

Better Support. Stronger Connection

Embracing Passion at Every Age: Celebrating Seniors Week

As we near the end of summer and look toward the arrival of autumn, I'm reminded that the changing of seasons brings new opportunities for change in focus and perspective. Personally, I'm looking forward to the cooler weather and the vibrant colours that will soon paint the streets with the beauty of autumn leaves. It's a time for fresh beginnings, and we are embracing this shift with enthusiasm here at the office.

In addition to these exciting new additions to our team, we have also refocused our efforts to continue building our NDIS business. This strategic move ensures that our core service - transportation - remains strong, supporting the incredible work we do to serve our community. We are passionate about delivering exceptional service, and these steps will help us continue to do so in a meaningful way.

As we celebrate Seniors Week this month, I am reminded of a quote from a journalist, who at 70, said: *"We only become invisible when we don't*



First, I'd like to warmly welcome two new team members to our family: Fiona Nelson, who will be overseeing our team members in HR and compliance, and Michelle Newman, who will be handling marketing and communications. I encourage you all to reach out and make them feel welcome as they settle into their new roles.

participate, and whatever age we are, there are so many ways we can do this - whether by working, travelling, volunteering, or phoning friends and organising a get-together. Looking younger is not about how much 'refreshing' of your face you can afford, it's not about how much slap you can layer on or diets you can stick to, it's about passion - and there is nothing old about that."

Passion is timeless, and it is the fuel that keeps us active and engaged in our communities. It's not about how we look or what others expect of us - it's about staying curious, involved, and invested in the world around us. This is the heart of our community's spirit, and this month, as we focus on Seniors Week, we celebrate the contributions of each and every one of you who continue to make a difference, no matter your age.

This is a time for us all to reflect on the many ways we can stay connected and continue to participate in activities that bring us joy, purpose, and fulfilment. Whether that's through joining new social programs, volunteering, or trying something entirely new, I encourage each of you to step outside of your comfort zone and embrace new opportunities. Let this month be a reminder that passion and participation keep us vibrant - at any stage of life.

At St George Community, this sense of passion is

what drives us forward. We are excited to welcome new faces to our team, launch new programs within the NDIS, and develop fresh ideas in anticipation of the changes to the Aged Care Act and the Support at Home program coming into effect on 1 July 2025. These changes represent an exciting new chapter, and we are committed to meeting them with enthusiasm and innovation.

Our community is stronger when we are engaged and connected. I look forward to seeing how we can all contribute, support one another, and explore new ways to grow together. Let's keep the energy alive, take part, and be passionate about what lies ahead.

Thank you for being part of our vibrant community. Together, we can continue to thrive at any age and in all seasons.

Kindest regards
Natasha



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



CHRIS HILL (RIGHT) WITH ST GEORGE COMMUNITY VOLUNTEER EVELYN WEBSTER

Chris Hill's Story: Confidence & Adventure with St George Community

Accidents happen sometimes, and while it's not something we like to think about, it is reassuring to know they will be dealt with quickly and safely. This was exactly the case for 76-year-old Chris Hill, an enthusiastic client of St George Community.

Chris, who lives in Dolls Point, has been a regular on St George Community social outings and overnight trips for almost four years.

"I had a couple of friends recommend the social outings to me, and I haven't looked back," Chris shared.

"The overnight trips are sensational. Everything is done for you, and it's so easy - you get picked up and dropped off, you don't have to think about a thing. I've been to Mudgee, Canberra, and Bathurst."

On a recent trip to the Hunter Valley, Chris experienced an unexpected setback when she tripped and fell during a relaxing spa visit. ***"It's unfortunate that it happened, but if anything, it's made me feel more confident,"*** Chris said. ***"I'm already booked to go to Batemans Bay with St George Community in February!"***

Chris credits her quick recovery to the swift actions of St George Community driver Mark and his team. ***"I am so grateful to the wonderful and caring Mark,"*** Chris said.

"He acted fast and got me to the local hospital, even though I was adamant that I didn't need to go. My GP told me I could have lost my leg if Mark hadn't insisted on calling an ambulance. It was scary at the time, but I'm fine now - thanks to Mark, my hero!"

Despite the fall, Chris's love for adventure remains intact. Known for her lively personality and fascinating stories, she enjoys meeting regulars and making new friends on every trip.

"I have a few claims to fame which I like to gossip about," Chris said with a glint in her eye. ***"I dated Barry Gibb from the Bee Gees when I was 16, and I also went on a few dates with Australia's original rockstar Johnny O'Keefe and talk show host Don Lane."***

Chris's sense of adventure has been a constant throughout her life. ***"I used to race motorbikes when I was 15 - an Ariel 250 and an Enfield 350,"*** she revealed. ***"Sixty years ago, they were quite powerful for the time, but I loved the thrill of speed. I would go out with my dad, uncle, and cousin, and my poor mum had absolutely no idea. She would have been horrified!"***



CHRIS HILL RELIVING HER YOUTH!

As for her current adventures, Chris concluded with a laugh, ***"I prefer my drivers to be more cautious and responsible now - just like Mark!"***

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 March 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, 31 Fri 14, 28 <i>Pickups approx. from 10:00 am</i>	Mon 3, 17, 31 Fri 14, 28 <i>Pickups approx. from 8:30 am</i>	Mon 3, 17, 31 <i>Pickups approx. from 10:00am</i>	Mon 3, 17, 31 <i>Pickups approx. from 10:00am</i>
Rockdale Plaza	Mon 10, 24 <i>Pickups approx. from 10:00am</i>	Mon 10, 24 <i>Pickups approx. from 10:00am</i>	Mon 10, 24 Fri 7, 21 <i>Pickups approx. from 10:00am</i>	Mon 10, 24 Fri 7, 21 <i>Pickups approx. from 10:00am</i>
Southgate Sylvania	Tue 11, 25 Wed 5, 19 <i>Pickups approx from 10:00 am</i>	Tue 11, 25 Wed 5, 19 <i>Pickups approx from 10:00 am</i>	Tue 4, 18 Wed 12, 26 <i>Pickups approx. from 10:00 am</i>	Tue 4, 18 Wed 12, 26 <i>Pickups approx. from 10:00 am</i>



Westfield Miranda



	Green Area	Yellow Area	Blue Area	Pink Area
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Westfield Miranda	Thur 6, 13, 20, 27 <i>Pickups start approx. from 10:00 am</i>	Thur 6, 13, 20, 27 <i>Pickups start approx. from 10:00 am</i>	Thur 6, 13, 20, 27 <i>Pickups start approx. from 10:00 am</i>	Thur 6, 13, 20, 27 <i>Pickups start approx. 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	Drop-off 9.45 am
THURSDAY	St George Leagues Club	Drop-off 10.15 am
FRIDAY	Bexley RSL	Drop-off 10.45 am
FRIDAY	Oatley RSL	Drop-off 10.45 am

Return Pickup time is 1pm for ALL of the above

Pickup may start from 1 to 1.5 hour before drop-off time.

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**.

March Social Outings Calendar

Saturday 1 March

The Sentimental Bloke: Silent Movie Hurstville

Considered the highlight of Australian silent filmmaking. Step back in time with Bernard Walz leading the orchestra, and enjoy this warm-hearted and timeless film from a bygone era. Lunch as well.

\$25 Bus

\$35 Ticket



Monday 3 March

Health Pride Showroom Mona Vale

Health Pride is an Australian Family Owned mail order company whose products include daily aids for the elderly, health & beauty aids, plus size fashion clothes/apparel/ shoes/bras, organisers, kitchen & garden helpers, cleaning aids, lighting, pet helpers, books, travel helpers, and much more! And you can see everything in the showroom.

\$15 Bus



Tuesday 4 March

Simply Lunch: Bitton Cafe and Restaurant, Alexandria

Everyone enjoyed our morning tea here last year so much, we thought we should go for lunch. The menu celebrates timeless French flavours with a contemporary twist. It is great food and a lovely location.

\$15 Bus



Wednesday 5 March

Music in the Morning: Hurstville Entertainment Centre

Natasha Tatarinoff, Tony Sergi and the Joseph Macri Band. This show is FREE as part of the Seniors Expo at Hurstville Entertainment Centre. Morning tea at the show and lunch after. Call Brad to suggest a local lunch venue!

\$15 Bus



Social Outings

Thursday 6 March

St George Police and Seniors Crime Prevention Information Session

Meet your local police liaison officer and discuss safety and any other concerns you may have. And of course a lovely lunch at a local club.

\$15 Bus



Friday 7 March (Also on Mon 17/3/25)

Q Station Manly 1

From 1832 to 1984 the Quarantine Station was the beginning of a new life in Australia for many people, after making the arduous journey from their homelands. This one-hour tour will give you the fascinating stories behind this landmark.

\$25 Tour

\$15 Bus **Prepay by Fri 28/2/25**



Monday 10 March (Also on Mon 27/3/25)

Wendy Whiteley's Secret Garden & Milsons Point Walk 1

Located a short walk from Luna Park, this unique garden was created by artist Wendy Whiteley, wife and muse of Australian artist Brett Whiteley. Choose to walk through this enchanting garden or just sit on a bench and soak in the harbour view.

\$15 Bus



Tuesday 11 March

St Patrick's Day at The Fiddler, Rouse Hill

At \$60 per person the package includes, a welcome drink, 2 course lunch with tea/coffee, themed dining room, and of course, Irish entertainment and dancing with the drivers!.

\$60 Lunch Package

\$15 Bus **Prepay by Fri 28/2/25**



Social Outings

Wednesday 12 March (Also on Thur 13/3/25)

Premier's Gala Concert & NSW Seniors Festival Expo 1

Enjoy performances from Rob Mills, Todd McKenney, Prinnie Stevens and Tarryn Stokes. We have 20 Tickets for each session: 11am and 2.45pm (Ticket allocation by pickup area).

\$15 Bus

Free Event



Thursday 13 March (Also on Wed 12/3/25)

Premier's Gala Concert & NSW Seniors Festival Expo 2

Enjoy performances from Rob Mills, Todd McKenney, Prinnie Stevens and Tarryn Stokes. We have 20 Tickets for each session: 11am and 2.45pm (Ticket allocation by pickup area).

\$15 Bus

Free Event



Friday 14 March

Simply Lunch: Club Condell Park

One of our best value locations as reported by your fellow travellers. Short drive on the way to lunch to see the scenery and then all you can eat ... or afford!

\$15 Bus



Monday 17 March (Also on Fri 7/3/25)

Q Station Manly 2

From 1832 to 1984 the Quarantine Station was the beginning of a new life in Australia for many people, after making the arduous journey from their homelands. This one-hour tour will give you the fascinating stories behind this landmark.

\$25 Tour

\$15 Bus

Prepay by Fri 7/3/25



Social Outings

Tuesday 18 March

Bonnyrigg Garden Centre & Cafe Harvest

We went here last year and everyone said "Let's go again ASAP". So here we are. Peruse and enjoy this independent garden centre. And then lunch at the cafe, which boasts a delicious menu of simple, handcrafted dishes featuring fresh seasonal ingredients.

\$15 Bus



Wednesday 19 March (Also on Fri 28/3/25)

Wollongong Botanic Garden 1

Absorb the peace and tranquility of these gardens filled with native and exotic plants, bright flowers, birdlife, a duckpond, rainforest, and look out for the Towri Bush Tucker Garden! Enjoy a buggy tour or walk around if you prefer.

\$25 Bus

\$5 Buggy Tour



Thursday 20 March

Fashion silhouettes for men and women through history: Old Government House Parramatta

This textiles exhibit explores the evolution of fashion silhouettes from a 1740s yellow silk gown, through the bustle era and leg-of-mutton sleeves to the mini dresses of the 1960s. Enjoy this beautiful collection in this beautiful historic building.

\$15 Bus

\$12 Entry



Friday 21 March

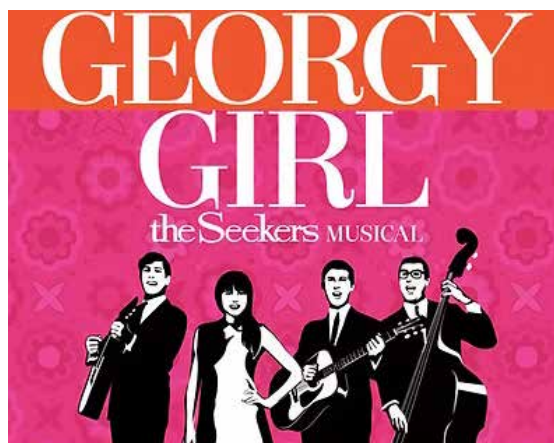
Georgy Girl: The Pavilion Sutherland

Presented by the talented Miranda Musical Theatre Company's production, Georgy Girl tells the true story of Australian folk-group The Seekers on their rise to international fame, the challenges of success and all the laughs along the way.

\$15 Bus

\$55 Ticket

Prepay by Mon 10/3/25



Social Outings

Monday 24 March

Practically Perfect – The Music of Julie Andrews, Merrigong Theatre

For generations Julie Andrews has graced the stage and screen, endearing audiences with her iconic roles. Practically Perfect celebrates her life and music featuring some of her best-known songs from Mary Poppins, My Fair Lady, The Sound of Music, and more.

\$26 Ticket

\$25 Bus Prepay by Fri 14/3/25



Tuesday 25 March

Millers & Rivers Shopping Revesby

Time for a wardrobe update? Come along for good-value retail therapy at Millers and Rivers. Morning tea and lunch stops of course.

NB: Rivers stores are closing for good in April.

\$15 Bus



Wednesday 26 March

Regatta Club, Haberfield

The Regatta Club sits on the waters of Iron Cove at Haberfield offering a premium casual dining experience in the heart of Sydney's picturesque Inner West. The ultimate waterfront space for alfresco dining.

\$15 Bus



Thursday 27 March (Also on Mon 10/3/25)

Wendy Whiteley's Secret Garden & Milsons Point Walk 2

Located a short walk from Luna Park, this unique garden was created by artist Wendy Whiteley, wife and muse of Australian artist Brett Whiteley. Choose to walk through this enchanting garden or just sit on a bench and soak in the harbour view.

\$15 Bus



Social Outings

Friday 28 March (Also on Wed 19/3/25)

Wollongong Botanic Garden 2

Absorb the peace and tranquility of these gardens filled with native and exotic plants, bright flowers, birdlife, a duckpond, rainforest, and look out for the Towri Bush Tucker Garden! Enjoy a buggy tour or walk around if you prefer.

\$25 Bus

\$5 Buggy Tour



— OR —

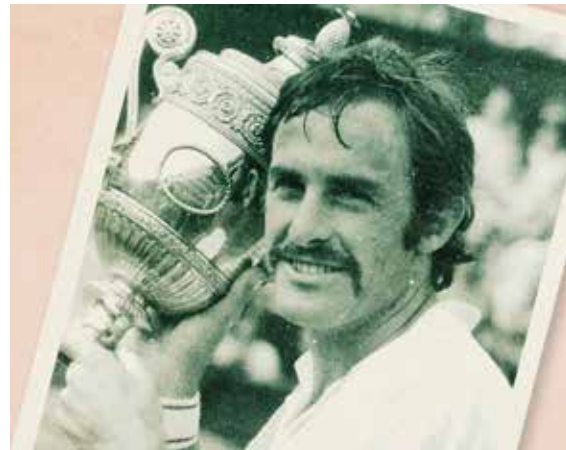
Friday 28 March

NEWK: The Pavilion Sutherland

Set at his 80th birthday in Sydney, this play follows John Newcombe's travels from naïve 1960s schoolboy, to the No. 1 tennis player in the world, to the stroke he suffered in 2003. Contains audience participation!

\$15 Bus

\$55 Ticket
Prepay by Fri 14/03/25



Monday 31 March

Lune Croissanterie and Then Cannery Rosebery

Kate Reid was obsessed with the croissants she ate in Paris, so she reverse engineered them in her Melbourne kitchen. Now they've been crowned the world's best. And Brad tried them and agreed! And enjoy a walk through the market shops at the Cannery.

\$15 Bus



Wednesday 23 April

Annie: Capitol Theatre (Pre-booking)



The beloved tale of Annie has been capturing the hearts of theatregoers around the globe for generations. A celebration of hope, family and friendship. This small but mighty young girl has returned to stick out her chin and grin once more! Show starts 1pm.

\$15 Bus

\$83 Ticket
Prepay immediately





Marvellous
Mudgee


TUESDAY 25 - THURSDAY 27
MARCH 2025

• **3 DAY 2 NIGHT TRIP**

Accommodation TBD

- ✓ Visit the historic town of Gulgong, renowned for its 19th-century Australian architecture and rich gold rush heritage
- ✓ Experience the night skies as they are meant to be viewed with a visit to Mudgee Observatory
- ✓ Stop off at The Mudgee Honey Haven to sample a wide range of honey and watch the bees hard at work through a special glass front working beehive



 9585 3000

Simply
South Coast

TUESDAY 15 - THURSDAY 17
APRIL 2025

• **3 DAY 2 NIGHT TRIP**

Accommodation at the Pleasant Way River Lodge

More details coming soon!



The Power of Volunteering: Making a Difference in Our Community

Volunteering is a fulfilling experience and a powerful way to give back to the community. It has been shown to reduce stress levels, promote a positive mindset, and foster social connections, resilience, and a sense of belonging, helping to combat feelings of depression and anxiety.



Recently, we had the pleasure of attending the St George Volunteer Mini Expo, where we shared information about our volunteering opportunities and met many individuals eager to make a difference. This event brought together a variety of volunteer organisations and showcased the many ways people can contribute to their community.

One inspiring story from the expo was that of Else Brown, a dedicated volunteer at St George Community. Else has been volunteering for over a year, using her office skills to assist with client calls, transport, and social bookings. Her journey into volunteering was deeply personal - after her husband, Gary, moved into aged care due to dementia, she sought a new purpose. A social trip with St George Community introduced her to volunteering, and she has since found joy, friendship, and fulfilment in her role.

“Volunteering is such a great way to get out and about while also being helpful in the community,” said seventy-six-year-old Else, who lives in Narwee.

Else reflected on what led her to volunteer, **“My husband Gary and I were loyal clients of St**

George Community for years. We used their transport services once Gary reached an age where he could no longer drive.

“A couple of years ago, Gary had to move into aged care. It was a really difficult time for me. So, to step out of my comfort zone, I joined one of St George Community’s social trips to Bowral. On that trip, I chatted with some volunteers, and they inspired me to become one myself.”

Another standout volunteer is Anita Brown, who has been with us since March 2021. Anita’s kindness and dedication are unmatched, making a profound impact on our clients. She assists in managing transport and community socialisation enquiries, providing essential support for mental well-being. Her warmth and humour, even in difficult conversations, brighten the days of those she helps.

Despite losing her husband and moving to Blacktown, Anita’s loyalty never wavered. She continues to bring energy and joy to our office, organising bake-offs, mahjong games, and the much-loved “corner shop” - her drawer full of snacks. Her impact is so valued that we even named a St George Community bus after her, affectionately calling it “Brownie.”

Reflecting on her volunteering experience, Anita shared, **“Being a volunteer has given me a sense of purpose and joy that I never expected. The connections I’ve made with clients and colleagues are incredibly meaningful, and I love knowing that I can brighten someone’s day just by being there to listen and help.”**

If you’re interested in volunteering, there are many ways to get involved. For more information, contact Fiona at St George Community 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

Connect with us

