were able to celebrate one of our Volunteers, at the Banks Awards - Anita Brown**

Anita is an **incredible asset** to our organization. Every volunteer could be said to be super caring but this is an understatement for Anita, her care is endless.

She has volunteered with us since March 2021 and assists us to manage clients enquiries on transportation and community socialization, something that is so very needed for their mental health. Her personal little comments, even during difficult conversations, always makes others **smile** and diffuses issues.

Unfortunately, she lost her husband last year and we thought that we were going to lose her services as she moved away to Blacktown, however her loyalty has ensued, and she has remained as steadfast and dedicated to us than she ever was. Her kind heartedness is paramount as she deals with our clients, many of whom are disabled or disadvantaged and her persona comes through the phone where our customers ask for her as she gives them the lift that they need. She is a **spreader of Joy** and sparks this in so many others. She not only lights up our clients but also our office in challenging others to a bake off, mahjong, and the affectionately named "corner shop" which is her bottom draw full of food. We will be lost when she takes her joy elsewhere and therefore want to recognize the ongoing commitment of such a beautiful volunteer.

# 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](mailto:katedemayo@gmail.com)

## ACTIVE AGEING FITNESS GROUP

Oatley Community Hall  
**Mondays 2025 9.30am to 10.15am**  
 PJ Ferry Reserve Community Hall, Allawah  
**Tuesdays 2025 10.00am to 10.45am**  
**\$10 Transport & \$10 per Class. 10-week term**  
 Friendly group classes for weight bearing strength work with stretching and falls prevention with balance work.

**See below for Coralie's contact details**

## TAI CHI QIGONG GROUP

Oatley Community Hall  
**Mondays 2025 10.20am to 11.00am**  
 PJ Ferry Reserve Community Hall, Allawah  
**Tuesdays 2025 10.50 to 11.30am**  
**\$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](mailto:coralie@fitnessnow.com.au)



## SENIORS DANCE FITNESS CLASS

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

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

**Contact: Tracie 0419 999 650**  
[tracie@dancefitsydney.com.au](mailto:tracie@dancefitsydney.com.au)



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

**Special Classes for Seniors**

# SGC Dec / Jan Shopping Bus



**Cost:** only \$10 per person or \$15 per couple.  
Contact the office for NDIS and Home Care Package Fees.

2 hours allocated for shopping time.

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



|                           | Green Area                                                                                                                                                                                            | Yellow Area                                                                                                                                                                                   | Blue Area                                                                                                                                                                                                                 | Pink Area                                                                                                                                                                                                                                  |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Which AREA are you in?    | <ul style="list-style-type: none"> <li>Beverly Hills</li> <li>Kingsgrove</li> <li>Lugarno</li> <li>Mortdale</li> <li>Narwee</li> <li>Padstow Heights</li> <li>Peakhurst</li> <li>Riverwood</li> </ul> | <ul style="list-style-type: none"> <li>Blakehurst</li> <li>Connells Point</li> <li>Hurstville Grove</li> <li>Kyle Bay</li> <li>Oatley</li> <li>Penshurst</li> <li>South Hurstville</li> </ul> | <ul style="list-style-type: none"> <li>Allawah</li> <li>Arncliffe</li> <li>Bardwell Park</li> <li>Bardwell Valley</li> <li>Bexley</li> <li>Bexley North</li> <li>Carlton</li> <li>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> |
| Roselands Shopping Centre | Fri 6 & 20 Dec<br>Mon 9 & 23 Dec<br><b>Fri 17 &amp; 31 Jan</b><br><b>Mon 20 Jan</b><br><i>Pickups start from 10:00 am</i>                                                                             | Fri 6 & 20 Dec<br>Mon 9 & 23 Dec<br><b>Fri 17 &amp; 31 Jan</b><br><b>Mon 20 Jan</b><br><i>Pickups start from 8:30 am</i>                                                                      | Mon 9 & 23 Dec<br><b>Mon 20 Jan</b><br><i>Pickups start from 10:00am</i>                                                                                                                                                  | Mon 9 & 23 Dec<br><b>Mon 20 Jan</b><br><i>Pickups start from 10:00am</i>                                                                                                                                                                   |
| Rockdale Plaza            | Mon 2 & 16 Dec<br><b>Mon 13 Jan</b><br><i>Pickups start from 10:00am</i>                                                                                                                              | Mon 2 & 16 Dec<br><b>Mon 13 Jan</b><br><i>Pickups start from 10:00am</i>                                                                                                                      | Mon 2 & 16 Dec<br>Fri 13 Dec<br><b>Mon 13 Jan</b><br><b>Fri 24 Jan</b><br><i>Pickups start from 8:30 am</i>                                                                                                               | Mon 2 & 16 Dec<br>Fri 13 Dec<br><b>Mon 13 Jan</b><br><b>Fri 24 Jan</b><br><i>Pickups start from 10:00 am</i>                                                                                                                               |
| Southgate Sylvania        | Tue 3 & 17 Dec<br>Wed 11 Dec<br><b>Tue 14 &amp; 28 Jan</b><br><b>Wed 22 Jan</b><br><i>Pickups start from 10:00 am</i>                                                                                 | Tue 3 & 17 Dec<br>Wed 11 Dec<br><b>Tue 14 &amp; 28 Jan</b><br><b>Wed 22 Jan</b><br><i>Pickups start from 10:00 am</i>                                                                         | Wed 4 & 18 Dec<br>Tue 10 Dec<br><b>Wed 15 &amp; 29 Jan</b><br><b>Tue 21 Jan</b><br><i>Pickups start from 10:00 am</i>                                                                                                     | Wed 4 & 18 Dec<br>Tue 10 Dec<br><b>Wed 15 &amp; 29 Jan</b><br><b>Tue 21 Jan</b><br><i>Pickups start from 10:00 am</i>                                                                                                                      |

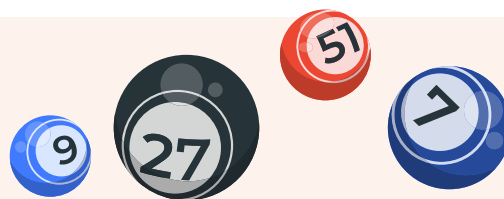


## Westfield Miranda



|                               | Green Area                                                                                                                                                                                            | Yellow Area                                                                                                                                                                                   | Blue Area                                                                                                                                                                                                                 | Pink Area                                                                                                                                                                                                                                  |
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| <b>Westfield Miranda</b>      | Thur 5 Dec<br>Thur 12 Dec<br>Thur 19 Dec<br><br>Thur 9 Jan<br>Thur 16 Jan<br>Thur 23 Jan<br>Thur 30 Jan<br><i>Pickups start from 10:00 am</i>                                                         | Thur 5 Dec<br>Thur 12 Dec<br>Thur 19 Dec<br><br>Thur 9 Jan<br>Thur 16 Jan<br>Thur 23 Jan<br>Thur 30 Jan<br><i>Pickups start from 10:00 am</i>                                                 | Thur 5 Dec<br>Thur 12 Dec<br>Thur 19 Dec<br><br>Thur 9 Jan<br>Thur 16 Jan<br>Thur 23 Jan<br>Thur 30 Jan<br><i>Pickups start from 10:00 am</i>                                                                             | Thur 5 Dec<br>Thur 12 Dec<br>Thur 19 Dec<br><br>Thur 9 Jan<br>Thur 16 Jan<br>Thur 23 Jan<br>Thur 30 Jan<br><i>Pickups start from 10:00 am</i>                                                                                              |

Pick-up time may vary depending on the number of passengers, thank you for your patience.



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.**



# 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! 😊

## Booking Options

- Use our website [stgct.org.au](http://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](mailto: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**.





# December Social Outings Calendar

**Monday 2 December**

## **Calmsley Hill City Farm, Abbotsbury**

Another lovely way to get up close and personal with your favourite farm animals in a tranquil environment. Animal feed bags \$2.50; Tractor rides \$4.00. Morning tea at the Farm and lunch somewhere nice on the way home.



**\$15 Bus**

**\$25 Entry**

**Tuesday 3 December**

## **Bonnyrigg Garden Centre & Cafe Harvest**

Expect to be greeted by professional garden consultants and horticulturists who will give you assistance with garden products, landscape designing needs, and garden nursery products. Coffee on arrival and then stop for lunch on the way home.



**\$15 Bus**

**Wednesday 4 December**

## **Bankstown Sports Club Theatre: Back to the Tivoli**

The multi-award winning variety show 'Back To The Tivoli' returns with a spectacular Christmas concert. Hosted by Jenifer Green and featuring the Tivoli Showgirls and Tivoli showband. Plus a visit from Santa himself!



**Prepay by Fri 22/11/24**

**\$15 Bus**

**\$15 Ticket**

**— OR —**

**Wednesday 4 December**

## **St Patrick's Church Hill Tour, Sydney**

In 1840 William Davis donated the land on which St Patrick's is built, which began building in 1840 and finished 1844. 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. **If you can't do the stairs, enjoy the coffee and church.**



**\$15 Bus**

**\$10 Tour**

# Social Outings

Thursday 5 December

**Christmas Shopping: Lindt (Marsden Park)  
OR Darrell Lea Chocolates (Ingleburn)**

Your choice between Lindt and Darrell Lea again this year. But you cannot go to both! Try the sugar free chocolates!

**\$15 Bus**



Friday 6 December

**Big Band Music Rehearsal and Lunch at Gabriella's, Hurstville Grove**

Last year we went to Kyle Bay and stumbled on a Big Band rehearsing. They said come down anytime to watch us rehearse. So we are! Come and enjoy watching the band rehearse with coffee first and lunch afterwards. A lovely local serene day.

**\$15 Bus**



— OR —

Friday 6 December

**Paesanella Cheese & Cafe, Marrickville**

Everyone loved this shop and desperately wanted to come back for Christmas preparations. Paesanella Cheese have been producing fresh cheeses since 1952 and have grown into a full gourmet food products. Enjoy.

**\$15 Bus**



**Monday 9 December** (Also on Tues 10/12/24 and Fri 13/12/24)

**Christmas Lights 1**

It's Christmas ... again. Dinner then lights when it gets dark. It is always a fun night. Let Brad know if you know of any special places to visit locally.

**\$15 Bus**



# Social Outings

**Tuesday 10 December** (Also on Mon 9/12/24 and Fri 13/12/24)

## Christmas Lights 2

It's Christmas ... and where will dinner be tonight? Dinner then lights. It is always a fun night. Let Brad know if you know of any special places to visit locally.

**\$15 Bus**



**Wednesday 11 December**

## 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 Prepay immediately**

— **OR** —



**Wednesday 11 December**

## Music in the Morning: Hurstville Entertainment Centre

David Bond covers a wide variety of music genres from Pop to Opera, intertwined with guitar and trumpet pieces. Paula Watt covers the great female entertainers that have become icons in the music industry during the 60's and 70's. Complimentary tea/coffee.

**\$15 Bus**                      **\$15 Ticket**



**Thursday 12 December**

## Christmas Party at Club Rivers

Christmas Party Time. This year nice and close to home at Club Rivers. Great value and some fun to be had with the staff. What shall we come up with??

**\$15 Bus**                      **Prepay by Fri 29/11/24**  
**\$40 Christmas Lunch**



# Social Outings

**Friday 13 December** (Also on Mon 9/12/24 and Tue 10/12/24)

## Christmas Lights 3

It's Christmas ... again. Dinner then lights when it gets dark. It is always a fun night. Let Brad know if you know of any special places to visit locally.

**\$15 Bus**



**Monday 16 December**

## Quakers Hill Purified Recycled Water Discovery Centre

Purified Recycled Water Demonstration Plant treats filtered wastewater from the existing Quakers Hill's Water Recycling Plant (WRP), using proven technology to produce high quality recycled water. Coffee and lunch of course.

**\$15 Bus**



**Tuesday 17 December**

## Simply Lunch: Mt Lewis Bowling Club

Join us for a delightful lunch at the bistro in Greenacre! The last time we visited, we enjoyed a lovely dinner, and now we're going to check out their lunch menu. This charming spot, launched by a local resident, is known for its delicious club meals that won't break the bank.

**\$15 Bus**



**Wednesday 18 December**

## Morning Tea at Hazelhurst Arts Centre, Gympie

We all love the beautiful gardens of Hazelhurst. Now come and try the new Cafe for morning tea. It is run by the same people who do the Audley Dance Hall Cafe in the National Park. A lovely relaxing day and we will stop at the local pie shop if you want to take something home.

**\$15 Bus**

**\$25 Morning Tea**



# Social Outings

Thursday 19 December

Kurnell & Cronulla Drive

It is time to slow down and just relax and enjoy the day. Lets check out Kurnell and the surf at Cronulla. Have a coffee and lunch and glide on home.



\$15 Bus

Thursday 12 December

Sunshine Group: Christmas Party at Club Rivers



Available to NDIS Participants.

Christmas Party Time. This year nice and close to home at Club Rivers. Great value and some fun to be had with the staff. What shall we come up with??



\$40 Christmas Lunch  
Prepaid by Fri 29/11/24



Whether you've been here from the start or just joined us, we thank you for your support in 2024.

The Social Outings will resume on Tue 14 January 2025.

Remember to book your January outings on the following pages.

Happy Holidays!

# 2025 January Social Outings



**Tuesday 14 January** (Also on Thur 23/1/25)

## North Head Drive & Australia's Memorial Walk 1

Let's drive up to North Head and enjoy the views. Walk the short memorial track (total 500m) or take it easy and sit in the cafe. Then a lovely lunch around Manly somewhere. It is beautiful.



**\$15 Bus**

**Wednesday 15 January**

## Royal Randwick Raceday (afternoon / early evening)

First race 2.20pm and last 5.50pm. We will stay for the whole program. We will stop for lunch on the way and then enjoy a lovely day at the races. And yes you can still buy a pie if you must at the races!



**\$15 Bus**

**Thursday 16 January**

## Kurnell & Cronulla Drive

Cronulla during the school holidays. Whose idea was that? Come and see the crowds and the kids in action. It is a fun and energy-filled atmosphere. Peace and quiet - I promise we will stop at nice quiet places for morning tea and lunch.



**\$15 Bus**

**Friday 17 January**

## Simply Lunch: Gasparo's Italian, Bankstown Aerodrome

Is this our most popular lunch spot? We are returning to enjoy a delightful dining experience that will transport your tastebuds to Italy. With an emphasis on quality ingredients and friendly service, the Gasparo family warmly welcomes you to enjoy the traditional Italian family atmosphere of Gasparo!



**\$15 Bus**

# Social Outings

**Monday 20 January** (Also on Tue 28/1/25)

## Post Christmas Sales: Birkenhead Point OR DFO Homebush 1

Choose your shopping centre again! Or try the other one!! Both centres promise lots of post-Christmas specials. (And if you forgot to buy Harvey something last time, now's your chance 😊 Enjoy.  
Approx. 2.5 hrs shopping time, lunch elsewhere.

**\$15 Bus**



**Tuesday 21 January**

## Simply Dinner: St George Sailing Club (evening)

Dining on the Georges River as it enters Botany Bay at sunset. Definitely a chilled wine is recommended! It is lovely.

**\$15 Bus**



**Wednesday 22 January**

## Duelling Pianos: Jazz Duets, Padstow Heights

The performance starts at 1pm while you enjoy lunch. Starring Robbie Mann and Bradley Newman playing hot 1920s style jazz piano duets and solos. And enjoy the lovely views.

**\$15 Bus**

**\$10 Admission**



**Thursday 23 January** (Also on Tue 14/1/25)

## North Head Drive & Australia's Memorial Walk 2

The beautiful North Head is waiting for you. Walk the short memorial track (total 500m) or take it easy and sit in the cafe. Then a lovely lunch around Manly somewhere.

**\$15 Bus**



# Social Outings

**Friday 24 January**

**Rocks Drive & National Trust EH Ervin Gallery: Peter Godwin: Space Light and Time**

This Central Coast artist is well known for his interiors, still life and landscapes. Enjoy a relaxing morning tea at the gallery and peruse the artwork at your leisure. Then a lovely lunch around the lovely Rocks area.

**\$15 Bus**

**\$12 Admission**



**Tuesday 28 January (Also on Mon 20/1/25)**

**Post Christmas Sales: DFO Homebush OR Birkenhead Point 2**

Choose your shopping centre again! Or try the other one!! Both centres promise lots of post-Christmas specials. (And if you forgot to buy Harvey something last time, now's your chance :-)) Enjoy. Approx. 2.5 hrs shopping time, lunch elsewhere.

**\$15 Bus**



**Wednesday 29 January**

**Windsor Drive & Hawkesbury Regional Museum**

Enjoy the air conditioned comfort as you discover more about our third Sydney town. Includes a guided tour of the Museum and the Georgian Howe House which is over 200 years old. You know we will have coffee and lunch!

**\$25 Bus**

**\$10 Tour**



**Thursday 30 January**

**Woronora Dam Drive**

Check out the spectacular spillway cutting and the original workers' cottages and machinery used in the dam's construction in the 1930s. Morning tea on the way and lunch on the way home. Or BYO Lunch.

**\$15 Bus**





# Social Outings

Friday 31 January

## Port Kembla Steelworks Working Ports Tour

This excellent and thorough bus tour (approx. 2hrs) will cover the port's key infrastructures such as the coal terminal, grain terminals, NSW's largest car import hub and the massive ships and berths.



\$25 Bus

Prepay by Fri 17/1/25  
\$30 Tour

Thursday 16 January

## Sunshine Group: Summer BBQ



Burnum Burnum Park, Woronora

Available to NDIS Participants.

Let's come together for summer BBQ and share your ideas for 2025.

Please bring \$20 for BBQ: includes lunch, drinks and dessert.



## 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.

### Social Outing Key



Stairs involved



Wheelchair friendly



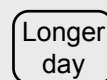
No walker access



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.*



Overnight Social Trip



*Southern Highlands*  
Aug 21-22 2024



# SAFETY VISITS

## What is a Safety Visit?

During your Safety Visit, Fire and Rescue officers will attend your home and check that you have working smoke alarms, that they are in good working condition, and are installed in suitable areas. If you do not have one, firefighters will install a long-life battery-powered smoke alarm as well as replace existing smoke alarm batteries all at no cost. With your permission, firefighters will also ask you to show us around your home and property. This will allow us to give you personalised fire safety advice.

## Who might benefit from a Safety Visit?

Everyone can benefit from a Safety Visit, however there are people within our communities that are statistically at higher risk of incidents occurring, including:

- Over 65's.
- Those who live alone.
- People with limited mobility, hearing impairments or vision impairments.
- Residents who are supported by carers, family and friends.
- And anyone with English as a second language.

This service is not available to landlords in untenanted premises, for landlords responsibilities please refer to Division 7A of Part 9 of the [Environmental Planning and Assessment Act 1979](#) [[external link](#)] for more information.

## TO REQUEST A FREE SAFETY VISIT

### Contact your local Fire Station

RIVERWOOD Fire Station: 02 9493 1034

MORTDALE Fire Station: 02 9493 1048

HURSTVILLE Fire Station: 02 9493 1020

KOGARAH Fire Station: 02 9493 1021

**You can also request online:**  
**[www.fire.nsw.gov.au](http://www.fire.nsw.gov.au)**





Aidacare are a manufacturer, supplier, and distributor of a large range of high-quality assistive technology healthcare equipment. Aidacare and our Network of Supply Partners, work closely with Customers, Occupational Therapists; Physiotherapists; other Allied Health

professionals; and, Homecare Nursing providers to bring equipment into the comfort and security of the home environment.

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

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

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

Sponsored Ad

## Inspirational Stories

Have you met someone through St George Community with an interesting story?  
Do you have your own story you would like to share?

If you would like to share and have your story printed in our newsletter, please get in touch with us on 9585 3000.

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

**Connect with us**

