



Better Support. Stronger Connection

Dear Clients,

Our February Newsletter is out and that means it's a wonderful time to pause, reflect, and look ahead to what the future holds.

In the busyness of life, it's easy to forget to stop, take a breath, and truly appreciate the people around us. This time of year encourages us to do just that—to acknowledge the efforts of others and to reflect on our own experiences. As we enter into the New Year, many of us think about resolutions and the changes we wish to make in our lives. This year I suggest the focus shifts to reflect on all the things that we are **grateful** for and want to **do more of** in the future.

beyond to deliver exceptional service.

- A continued commitment to improving our services and expanding our reach to support even more individuals in need of community transport.
- A renewed focus on listening—truly hearing the needs of those we serve and finding ways to continually improve our offerings.

In this past month, our team came together to celebrate the holiday season with the St George Community Client Christmas party and then the Staff Christmas party 2 days later! They were a huge success that highlighted the dedication and spirit of our incredible team. On behalf of the Board



As I reflect on the year, my own list includes:

- Gratitude for the unwavering support of our clients and their families, which inspires us every day.
- Acknowledgment of the hard work and passion of our staff, who go above and

and myself, I want to express our deepest gratitude for the hard work and commitment of each and every one of our team. They truly make a difference in the lives of those we serve, and it is through their passion and care that we continue to make a positive impact in our community.

Looking ahead, we have exciting plans for next month, including new initiatives to enhance our services and further engage with our community. We are excited to share more with you in the coming weeks, and we look forward to another year of growth and positive change.

Taking care of yourself can help you to face life's inevitable stressors and keep you feeling positive and well. Be proactive about looking after your own mental health, in the same way you take action to protect your physical health and safety.

Look out for others too! Staying connected and having meaningful conversations is something we can all do. You don't need to be an expert, just a good friend and a great listener. If you notice someone who might be struggling, start a conversation and offer your support. To be truly heard by another is something that means so much to many people, so lean in to the conversation as you never know what wonderful deed you have done for another human.



Thank you for being such an important part of our community. We look forward to another year of collaboration and growth in the year ahead. Stay safe and I look forward to some **meaningful conversations** next year.

Kindest regards
Natasha



SGC - ABILITY SUPPORTS

If you have an NDIS Plan
we can assist you to:

- Get out and about in the community
- Join a social outing
- Improve your skills to remain independent
- Look after your household chores and
- Look after your daily personal needs

Call us on 9585 3000 and speak to Tracey Mitchell to find out how you can access our services!



The Starfish

The "Starfish Story" is a fable about a man walking along a beach that is covered in starfish that have been washed ashore. As the man walks, he notices a young girl picking up starfish one by one and throwing them back into the ocean.

The man approaches the girl and asks why she is bothering to throw the starfish back into the ocean, as there are too many for her to make a difference.

The girl responds by picking up another starfish and throwing it into the ocean, saying, "I made a difference to that one."

The story is often used as a metaphor for the power of individual action and the importance of making a difference in the world, even if we can't solve every problem.

It emphasizes that every small act of kindness and compassion can make a difference to someone, and that we should not be discouraged by the scale of the problems we face.

The lesson of the story is to focus on the good we can do in the world, and to take action in our own lives to make a positive difference, no matter how small.



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

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

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



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 February 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 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	Mon 3 & 17 Feb Fri 14 Feb <i>Pickups start from 10:00 am</i>	Mon 3 & 17 Feb Fri 14 Feb <i>Pickups start from 8:30 am</i>	Mon 3 & 17 Feb <i>Pickups start from 10:00am</i>	Mon 3 & 17 Feb <i>Pickups start from 10:00am</i>
Rockdale Plaza	Mon 10 & 24 Feb <i>Pickups start from 10:00am</i>	Mon 10 & 24 Feb <i>Pickups start from 10:00am</i>	Fri 7 & 21 Feb Mon 10 & 24 Feb <i>Pickups start from 10:00am</i>	Fri 7 & 21 Feb Mon 10 & 24 Feb <i>Pickups start from 10:00am</i>
Southgate Sylvania	Wed 5 & 19 Feb Tue 11 & 25 Feb <i>Pickups start from 10:00 am</i>	Wed 5 & 19 Feb Tue 11 & 25 Feb <i>Pickups start from 10:00 am</i>	Tue 4 & 18 Feb Wed 12 & 26 Feb <i>Pickups start from 10:00 am</i>	Tue 4 & 18 Feb Wed 12 & 26 Feb <i>Pickups start from 10:00 am</i>



Westfield Miranda



	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
Westfield Miranda	Thur 6 Feb Thur 13 Feb Thur 20 Feb Thur 27 Feb <i>Pickups start from 10:00 am</i>	Thur 6 Feb Thur 13 Feb Thur 20 Feb Thur 27 Feb <i>Pickups start from 10:00 am</i>	Thur 6 Feb Thur 13 Feb Thur 20 Feb Thur 27 Feb <i>Pickups start from 10:00 am</i>	Thur 6 Feb Thur 13 Feb Thur 20 Feb Thur 27 Feb <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

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.



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
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**.

February Social Outings Calendar

Monday 3 February

Simply Lunch: Club Blacktown

A leisurely drive through a part of Sydney that is undergoing massive changes and growth. Then enjoy lunch at the club which offers both Asian and Italian restaurants to satisfy your flavour palate. Enjoy time with your fellow travellers for good conversations and maybe a few yarns.

\$15 Bus



Tuesday 4 February

Simply Dinner: St George Motor Boat Club

A super location to watch the sun set over Tom Ugly's Bridge, with fantastic views over the busy marina and Kogarah Bay. The menu is varied with seafood, chicken, beef and pizza on offer to accommodate all tastes.

\$15 Bus



Wednesday 5 February

Bankstown Sports Club Theatre: Back to the Tivoli

The Tivoli concert returns, hosted by Jenifer Green and featuring the Tivoli Dancers and Steve Isoardi. Our visit in December was very well received and they wanted more. Join us for this fun show with lunch after at another local venue.

\$15 Bus \$15 Ticket - Pay on the day



Thursday 6 February

Sutherland Historical Society and Museum Tour

This is a relatively small museum, but it holds lots of memories. Areas of the shire that were once market gardens are now thriving suburbs. Did you know there was a winery on The Kingsway?

\$15 Bus \$5 Tour



Social Outings

Friday 7 February (Also on Wed 19/2/25)

Malabar Drive, Coffee and lunch 1

The Coastline at Malabar offers panoramic views of the ocean, as well as the rugged bushland of the headland. If we are lucky, we might spot a whale or some dolphins playing. Of course, morning tea and lunch are always enjoyed on our outings.

\$15 Bus



Monday 10 February (Also on Thur 13/2/25)

Machu Picchu and the Golden Empires of Peru: Australian Museum 1

This immersive experience offers unparalleled glimpses into the Andean peoples/ Artefacts including jewellery, funerary objects and the most impressive gold collection to tour the globe. With state-of-the-art projections, videos and priceless artefacts this will dazzle you with its magnificence.

\$15 Bus **\$35 Ticket Prepay by Fri 24/1/25**



Tuesday 11 February (Also on Thur 27/2/25)

Watsons Bay Drive: Eastern Beaches 1

The outstanding beaches to our east show us how fortunate we are to live here. The natural beauty of the wide sandy beaches contrast with the daunting cliff faces and rugged windswept areas near Watsons Bay and the Gap. Enjoy the views and then lunch overlooking the harbour with its constant activity.

\$15 Bus



Wednesday 12 February

Simply Lunch: Harvest Grounds, Penshurst

This delightful cottage restaurant has a warm ambience and friendly helpful staff. The menu is select and should suit everyone's tastes from BBQ to pasta and beef. Join us for lunch and get together with your fellow travellers to share stories and tall tales.

\$15 Bus

— OR —



Social Outings

— OR —

Wednesday 12 February

Volunteer Expo Hurstville: Marana Auditorium

Where would we be without volunteers? They are the backbone of so many organisations helping many people to enjoy their lives and thrive. Have you considered volunteering? This expo will show the many different opportunities available to volunteer. (visit time approx. 2 hours)

\$15 Bus



Thursday 13 February (Also on Mon 10/2/25)

Machu Picchu and the Golden Empires of Peru: Australian Museum 2

This immersive experience offers unparalleled glimpses into the Andean peoples' artefacts including jewellery, funerary objects and the most impressive gold collection to tour the globe. With state-of-the-art projections, videos and priceless artefacts this will dazzle your with its magnificence.

\$15 Bus \$35 Ticket Prepay by Fri 24/1/25



Friday 14 February

Newington Armory Gallery, Olympic Park

With views over the Parramatta River this World War 2 explosives store has been converted into a fantastic art space while retaining some of its history with rail lines that originally moved the missiles and torpedoes now used as a means of getting around. View the interesting variety of artworks inside this historic building.

\$15 Bus Free Entry



Monday 17 February (Also on Fri 21/2/25)

PepperGreen Estate Winery, Berrima 1

Enjoy the drive to the Southern Highlands with a short stop on the way. Then on to the winery in Berrima for a two-course lunch, try some of their specialised wine varieties grown in the local area and maybe grab a bottle or two to share with Brad!

\$25 Bus

**Prepay by Fri 7/2/25
\$65 Two-course Lunch**



Social Outings

Tuesday 18 February

The Last Picture Show: Hurstville Museum

Nostalgia overload! Remember all the wonderful trips to the local cinemas. When younger the adventure series on a Saturday afternoon, then courting in your teens and smooching in the darkness! Come and see photos and memorabilia from the many cinemas that have unfortunately dwindled in numbers. Reminisce together about a misspent youth or a romance for the ages.

\$15 Bus Free Entry



Wednesday 19 February (Also on Fri 7/2/25)

Malabar Drive, Coffee and lunch 2

The Coastline at Malabar offers panoramic views of the ocean, as well as the rugged bushland of the headland. If we are lucky, we might spot a whale or some dolphins playing. Of course, morning tea and lunch are always enjoyed on our outings.

\$15 Bus



Thursday 20 February

Science Space Wollongong

This exciting space showcases interesting developments in science and encourages interactive play. There is also a Planetarium where you can sit back and learn about the night sky. We will stop for coffee on the way and of course lunch following our visit.

\$25 Bus \$14 Entry



Friday 21 February (Also on Mon 17/2/25)

PepperGreen Estate Winery, Berrima 2

Our second drive to the Southern Highlands with a short stop on the way. Then on to the winery in Berrima for a two-course lunch, try some of their specialised wine varieties grown in the local area and maybe grab a bottle or two to share with Brad!

\$25 Bus

**Prepay by Fri 7/2/25
\$65 Two-course Lunch**



Social Outings

Monday 24 February

Simply Lunch: Bitton Cafe and Restaurant, Alexandria

Ooh La La! Enjoy the French inspired food at this cafe. The wide variety of tasty dishes on the menu will have you salivating and finding it hard to choose. Discuss with your fellow travelers and most importantly, enjoy!

\$15 Bus



Tuesday 25 February

Woodlands Killara: the Historic House of Ethel Turner

For those who missed out or would like to go again. The classic children's book "Seven Little Australians" has been compulsory reading for many generations of Australians. Ethel Turner wrote the book while living at this house and we will hear her story and discover the delights of this privately owned house.

\$15 Bus \$10 Tour



Wednesday 26 February

Sydney Tramway Museum, Loftus

A step back in time. This attraction has been in the Sutherland Shire for over 50 years. Staffed by volunteers, the trams were an integral part of everyday life in Sydney until 1961. There's a good collection of interstate and overseas trams as well. Maybe we can jump aboard and buy a ticket from the conductor.

\$15 Bus \$20 Entry



Thursday 27 February (Also on Tue 11/2/25)

Watsons Bay Drive: Eastern Beaches 2

The outstanding beaches to our east show us how fortunate we are to live here. The natural beauty of the wide sandy beaches contrast with the daunting cliff faces and rugged windswept areas near Watsons Bay and the Gap. Enjoy the views and then lunch overlooking the harbour with its constant activity.

\$15 Bus



Social Outings

Friday 28 February

Naval Historical Society of Australia: EAST of the Harbour Bridge

November saw us west of the Bridge but this time we are going East. Amazing places we will visit include Dawes Point, Garden Island, HMAS Rushcutter, Clark Island, Watsons Bay, Chowder Bay, Bradleys Head, Neutral Bay, Sub-base Platypus. And what a huge morning tea they provide. No big breakfast on this day!

\$15 Bus \$80 Cruise Prepay by Fri 14/2/25



Thursday 20 February

Sunshine Group: Hurstville Museum & Gallery



Available to NDIS Participants.

Come visit the Hurstville Museum and enjoy lunch at Grandviews, remember to bring money for food and drinks.

Free Entry - Please contact Bronwyn or call the office for more information.



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.

Social Outing Key



Stairs involved



Wheelchair friendly



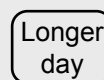
No walker access



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.



**HIGHLIGHTS
INCLUDE**

**3-HOUR LUNCH
CRUISE ON THE
CLYDE RIVER**

**VISITS TO BOTH
MOGO AND
BRAIDWOOD
TOWNSHIPS**

**ACCOMMODATION
AT LINCOLN DOWNS**

**POSSIBLY A SECOND
ACCOMMODATION
LOCATION DEPENDING
ON NUMBERS**

ST GEORGE COMMUNITY

**BATEMANS BAY
OVERNIGHT TRIP**

.....

3 days 2 nights

.....

TUE 25 TO THUR 27 FEB 2025



**DINNER AT
BATEMANS BAY
SOLDIERS CLUB &
THE CATALINA
CLUB**

**A LUNCH AT
MOLLYMOOK
GOLF CLUB AND
NERRIGA PUB**



For reservation & information call: 9585 3000

ST GEORGE VOLUNTEER MINI EXPO

12 February 2025

10.00am-12.00pm

Marana Auditorium

16 MacMahon

Street Hurstville



REGISTER NOW

EOI Registration for volunteer organisations stall holders

For more information, please email:
lbtisam.Hammoud@3bridges.org.au

Why not start 2025 by making an impact?

This 2 hour event will provide you with volunteering information including:

- **Local experience opportunities for new migrants**
- **TAFE & University volunteer placement to support your aged, disability & community services studies**
- **Connecting with local environmental volunteer organisations**
- **Youth Mentoring Programs**



ACCPA



Advance Diversity Services



GEORGES RIVER COUNCIL

st george community



Sydney Community Forum

Action on Social Justice, Sustainability &

**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

