



Better Support. Stronger Connections.

From the CEO:

Healthy Beginnings. Hopeful Futures.

“Hope is being able to see that there is light despite all of the darkness.” - Desmond Tutu

April carries a quiet depth.

Easter reminds us of renewal. ANZAC Day asks us to pause in remembrance and gratitude. And World Health Day highlights this year’s theme, Healthy Beginnings, Hopeful Futures - a global call to strengthen care, prevent avoidable harm and invest in systems that protect the most vulnerable.

Small preventative steps like this make a real difference to the health and wellbeing of our community.

Prevention is also about people.

In this edition you will read Eileen’s story. She is a regular on our Bingo Bus, and was shown great care by her driver Robin when something didn’t feel quite right. His decision to pause and check in made an enormous difference.

Moments like this reflect something deeper than quick thinking. They reflect culture.



April is also the time of year when we are reminded to take simple steps to protect our health. As we move into the cooler months, flu vaccinations become especially important. Influenza can be particularly serious for people aged 65 and over, which is why an annual vaccination is strongly recommended. The good news is that a free influenza vaccine is available for all adults in this age group, designed to provide a stronger immune response and better protection.

Last month our staff training refresh focused on a simple principle: “If it happens, we act – incident, near miss and complaint reporting.”

Training gives us knowledge. Culture turns knowledge into instinct.

It is instinct that prompts someone to pause rather than drive away. It is instinct that encourages a team to speak up, check in, and respond when something does not feel right.

April also turns our attention to ANZAC Day, a defining part of our national story. The red poppy, worn each year in April, symbolises remembrance and resilience. It grows in disturbed soil and reminds us that even in places marked by hardship, life continues.

ANZAC Day calls us to honour service, courage, mateship and responsibility. These are not only historical values - they are lived values. Mateship is looking out for one another. Courage is acting when something feels wrong. Service is showing up consistently for people who may otherwise stand alone. Responsibility is building systems that protect the vulnerable.

At St George Community, these values guide the way we work every day.

They are present when clients visit the NSW Fish Markets, stroll through Mount Ashby Estate, enjoy the Royal Easter Show on Seniors Day, attend the Sydney Opera House, or find a moment of stillness

at Nan Tien Temple. They are also present as friendships deepen on our Ulladulla and Mollymook overnight trip.

Connection itself is protective. Belonging is preventative care.

World Health Day reminds us that healthy beginnings shape hopeful futures. For us, that means strengthening safe systems, listening to our clients through the 2026 Client Pulse Survey, and continuing the everyday practices that keep our community safe, connected and supported.

Thank you for being part of a community that values prevention, care and the quiet power of simply showing up.

Together, we create healthy beginnings and hopeful futures.

Kindest regards
Natasha



We Value Your **FEEDBACK!**

As we plan for the year ahead, it's important we understand what's working well for you and where we can do better.

We invite you to take a few minutes to complete our short client survey. Your feedback helps us improve and shape our services for the future. Responses are confidential, and your voice truly matters.

Please scan the QR code to get started* - thank you!



**Paper copies of the survey are available on request, though we encourage you to complete it digitally where possible.*

Influenza (Flu) Vaccine

Important information for people aged 65+



Why the flu vaccine matters

Influenza (the flu) spreads easily each winter. While many people recover quickly, the flu can cause **serious illness and hospitalisation**, particularly for older adults.

Getting a **flu vaccine every year** is the best way to protect yourself and those around you.



Free Flu Vaccine for people aged 65+

The National Immunisation Program provides a flu vaccine specifically designed for older adults. It helps create a **stronger immune response and better protections**.



When should I get vaccinated?

Flu vaccines are usually available from **March or April**.

It's best to get vaccinated **before the peak season** from **June to September**, but it's never too late.



Is the vaccine safe?

The flu vaccine has been used safely for many years.

Common side effects may include:

- Sore arm
- Redness or swelling
- Feeling slightly unwell for a day or two

The vaccine **cannot give you the flu**.



Where can I get vaccinated?

You can book your flu vaccine at:

- **Your local GP**
- **Participating pharmacies**
- **Community health centres**
- **Local council clinics**

The vaccine is **free** for people aged 65+

Protect yourself this winter

Getting your flu vaccine each year helps protect **you, your family** and **your community**.

Talk to your doctor or pharmacist today.

A Thursday That Could Have Been Very Different

A WEEKLY ROUTINE

For the past five years, Thursday has meant one thing for Eileen. Bingo at St George Leagues Club. It is a routine she enjoys. The familiar faces on the bus, the regular table at the club and the chance to catch up with friends before the numbers start being called.

But one Thursday morning, that routine turned into something far more serious.



Eileen with SGC driver, Robin who picks her up every Thursday for bingo.

A FALL AT HOME

In the early hours of the morning Eileen had a fall in her bathroom. Unable to move and unable to reach the phone, she remained stuck on the floor for hours.

"I was banging on the wall hoping someone might hear me," Eileen said. *"I was stuck between the toilet and the cabinet and I couldn't move it."*

It was still early and her neighbour could not hear her calls for help.

"If it had happened any other day, I would probably still have been lying there," she said.

LUCKILY, IT WAS THURSDAY

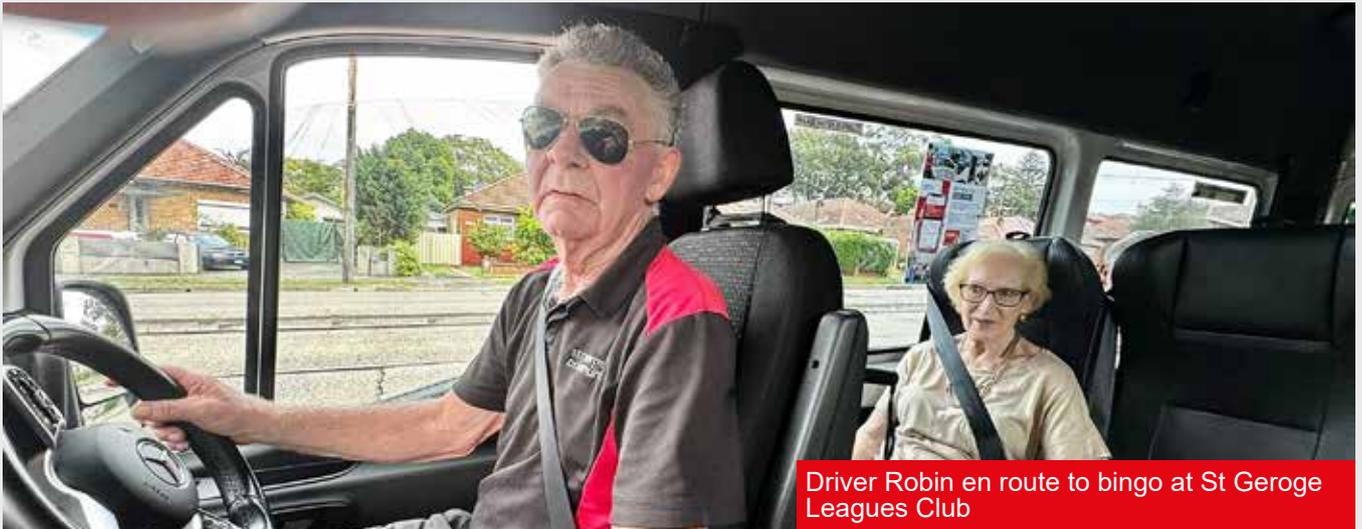
When St George Community driver Robin arrived for Eileen's regular pick-up and she did not come to the door, he knew something was not right. Eileen normally answers the phone quickly and is always ready waiting for the bus.

Instead of driving on, Robin knocked on the door and called out.



Eileen loves to get out and about with St George Community

“I heard someone calling my name,” Eileen said. ***“He said, ‘Where are you?’ and I said, ‘In the bathroom on the floor.’”***



Driver Robin en route to bingo at St George Leagues Club

HELP IS ON THE WAY

Robin immediately contacted the St George Community office and emergency services were called. While help was on the way, driver Heru and carer Martine attended Eileen’s home and remained outside, speaking with her through the window and reassuring her until emergency crews arrived.

Eileen had been on the floor for around five hours by the time help reached her. Fire and rescue crews were required to force entry so paramedics could access the house. She was taken to hospital where she remained for several days before making a full recovery.

A TEAM EFFORT

St George Community Fleet Manager Phill also followed up with Eileen while she was in hospital and again after she returned home to ensure she was recovering well.

Inside the office, the situation quickly became a coordinated team response. Dispatch team members Marija and Alan, together with CEO Natasha Stokes, assisted in managing the incident while ensuring Robin could continue his rounds and safely transport his other passengers.

Reflecting on the incident, Natasha said it was a moment that highlighted the care and teamwork behind the service.

“It was truly remarkable to see everyone spring into action,” she said. ***“I loved that another vehicle’s team stepped in to help so Robin’s passengers could still get where they needed to go. It was a very proud moment for my team.”***

BACK TO BINGO

Eileen, who lives alone and has no family nearby, was deeply grateful for the support she received.

“It happened on the right day,” she said.

And in true Eileen fashion, she was back at bingo the following week. She even won!

If you are over 65, or have a friend or loved one who could benefit from safe, reliable transport, St George Community would love to help. To find out more or make a booking, call 9585 3000 or visit stgct.org.au.

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



2 HOURS SHOPPING TIME ALLOCATED

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

April Shopping Bus

	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 • Banksia • Bardwell Park • Bardwell Valley • Bexley • Bexley North • Carlton • Hurstville • Turrella 	<ul style="list-style-type: none"> • Beverly Park • Brighton-Le-Sands • Carss Park • Kogarah • Monterey • Ramsgate • Rockdale • Sandringham • Sans Souci
Roselands Shopping Centre	FRI 10, 24 MON 13 <i>Pickups from 10:00 am</i>	FRI 10, 24 MON 13 <i>Pickups from 8:30 am</i>	MON 13 <i>Pickups from 10:00 am</i>	MON 13 <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 20 <i>Pickups from 10:00 am</i>	MON 20 <i>Pickups from 10:00 am</i>	MON 20 FRI 17 <i>Pickups from 8:30 am</i>	MON 20 FRI 17 <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 7, 21 WED 1, 15, 29 <i>Pickups from 10:00 am</i>	TUE 7, 21 WED 1, 15, 29 <i>Pickups from 10:00 am</i>	TUE 14, 28 WED 8, 22 <i>Pickups from 10:00 am</i>	TUE 14, 28 WED 8, 22 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>

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

\$10
TRANSPORT

Transport costs will be calculated individually for non-funded clients

BActive

Live Longer. Live Stronger

HOW TO BOOK:

- 1 Contact instructors directly to book in your class
- 2 Call reception on 9585 3000 to arrange your \$10 transport with us



STEADY STABLE & ABLE

Tuesday 9.30am to 10.30am - Bexley Congregational Church

Wednesday 11.30am to 12.30pm - Oatley Uniting Church Hall

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

School terms only.



Kate
0421 902 520
katedemayo@gmail.com



ZUMBA GOLD

Tuesday 12.00pm to 1.00pm - Oatley Uniting Church Hall

Wednesday 10.15am to 11.15am - Oatley Uniting Church Hall

\$10 per Class



Kate
0421 902 520
katedemayo@gmail.com



SEATED & STRONG

Tuesday 10.30am to 11.30am - Bexley Congregational Church

School terms only. \$10 per Class



Kate
0421 902 520
katedemayo@gmail.com



AQUA AEROBICS

Tuesday 10.30am (limited places) - IRT Peakhurst

\$15 per class or 10-class pass for \$130



Cassie
0435 079 680
cmaquafit@gmail.com



SENIORS DANCE FITNESS CLASS

Tuesday 12.00pm to 1.00pm - St George Maso's Club

*\$8 per class *first class is free*



Tracie
0419 999 650
tracie@dancefitsydney.com.au



ACTIVE AGEING FITNESS GROUP

Monday 10.00am to 10.45am - PJ Ferry Reserve Community Hall

Tuesday 10.00am to 10.45am - PJ Ferry Reserve Community Hall, Allawah

\$10 per class 10-week term (Seniors rates available)



Coralie
0415 065 800
coralie@fitnessnow.com.au



TAI CHI QIGONG GROUP

Monday 10.50am to 11.30am - PJ Ferry Reserve Community Hall

Tuesday 10.50am to 11.30am - PJ Ferry Reserve Community Hall, Allawah

\$15 per class or join 10-week term for \$100



Coralie
0415 065 800
coralie@fitnessnow.com.au



SGC Social Outings



Booking Options

- **Online:** Visit stgct.org.au, click 'BOOK A SERVICE', select 'Social Outings', and submit your details.
- **Phone:** Call 9585 3000 and press '2' for Social Outings.
- **Email:** Send your booking to harvey@stgct.org.au and await a response.

Payments

- **Bus fares:** Pay on the day via cash, EFTPOS, or monthly invoice.
- **Event fees:** Pay on the day unless prepayment is requested (via phone with VISA/Mastercard or EFT: St George Community Transport BSB 062 206 and A/C 1038 4093).
- **Food & Drink:** Bring money for meals.

Cancellations

- Call 9585 3000 by 10am the day before to cancel your booking. You can leave a message outside office hours.

Social Outings Reminder Calls

You'll get two automated calls:

- 1st call: Courtesy reminder 2 days before, around 10:30am.
 - 2nd call: Your pickup time the day before, around 4:00pm.
- You can follow the prompts at the end of the message to confirm or cancel. For questions, call 9585 3000.

Social Outing Key



Stairs involved



Wheelchair friendly



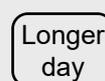
No walker access



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.

April Social Outings Calendar

Wednesday 1 April

Lunchbreak Concert: Collaborative Piano Division, Sydney Conservatorium of Music

Enjoy a delightful lunchtime performance by the Collaborative Piano Division at the Conservatorium of Music. Experience exceptional musicianship in an intimate concert setting, right in the heart of the city. A perfect midweek outing combining culture, talent and great company.

\$20 Bus

Free concert



Thursday 2 April

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

Local favourites or Swiss classics? The choice is yours! Grab your Easter treats from Lindt at Marsden Park or Darrell Lea at Ingleburn (but not both). Stock up on sweet gifts - or a little something for yourself - and don't forget an esky so your choccies don't melt!

\$20 Bus



Tuesday 7 April (Also on Thur 16/4)

New Fish Markets 1, Glebe

Be among the first to visit the newly renovated Sydney Fish Markets! Explore the stunning new waterfront precinct, browse the fresh seafood stalls and enjoy a delicious lunch overlooking Blackwattle Bay. A great outing to one of Sydney's most iconic destinations.

\$20 Bus



Wednesday 8 April

Retford Park, Bowral

Discover the elegance of Retford Park, a grand Italianate residence built in 1887 by Samuel Hordern on land first granted by Governor Macquarie in 1821. Explore the beautifully preserved interiors and tranquil gardens - a peaceful and historically rich day out. (Please note: second floor is accessible by stairs only)

\$25 Bus

\$25 Tour



Social Outings

Thursday 9 April

Robbie Mann Piano & Riverhigh Restaurant

Enjoy a wonderful afternoon of live piano with Robbie Mann, followed by a relaxed meal at Riverhigh Restaurant. Beautiful music, delicious food and great company combine for a stylish and enjoyable outing, the perfect blend of entertainment and dining.

\$20 Bus

\$10 Pay on arrival

— OR —



Thursday 9 April

Royal Easter Show Seniors Day

Enjoy a fantastic day out filled with animal displays, showbags, exhibitions, live entertainment and all your favourite Show traditions. Seniors Day is a great opportunity to experience the excitement at a relaxed pace with friends. **Please order your own tickets online, or call the office with your credit card details and we can assist with your booking. Must have your Mobile with you.**

\$20 Bus

\$25 Buy your own ticket



Friday 10 April

Ron Mueck: Encounter (Art Gallery of NSW)

Discover the extraordinary sculptures of Melbourne-born artist Ron Mueck, renowned for his strikingly realistic figures. Scaled from monumental to minute, his works explore human experience, from birth and death to connection and solitude. A powerful and thought-provoking exhibition not to be missed.

\$20 Bus

\$32 Ticket

— OR —



Friday 10 April (Also on Tue 14/4)

Surry Hills Tour (include Riley St) & Lunch 1

Enjoy a guided drive through historic Surry Hills, including Riley Street. Hear stories of the area's past, see what's changed and spot familiar landmarks. Want to revisit somewhere from your past? Just ask the driver! Morning tea and lunch in or near Surry Hills.

\$20 Bus



Social Outings

Monday 13 April

Movie: Notorious (1946), Randwick Ritz

Join us for this gripping post-WWII thriller starring Cary Grant and Ingrid Bergman. Espionage, romance and rising tension unfold as a U.S. agent recruits a woman to spy on a Nazi hiding in Brazil. Enjoy it all at the beautifully restored Randwick Ritz - a classic Art Deco cinema and one of Sydney's coolest movie venues.

\$20 Bus

\$19 Tickets



Tuesday 14 April (Also on Fri 10/4)

Surry Hills Tour (include Riley St) & Lunch 2

We are heading back to Surry Hills for another explore. Enjoy a scenic drive through this historic neighbourhood, spot familiar streets and landmarks, and hear stories of how the area has changed. Morning tea and lunch in or nearby Surry Hills..

\$20 Bus



Wednesday 15 April

Sydney Opera House: The River (Play)

See global star Miranda Otto return to the Sydney Theatre Company stage in this gripping new play. Set by the water on a moonless night, the story unfolds with mystery, longing and unexpected twists. Book early, tickets are selling fast and we'll secure yours when you book. 🇺🇸 1pm show. Approx 80mins no interval.

Call us to prepay on booking

\$20 Bus

\$95 Pensioner/\$125 Seniors Card



Thursday 16 April (Also on Tue 7/4)

New Fish Markets 2, Glebe

Join us for another visit to the newly renovated Sydney Fish Market. Wander through the vibrant seafood stalls, take in the views over Blackwattle Bay and enjoy a relaxed lunch by the water. Don't forget your esky if you're planning to bring home some fresh finds!

\$20 Bus



All clients are welcome to join



Social Outings

Friday 17 April

Dollar World, Warwick Farm

Bargain hunters, this one's for you! Shopping as cheap as you can get it, with packed shelves and narrow aisles full of surprises. From everyday essentials to quirky finds, there's plenty to browse. And yes - we'll stop for coffee and lunch along the way.

\$20 Bus



Monday 20 April

Birkenhead Head Point Shopping

Let's head to Sydney's largest brand outlet and hunt for some bargains, all set on beautiful Sydney Harbour. With over 120 stores including Orotan, Peter Alexander, Sass & Bide, Polo Ralph Lauren and Calvin Klein, there's plenty to browse. Happy bargain hunting!

\$20 Bus



Tuesday 21 April

UTURN Outlet, Punchbowl & Club Rivers

Don't get lost in this huge second hand clothing and bits and pieces warehouse. And lunch of course. Short affordable day!

\$20 Bus



Wednesday 22 April

Simply Lunch: Olds Park Bowling Club

Join us for a relaxed and friendly lunch at Olds Park Bowling Club and experience the **new bistro**. Enjoy classic club-style meals, great value, and plenty of good conversation in a comfortable, welcoming setting, a simple and enjoyable outing close to home.

\$20 Bus



— OR —

Social Outings

— OR —

Wednesday 22 April (Also on Tue 28/4)

Nan Tien Temple: Tour and Lunch, Berkley

This trip comes with tour and traditional vegetarian Temple lunch for the full Tibetan experience - fried noodles with 3 dishes. Limited spots. The 2nd trip (Tues 28 April) is a tour only. Approx 2.5hrs in total.

\$25 Bus

\$24 Tour & lunch



Thursday 23 April

\$12 Lunch and Bingo Kurnell Sports and Recreation Club

What a deal! Enjoy lunch and a game of bingo for just \$12. Add in great company and a relaxed club atmosphere, and you've got a fun, easy day out that's light on the wallet but big on enjoyment.

\$20 Bus

\$12 Bingo & lunch



Friday 24 April

Brookfield House: High Tea, Camden

Enjoy an elegant High Tea at the charming Brookfield House in Camden. Indulge in delicate sweets, savoury treats and freshly brewed tea in beautiful heritage surroundings. A relaxed and refined afternoon of conversation, indulgence and old-world charm. **Options: \$22 Devonshire, \$43 Light, \$58 Enchanted, \$64 Vintage (No sweets)**

\$20 Bus

Call to prepay for your option



Tuesday 28 April (Also on Wed 22/4)

Nan Tien Temple Tour Only, Berkley

Join us for a guided tour of the magnificent Nan Tien Temple. A knowledgeable guide will take us through the temple grounds and share the history and traditions behind this remarkable Buddhist site. The tour runs for around 90 minutes, with lunch at a club on the way home.

\$25 Bus

\$8 Tour



Social Outings

Wednesday 29 April

Flower Power Mascot & Lunch Maroubra Seals

Browse the colourful displays and garden inspiration at Flower Power Mascot, a favourite destination for plants, gifts and homewares. After our visit, we'll head to Maroubra Seals for a relaxed lunch and good company. A lovely outing for garden lovers and shoppers alike.

\$20 Bus



Thursday 30 April

Hungry Point Cliff Top Walk

Another chance to enjoy the new coastal walkway at Port Hacking and Hungry Point. The path is flat and fenced, making it an easy and scenic stroll with beautiful water views. Prefer not to walk? You're welcome to relax with the bus. Coffee and lunch included.

\$20 Bus



Please contact the club directly for holiday closing & opening dates.

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.

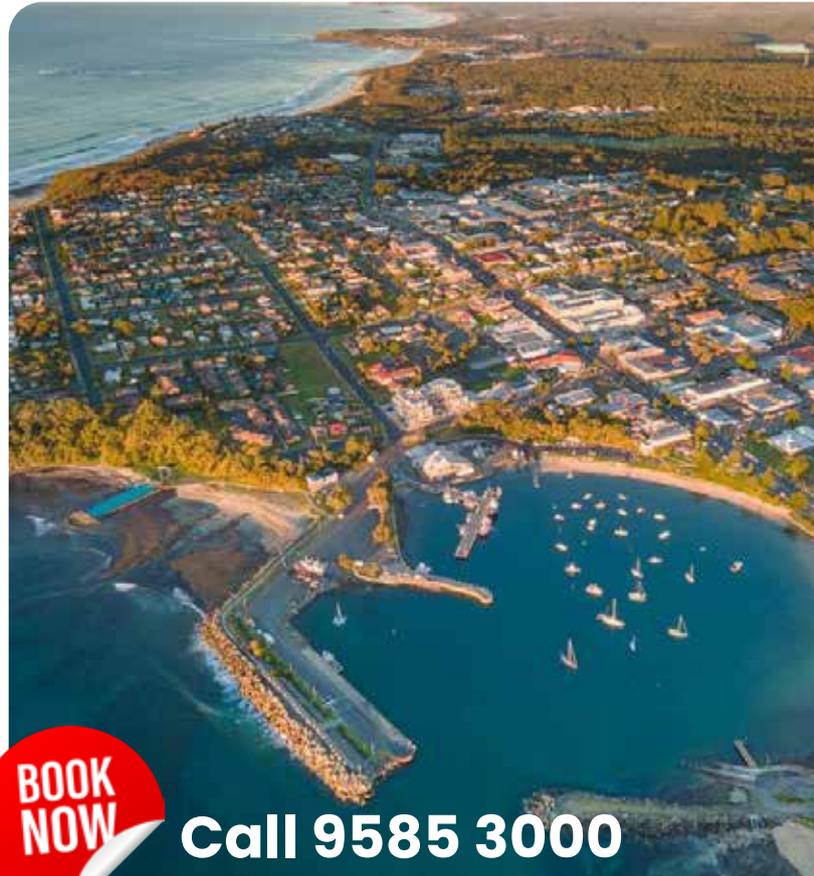
**Transport: \$10 or \$15(couple) Return.
Call the office on 9585 3000 to book.**



Coastal
Ulladulla / Mollymook
3 DAYS 2 NIGHTS TRIP

CHOOSE FROM TWO DATES:
TUESDAY 21 - THURSDAY 23 APRIL 2026
OR
TUESDAY 28 - THURSDAY 30 APRIL 2026

- ✓ Fresh sea air and relaxed coastal charm await on our visit to Ulladulla and Mollymook. Ulladulla's picturesque fishing harbour is the heart of the town, where colourful boats bring in the day's catch and the pace of life slows to match the rhythm of the coast.
- ✓ Mollymook offers beautiful beaches and welcoming cafés and restaurants where the fresh seafood and local produce shine. With scenic coastal views and delicious meals along the way, this South Coast getaway is a refreshing change of pace.



Call 9585 3000

Charming & Cosy
Southern Highlands
3 DAYS 2 NIGHTS TRIP

CHOOSE FROM TWO DATES:
TUESDAY 19 - THURSDAY 21 MAY 2026
OR
TUESDAY 26 - THURSDAY 28 MAY 2026

Winter Coastal
Newcastle & Lake Macquarie
4 DAYS 3 NIGHTS TRIP

CHOOSE FROM TWO DATES:
TUESDAY 16 - FRIDAY 19 JUNE 2026
OR
TUESDAY 23 - FRIDAY 26 JUNE 2026

Discover
Cowra & Surrounds
3 DAYS 2 NIGHTS TRIP

CHOOSE FROM TWO DATES:
TUESDAY 21 - THURSDAY 23 JULY 2026
OR
TUESDAY 28 - THURSDAY 30 JULY 2026

Batemans Bay Overnight Trip 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
Connect with us

