



## Better Support. Stronger Connection

As we move into a new month, I want to share an important update regarding our pricing. For the first time in more than a decade, we will be implementing a pricing increase, effective 1 April 2025. This decision was not made lightly, but it is necessary to ensure we continue delivering the high-quality service you expect. Our last adjustment was in 2012, and we have worked hard to keep costs steady since then. Full details on the new rates are available inside this newsletter on page 7.

ANZAC Day, observed on April 25<sup>th</sup>, holds deep significance for all Australians. It is a time to honour the courage and sacrifice of our servicemen and women, reflecting on our shared history while embracing the present and future. Whether attending a dawn service, joining a local march, or taking a moment to reflect, this day unites us in remembrance and appreciation.

These occasions remind us that our community is built on shared experiences and support. I



### Easter & ANZAC Day: Moments of Reflection and Connection

As we approach Easter and ANZAC Day, we are reminded of the importance of community, remembrance, and connection. Easter is a time for reflection and renewal, whether through religious observance or simply gathering with loved ones. It highlights the value of togetherness and gratitude.

encourage you to take part in local events, connect with loved ones, and celebrate the values that bring us together.

### Welcoming Sandeep to the Team

I am also pleased to introduce Sandeep, our newest team member, who will be supporting our NDIS clients. Sandeep brings extensive experience and a passion for helping individuals

live independently and stay connected. His dedication to personalised care will make a meaningful impact, and we are thrilled to have him on board. Please join me in welcoming him to our community.



## Looking Ahead

While the pricing update is important, our true strength lies in the connections we foster. As we reflect on Easter, ANZAC Day, and the people who shape our community, let's continue to support one another, honour our shared history, and look ahead with optimism.

I look forward to seeing many of you at our upcoming events. Let's make these moments meaningful and memorable as we build a community that values care, connection, and support.

kindest Regards  
Natasha

## Did you catch us in The Leader? 📰

Thanks to a generous \$1,000 donation from the Lions Club of Lugarno, we've been able to replace the batteries for the defibrillators on our buses and at our Mortdale office.



St George Community Transport members including Chief Executive Natasha Stokes thank Lions Club of Lugarno Director Gary Walker for a recent cash donation. Picture supplied

Lions Club of Lugarno might be light on membership, but it's extending its reach into St George by showing continuing support.

St George Community buses provide a vital service, helping older people, people with disability, and vulnerable members of the community get to important appointments, access essential services, and enjoy social outings. Having defibrillators on board ensures we are prepared in case of a medical emergency, giving passengers and staff greater peace of mind.

“This donation from the Lions Club of Lugarno means we can continue to keep our defibrillators in top condition and ready to use in an emergency,” said Natasha Stokes, CEO at St George Community. “It’s this kind of community support that makes a real difference in keeping people safe while they travel with us.”

Pictured: Natasha Stokes, CEO at St George Community (centre-left), thanks Gary Walker, Director at Lions Club of Lugarno (centre-right), alongside the St George Community team.

A huge thank you to the Lions Club of Lugarno for their support! ❤️





LYNN, ROSEMARY & VAL FOUND FRIENDSHIP THROUGH ST GEORGE COMMUNITY

## FROM LONELINESS TO LAUGHTER: FINDING FRIENDS WITH ST GEORGE COMMUNITY

Life can sometimes take unexpected turns, leaving us feeling isolated and unsure of how to move forward. But for many in the St George area, a simple decision to step out and connect has led to newfound friendships, joy, and a renewed sense of purpose.

In 2019, eighty-six-year-old Val Goodsell was struggling to cope with the loss of her grandson, to bowel cancer at just 32 years old. During this difficult time, a close friend encouraged her to join the St George Community social outings. ***"I was hesitant at first, but then agreed, and it was an absolute lifesaver for me."*** Val shared.

Two years later, Val, from Connells Point, received another blow with the passing of her son from prostate cancer at 63 years old. ***"St George Community has been there for me at some of the darkest times of my life."*** She shared.

***"It is a wonderful organisation with deeply caring drivers, carers and office staff. They are all very special people."***

Since that very first trip six years ago, Val has been on numerous overnight trips to places like Mudgee, Dubbo, the South Coast, and the Blue Mountains. ***"This month, I am heading down to Bateman's Bay. The trips are all so well organised, giving me the opportunity to spend more time with the wonderful friends I have met on my journey."***

***"We all absolutely love the overnight trips - especially sitting at the back of the bus, laughing like schoolgirls. They call us the 'naughty corner!'"***

### A NEW LEASE ON LIFE

Lynn Abraham, 69, from Bexley, also found herself in need of a change. ***"I was stuck in my unit, feeling isolated,"*** she said. ***"Even though I could drive, I had no one to go anywhere with. It was lonely."***

That all changed when she joined St George Community. ***"I love it - big red heart love it! I've met so many wonderful people, and I can't imagine my life without these outings now."***

Starting with shopping trips, Lynn quickly became a fan of the overnight getaways. ***"We laugh so much, my belly and face hurt! And I love the scenic drives - it's nostalgic seeing the places from my youth on Sydney's North Shore."***

### JUST HAVE A GO!

For Rosemary Maughan, 80, from Carlton, St George Community was a turning point. Life had thrown many challenges her way. ***"I had a stress-induced stroke at 41 years old, then I had cancer and underwent thirteen gruelling years of treatment, which left me with a weak heart. I needed surgery to have a pacemaker fitted. While I was recovering, my husband became sick, and I became his carer. He passed away at the height of the pandemic lockdown. I was a mess - isolated, lonely, and felt like I had nowhere to turn."***

***"Things were very dark,"*** Rosemary admitted. ***"I lost all my confidence; I became completely housebound and was too fearful to even go around the shops. My mobility suffered, and I could barely walk. I'd given up."***

One day, after rehab at Calvary Hospital, she accidentally got on a St George Community Transport bus. That little mistake changed everything.

Rosemary picked up a community newsletter, read about the BActive program, and decided to give it a go. ***"I started with Aqua Aerobics and Steady, Stable and Able classes. Within eight months, I was walking unaided, my stick was gone, and my bright clothes came back out of the wardrobe."***

Now, Rosemary is busier than ever, joining social outings several times a week. ***"I feel like myself again. I've made wonderful friends, and I'm absolutely living life to the fullest."***

For anyone feeling isolated, she has one piece of advice: ***"Just give it a go! Start with one outing or class - what have you got to lose? There's a whole world out there waiting for you."***


**\$10 per person**  
**\$15 per couple**  
 Call our office for NDIS  
 and Home Care Package  
 fees.

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



**2 HOURS SHOPPING TIME ALLOCATED**

# April Shopping Bus

	<b>Green Area</b>	<b>Yellow Area</b>	<b>Blue Area</b>	<b>Pink Area</b>
<b>Which area are you in?</b>	<ul style="list-style-type: none"> <li>• Beverly Hills</li> <li>• Kingsgrove</li> <li>• Lugarno</li> <li>• Mortdale</li> <li>• Narwee</li> <li>• Padstow Heights</li> <li>• Peakhurst</li> <li>• Riverwood</li> </ul>	<ul style="list-style-type: none"> <li>• Blakehurst</li> <li>• Connells Point</li> <li>• Hurstville Grove</li> <li>• Kyle Bay</li> <li>• Oatley</li> <li>• Penshurst</li> <li>• South Hurstville</li> </ul>	<ul style="list-style-type: none"> <li>• Allawah</li> <li>• Arncliffe</li> <li>• <b>Banksia</b></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>• Brighton-Le-Sands</li> <li>• Carss Park</li> <li>• Kogarah</li> <li>• Monterey</li> <li>• Ramsgate</li> <li>• Rockdale</li> <li>• Sandringham</li> <li>• Sans Souci</li> </ul>
<b>Roselands Shopping Centre</b>	FRI 11 MON 14, 28  <i>Pickups from 10:00 am</i>	FRI 11 MON 14, 28  <i>Pickups from 8:30 am</i>	MON 14, 28  <i>Pickups from 10:00 am</i>	MON 14, 28  <i>Pickups from 10:00 am</i>
<b>Rockdale Plaza</b>	MON 7  <i>Pickups from 10:00 am</i>	MON 7  <i>Pickups from 10:00 am</i>	FRI 4 MON 7  <i>Pickups from 8:30 am</i>	FRI 4 MON 7  <i>Pickups from 10:00 am</i>
<b>Southgate Sylvania</b>	WED 2, 16, 30 TUE 8, 22  <i>Pickups from 10:00 am</i>	WED 2, 16, 30 TUE 8, 22  <i>Pickups from 10:00 am</i>	TUE 1, 15, 29 WED 9, 23  <i>Pickups from 10:00 am</i>	TUE 1, 15, 29 WED 9, 23  <i>Pickups from 10:00 am</i>
<b>Westfield Miranda</b>	THUR 3, 10, 17, 24  <i>Pickups from 10:00 am</i>	THUR 3, 10, 17, 24  <i>Pickups from 10:00 am</i>	THUR 3, 10, 17, 24  <i>Pickups from 10:00 am</i>	THUR 3, 10, 17, 24  <i>Pickups from 10:00 am</i>

*Pickup time varies depending on passenger numbers. Thank you for your patience.*



# BActive

**Live Longer. Live Stronger**

Remember to keep hydrated, eat well and exercise regularly.

Contact instructors directly to book in your class, then call Shannon or Tracey on 9585 3000 to book your \$10 transport with us

**\$10  
TRANSPORT**

*Please note for non-funded clients, transport costs will be calculated individually.*

## STEADY STABLE & ABLE



Oatley Uniting Church Hall  
Wednesday 11.30am to 12.30pm

Bexley Congregational Church  
Tuesday 9.30am to 10.30am

3Bridges Youth Centre,  
Penshurst Park  
Friday 10.30am - 11.30am &  
11.45am - 12.45pm

## ZUMBA GOLD



Oatley Uniting Church Hall  
Tuesday 12.00pm to 1.00pm  
Wednesday 10.15am to 11.15am

School terms; call Kate to check dates. \$10 per Class

## SEATED & STRONG



Bexley Congregational Church  
Tuesday 10.30am to 11.30am

School terms; call Kate to check dates. \$10 per class



Kate - 0421 902 520 / katedemayo@gmail.com

## AQUA AEROBICS



IRT Peakhurst  
Tuesday 10.30am (limited places)  
\$15 per class or 10-class pass for \$130

 Cassie 0435 079 680  
/cmaquafit@gmail.com

## ACTIVE AGEING FITNESS GROUP



Oatley Community Hall  
Monday 9.30am to 10.15am

PJ Ferry Reserve Community Hall, Allawah  
Tuesday 10.00am to 10.45am  
\$10 per class. 10-week term

## TAI CHI QIGONG GROUP



Oatley Community Hall  
Monday 10.20am to 11.00am

PJ Ferry Reserve Community Hall, Allawah  
Tuesday 10.50am to 11.30am  
\$15 per class or join 10-week term classes for \$100



Coralie - 0415 065 800 / coralie@fitnessnow.com.au

## SENIORS DANCE FITNESS CLASS



St George Maso's Club  
Tuesday 12.00pm to 1.00pm  
Classes run school terms  
\$7 per class \*1st class is free



Tracie 0419 999 650 / tracie@dancefitsydney.com.au



**SUPPORT WORKER BRONWYN FALLON (CENTRE)  
ORGANISES SUNSHINE GROUP SOCIAL OUTINGS**



## **MAKING A DIFFERENCE: WHAT IT TAKES TO BE A GREAT SUPPORT WORKER**

Support work is more than just a job; it's about making a meaningful difference in the lives of individuals with disability. At St George Community, our support workers help people achieve greater independence and connect with their passions. One of our standout team members is Bronwyn Fallon, who brings 30 years of experience to her role.

Bronwyn has been a support worker at St George Community for six years, providing 1:1 support and creating opportunities for community participation. She believes a great support worker needs empathy, patience, and the ability to listen - not just to words but to subtle cues that reveal an individual's needs.

***“For me, it’s about ensuring the people I support have choice and control in their own lives,”*** said Bronwyn. ***“It’s about helping individuals to live full and meaningful lives by being engaged in the community and discovering what they love.”***

Her personal experience with disability through her daughter, Paige, has reinforced her belief that the best support workers provide encouragement while stepping back when needed to promote independence.

No two days are the same in Bronwyn's role - whether it's a coffee outing, a bushwalk, or spending hours in Spotlight with a participant who loves crafting.

Beyond individual support, Bronwyn also organises St George Community's monthly Sunshine Group outings for NDIS participants. The next trip is to the Kiama Blowhole, a stunning coastal landmark with an accessible viewing platform.

### **St George Community's NDIS Services**

St George Community offers a range of NDIS services designed to support people with disability in living as independently as possible. Our Ability Supports program provides personal care, skill development, social and community participation. Whether through one-on-one support or group activities, our team ensures participants receive the care they need to achieve their goals.

Our support workers, like Bronwyn, empower individuals to live life on their terms. From daily tasks to exciting social outings, St George Community is committed to enriching lives.

### **The Key Qualities of a Good Support Worker**

- **Empathy & Patience:** Understanding each individual's needs and supporting their journey to independence.
- **Active Listening:** Noticing details, remembering preferences, and responding to unspoken cues.
- **Encouragement & Support:** Providing motivation while allowing individuals to take control of their decisions.
- **Flexibility & Adaptability:** Embracing each day's unique experiences for the best outcomes.

Bronwyn's dedication exemplifies what makes a support worker exceptional. Whether facilitating social connections or simply sharing a coffee, she makes a lasting impact.



## Important Update: Transport Service Pricing Adjustment

At St George Community, our priority is providing safe, reliable, and high-quality transport services to the community. As a not-for-profit organisation, we have worked hard to keep our prices as affordable as possible, with minimal changes since 2012. However, due to rising operational costs - particularly in insurance, fuel, labour, and vehicle maintenance - we must implement a price adjustment across all our transport services, effective **1 April 2025**.

We understand that any price increase can impact your budget, and we want to be transparent about the reasons behind this change. These adjustments are necessary to ensure we can continue delivering the quality service you rely on while maintaining safety and reliability.

Where	Travel Type	Price
<b>Travel within St George area</b> – Hurstville, Rockdale, Kogarah council areas. Roselands Shopping Centre / Lantern Club (for clients in adjoining suburbs only).	General IT	\$20
<b>Travel to council areas</b> – Sutherland Shire, Canterbury, Bankstown, Roselands, Botany Bay, Sydney Airport (International/Domestic drop-off only), Campsie-Canterbury Hospital, Padstow (excluding Beauty Point Resort).	Out of Area (1.5 hours)	\$35
<b>Travel to the city one-way</b> – RPA, Dental Hospital, Sydney Eye Hospital, St Vincent's, CBD, and POW Hospital.	Out of Area (2.0 hours)	\$50
<b>Travel to the city return</b> – RPA, Dental Hospital, Sydney Eye Hospital, St Vincent's, CBD, and POW Hospital.	Out of Area (2.0 hours)	\$75
<b>Bingo Bus</b> – Return or one-way	Bingo	\$10
<b>BActive</b> – Return or one-way	BActive	\$10
<b>Social Outings Ordinary</b>	Social Outings	\$20
<b>Social Outings Long</b>	Social Outings	\$25
<b>St George Community Shopping Bus</b>	Shopping	\$10
<b>Travel for NDIS participants</b>	Pricing arrangements for provision of supports for NDIS participants is subject to regulation by the National Disability Insurance Agency (NDIA) and is in line with the NDIS Pricing Arrangements and Price Limits.	
<b>Travel for Home Care Package clients</b>	For Home Care Package clients, the pricing remains as per the schedule of supports and price guide as per the Third-Party Service Agreement brokered with all Home Care Package Service Providers.	

If this change presents financial difficulty for you, please don't hesitate to reach out to discuss any concerns and explore potential support options.

We sincerely appreciate your understanding and ongoing support. If you have any questions, please feel free to contact St George Community CEO, Natasha Stokes on 9585 3000.

# 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**.



# April Social Outings Calendar

**Tuesday 1 April**

## **Paddington Reservoir Garden & lunch in Centennial Park**

Step into history with a visit to this fascinating garden, once the water reservoir supplying Sydney to 1899. Hidden for many years, the arches, columns, and vaulted ceilings are now fully accessible. Coffee and lunch afterwards.

**\$20 Bus**



**Wednesday 2 April**

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

Join us for a day of fabulous entertainment at this award-winning variety show, hosted by Jenifer Green and the Tivoli Showgirls. With performances by the Steve Isoadi Trio and special guests. After the show, enjoy a delicious lunch together.

**\$20 Bus**

**\$15 Ticket**



**Thursday 3 April**

## **Simply Lunch: Sydney Portugal Community Club, Marrickville**

Indulge in the rich flavours of Portugal at this beloved community club in the heart of Marrickville. The restaurant serves up authentic dishes from all regions of Portugal. It's a culinary journey you won't want to miss!

**\$20 Bus**



**Friday 4 April**

## **Fire & Emergency Talk: Local Club**

Show your support for our local fireies. Learn life-saving fire safety tips and how to handle emergencies, both at home and on the go. Our local fire and emergency personnel will share their expertise, answer questions, and provide valuable advice for staying safe. Then lunch of course.

**\$20 Bus**



# Social Outings

Monday 7 April

## Simply Lunch: Canterbury Hurlstone Park RSL

Back by popular demand. Find your classic favourite meals in the Bistro, a transporting Asian dining experience in the Dynasty (includes Yum Cha), or enjoy the sun in the cafe.

\$20 Bus



— OR —

Monday 7 April

## Zambia Wildlife Retreat, Wallacia

Be a part of saving and helping these retired circus and film animals. Run solely by volunteers you will be donating to help feed and care for these lovely animals. Enjoy a private guided tour by one of the volunteers. A truly unique experience. We need 6 minimum to go ahead.

\$20 Bus      \$120 Private Guided Tour  
Prepay by Fri 28/3/25



Tuesday 8 April

## Petula and the Best of British - ft. Lisa Cook, Bankstown

Relive the glory days of British pop music with Petula Clarke's timeless hits like Downtown and Don't Sleep in the Subway, alongside classics from Gerry Marsden & the Pacemakers and The Shadows. Sing along to your favourites and enjoy a nostalgic musical journey, topped off with lunch.

\$20 Bus      \$20 Ticket



— OR —

Tuesday 8 April

## Enzo's Cucino Camden & Eagles/Fleetwood Mac Tribute Show Camden

Something new. Savour an incredible tribute show to two legendary bands, Eagles and Fleetwood Mac, while enjoying a delicious meal at Enzo's Cucina Camden.

\$20 Bus      \$65 Lunch Package  
Prepay by Fri 28/3/25





# Social Outings

**Wednesday 9 April**

## Waverton Coal Loader

Explore the transformation of this former coal loading facility into stunning parklands with panoramic harbour views. Visit the Living Classroom to discover sustainable technology, explore the old coal loading tunnels, and enjoy the eco-friendly Wetlands.

**\$20 Bus**



**Thursday 10 April (Also on Tues 29/4/25)**

## Fagan Park Drive, Galston 1

Discover the beauty of Fagan Park, a true gem in Hornsby Shire, featuring diverse garden displays from Japanese to Dutch, Mediterranean to Chinese. Take a relaxing bushwalk or explore sustainable practices in the eco-garden, or just watch from the bus.

**\$20 Bus**



**Friday 11 April (Also on Wed 30/4/25)**

## La Perouse Museum 1

Housed in the original Cable Station, this museum holds the fascinating story of Comte de Laperouse's 1787 expedition, which ended in mystery when his ship disappeared after leaving Botany Bay. Explore exhibits on local history, Aboriginal artefacts, and the region's rich past, while enjoying morning tea and lunch.

**\$20 Bus**



**Monday 14 April**

## Royal Easter Show: Seniors Day, Sydney Showground

Celebrate the achievements of rural workers at this iconic event. Enjoy fabulous displays, shop at the Country Women's Association stand, visit the livestock pavilion, and try your luck in the show bags pavilion. **Must have mobile phone.**

**\$25 Entry**

**\$20 Bus**

Buy your ticket online or at the gate



# Social Outings

**Tuesday 15 April**

## **International Martin Place: The Wine Bar**

Discover a relaxed city gem that offers a refined wine and food experience. The menu features small plates inspired by global flavours, from pasta and pizzettes to satisfying mains, perfect for any palate. Yes, the prices will be Sydney CBD prices!

**\$20 Bus**



**Wednesday 16 April**

## **Christ Church St Laurence, Haymarket**

Nestled at the heart of the city, this historic church, built in 1845, boasts stunning stained glass windows, vaulted ceilings, and peaceful tranquillity amid the city's hustle and bustle. A perfect escape into history and serenity. We will enjoy a service on the day.

**\$20 Bus**



**Thursday 17 April**

## **Jugalug String Band, Padstow Heights**

The Jugalug String Band plays music popular between late 19<sup>th</sup> Century and WW2 and has guitars, banjos, violins and bases, sometimes kazoo, harmonica, washboards and a blown jug. A ton of fun! Lunch at the restaurant.

**\$20 Bus**

**\$10 Entry**



— OR —

**Thursday 17 April**

## **Simply Lunch: Karimbla Restaurant**

Just down the road at Miranda, this little gem of a restaurant offers healthy meals made with love at a fantastic price. With a new set menu every week, you can choose from three delicious mains and three desserts. Tea and coffee included. Limited spots.

**\$20 Bus**





# Social Outings

**Tuesday 22 April**

## **The Australiana Pioneer Village, Wilberforce**

Step back in time and experience life as it was 100 years ago. From home-grown vegetables and hand-washed clothes to blacksmithing and horse-drawn transport, this living history village brings the past to life in a unique and hands-on way.

**\$25 Bus**

**\$5 Entry**



**Wednesday 23 April**

## **Annie: Capitol Theatre, Haymarket**

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!

**\$20 Bus**

**\$83 Ticket**

**Prepay immediately**



**Thursday 24 April**

## **Kokoda Track Memorial Walkway, Concord West**

With Anzac Day just around the corner, join us for a moving 800-metre walk along the Kokoda Track Memorial Walkway, commemorating the courageous soldiers who fought for our freedom. The 22 stations along the walk tell the story of this heroic journey.

**\$20 Bus**

**\$5 Tour**



**Monday 28 April**

## **Simply Lunch: The Grounds Alexandria**

Discover The Grounds of Alexandria, an urban oasis with lush greenery, whimsical décor, and photo-worthy charm. Explore the bakery, coffee roastery, florist, and market, plus ever-changing themed installations. Meet Kevin Bacon, the resident pig, and soak in the enchanting atmosphere of this must-visit Sydney destination.

**\$20 Bus**



# Social Outings

**Tuesday 29 April** (Also on Thur 10/4/25)

## Fagan Park Drive, Galston 2

Discover the beauty of Fagan Park, a true gem in Hornsby Shire, featuring diverse garden displays from Japanese to Dutch, Mediterranean to Chinese. Take a relaxing bushwalk or explore sustainable practices in the eco-garden. Or just watch from the bus!

**\$20 Bus**



— OR —

**Wednesday 30 April** (Also on Fri 11/4/25)

## La Perouse Museum 2

Join us for a second visit to the La Perouse Museum, exploring the legacy of Comte de Laperouse and the mystery surrounding his final voyage. Enjoy exhibits of local history, Aboriginal artefacts, and a deeper dive into the region's fascinating past, complete with morning tea and lunch.

**\$20 Bus**



### Social Outing Key



Stairs involved



Wheelchair friendly



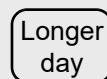
No walker access



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.*



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

<b>WEDNESDAY</b>	South Hurstville RSL	Drop-off 9.45 am
<b>THURSDAY</b>	St George Leagues Club	Drop-off 10.15 am
<b>FRIDAY</b>	Bexley RSL	Drop-off 10.45 am
<b>FRIDAY</b>	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.**






*Simply*  
**South Coast**

TUESDAY 15 - THURSDAY 17  
APRIL 2025

• **3 DAY 2 NIGHT TRIP**

- ✓ Accommodation at the Pleasant Way River Lodge
- ✓ Discover the lush beauty of Minnamurra Rainforest, home to stunning waterfalls and diverse wildlife
- ✓ Take in breathtaking panoramic views from Saddleback Mountain Lookout, stretching from the coastline to the escarpment
- ✓ Stop off at at the "old school" Jamberoo Pub
- ✓ Explore the pristine white sands and crystal-clear waters of Jervis Bay, a paradise for beach lovers and wildlife enthusiasts



 9585 3000

*Marvellous*  
**Mudgee**

TUESDAY 27 - THURSDAY 29  
MAY 2025

• **3 DAY 2 NIGHT TRIP**

- ✓ Accommodation at the Cudgegong Valley Motel

*By popular demand we are returning to Mudgee in May!!!*

# Batemans Bay

Feb 2025

# Recap



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

