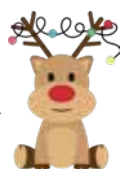


MONTHLY



st george
community.

December 2025
& January 2026

NEWSLETTER



e: AskUs@stgct.org.au p: 9585 3000

Better Support. Stronger Connections.

From the CEO:

Looking Back with Pride, Moving Forward with Purpose

Dear Friends,

As we wrap up another remarkable year, I want to take a moment to thank each of you - our clients, volunteers, and community partners - for your continued support, kindness, and connection throughout 2025. It's been a year filled with laughter, shared journeys, and stories that remind us why St George Community exists: to bring people together, safely and with heart.

Understanding the Aged Care Reforms – What It Means for You

The **Aged Care Reforms** are part of Australia's biggest change to aged care in decades. They're designed to make the system fairer, simpler, and centred on your rights and wellbeing.

For you as a client, here's what's new:

- **A Statement of Rights** - setting out what you can expect from us in terms of respect, safety, and choice.
- **Service Agreements** - All new CHSP clients need to have a Service Agreement that embodies



This year was also a defining one for our organisation. Like every community transport organisation, we were formally recognised under the new Aged Care Act, ensuring we can continue to deliver services confidently and seamlessly as the aged care system evolves.

the new Act requirements in place prior to service delivery. These will be reviewed annually. Existing clients will receive a call during the coming year to review their services and receive a Service Agreement.

- **More Flexibility** - you'll have greater say in how and when services are delivered.

Behind the scenes, our team has updated systems, policies, and training to align with the new **Aged Care Act**, ensuring St George Community remains a trusted, high-quality provider of care and connection for years to come.

In 2025, we also introduced new safety and wellbeing measures, from refreshed driver and passenger protocols to ongoing staff education, all aimed at keeping our services welcoming, reliable, and safe for every person who travels with us.

Our contribution was even recognised in the **NSW Parliament**, where Premier Chris Minns commended St George Community for over 40 years of outstanding service. It's a moment of pride for our entire team, but especially for those who've been part of this journey from the very beginning.

And, of course, we've kept the fun going! Whether it's creative mystery trips, cultural escapes, or scenic getaways, our social program continues to grow thanks to your feedback and enthusiasm. In 2026, we'll be expanding this even further, with more overnight adventures, more comfort, and even more opportunities to connect with friends old and new.

Our final outing for 2025 will be to **Christ Church St Laurence, Haymarket on Thursday, 17 December**, before we take a short break over the festive season.

As the year draws to a close, I've taken time to reflect, not just on what we've achieved as an organisation, but on what matters most personally. I'm so grateful for the small moments I've been

able to share with our team and clients along the way - the morning greetings, the shared smiles, the stories told between destinations. These are the moments that fill me with pride and remind me why our work is so important.

I'm also looking forward to spending some precious time with my own family over the holidays, taking stock, sharing meals, and being present in ways that are sometimes hard to find in the pace of everyday life. Like many of you, I'm mindful of both the **moments we've been given and the moments we've lost**, and I hold close the memories that carry us forward.

The holiday season is a time of joy for many, but we know it can also be a lonely or challenging time for some. If you or someone you know needs support, please remember that help is available:

- **Lifeline** – 13 11 14
- **Beyond Blue** – 1300 22 4636
- **Aged Care Information Line** – 1800 200 422

For many local seniors, St George Community is not just about transport, it's about friendship, independence, and belonging. Thank you for being part of our story.

On behalf of the entire team, I wish you a safe, peaceful, and happy festive season. We can't wait to share more journeys and memories with you in 2026.

Kindest regards
Natasha Stokes
Chief Executive Officer



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.

Holiday Closing & Opening Times 2025 / 2026



OFFICE

Closed - Public Holidays Only

Thurs 25 / Fri 26 Dec & Thurs 1 Jan



INDIVIDUAL TRANSPORT

Closed - Public Holidays Only

Thurs 25 / Fri 26 Dec & Thurs 1 Jan



NDIS 1:1

No change - regular service continues



SOCIAL OUTINGS

Last Day 2025
Wed 17 Dec

First Day 2026
Wed 14 Jan



SUNSHINE GROUP

Last Day 2025
Thurs 18 Dec

First Day 2026
Thurs 15 Jan



BActive - AQUA AEROBICS

Last Day 2025
Tues 23 Dec

First Day 2026
Tues 6 Jan



BActive - ZUMBA GOLD

Last Day 2025
Wed 17 Dec

First Day 2026
Tues 27 Jan



BActive - SEATED & STRONG & STEADY, STABLE & ABLE

Last Day 2025
Wed 17 Dec

First Day 2026
Tues 27 Jan



BActive - ACTIVE AGEING FITNESS & TAI CHI QIGONG

Last Day 2025
Tues 16 Dec

First Day 2026
Mon 2 Feb

Contact Coralie for new times: 0415 065 800



BActive - SENIORS DANCE FITNESS

Last Day 2025
Tues 16 Dec

First Day 2026
TBC

Contact Tracie: 0419 999 650

st george
community.

St George Community is MORE than transport!

We offer NDIS supports to help you, or your loved one maintain independence and stay connected within the community.



- Community Access
- Social Outings



- 1:1 Support
- Personal Assistance



- In-Home Assistance
- Out-of-Home Support



Call Us
9585 3000



Visit Our Website
www.stgct.org.au



Mystery Outing Makes a Splash at URBNSURF

Our mystery outing this month had everyone guessing - and what a surprise it turned out to be!

When our bus rolled into URBNSURF Sydney, there were smiles all round. Located in the heart of Olympic Park, URBNSURF is a state-of-the-art surf park featuring Australia's first world-class wave pool. While our group didn't take to the water, they were fascinated watching the powerful waves roll through and seeing surfers of all levels catching perfect barrels.

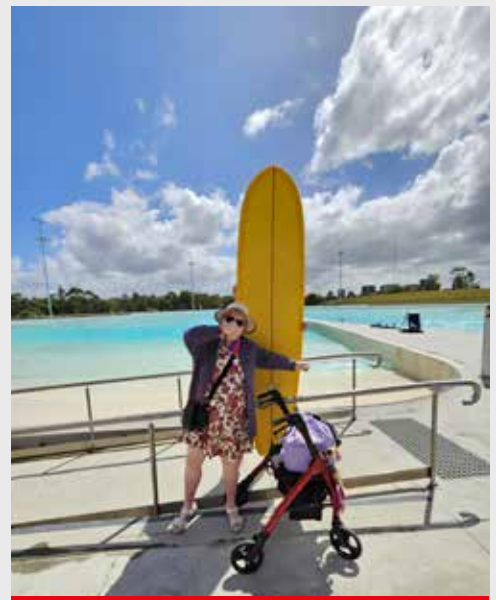
The biggest surprise of all? Spotting Hollywood superstar Chris Hemsworth - Thor himself! He's a regular at URBNSURF, and our clients were thrilled to see him in action.



Hollywood superstar Chris Hemsworth (centre, back) with St George Community clients, carers and drivers at URBNSURF

"It might seem unusual to take a group of seniors to a surf park, but why not?" said Brad McGrath, Service Delivery Officer – Social Outings at St George Community. "Our clients come to us for connection, conversation, and community. Visiting a place that sparks curiosity and showcases innovation they never imagined in their lifetime is exactly what these outings are all about."

Brad, who first joined St George Community as a driver in 2016, said accessibility always comes first when planning trips. ***"We look at parking, drop-off points, bathrooms, and whether clients can enjoy a cuppa. Once safety and comfort are ticked off, we add the secret sauce - variety and fun."***



Sharon Martin, SGC Client at URBNSURF

Regular client Robyn Garland summed it up perfectly: ***“It was such a lovely surprise - a wonderful day out! Seeing somewhere so modern and exciting was amazing, and spotting Chris Hemsworth was the icing on the cake!”***

Every St George Community outing is designed to bring people together - to share good company, discover new places, and enjoy a sense of adventure. Whether it's a scenic drive, a high tea, or an unexpected destination like URBNSURF, it's all part of keeping life active, social and full of surprises.



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



2 HOURS SHOPPING TIME ALLOCATED

Max 4 bags per person. Max 16kg in total

December / January Shopping Bus

	Green Area	Yellow Area	Blue Area	Pink Area
Which area are you in?	- Beverly Hills - Kingsgrove - Lugarno - Mortdale - Narwee - Padstow Heights - Peakhurst - Riverwood	- Blakehurst - Connells Point - Hurstville Grove - Kyle Bay - Oatley - Penshurst - South Hurstville	- Allawah - Arncliffe - Banksia - Bardwell Park - Bardwell Valley - Bexley - Bexley North - Carlton - Hurstville - Turrella	- Brighton-Le-Sands - Carss Park - Kogarah - Monterey - Ramsgate - Rockdale - Sandringham - Sans Souci
Roselands Shopping Centre	FRI 5, 19 DEC MON 8, 22 DEC FRI 16, 30 JAN MON 19 JAN <i>Pickups from 10:00 am</i>	FRI 5, 19 DEC MON 8, 22 DEC FRI 16, 30 JAN MON 19 JAN <i>Pickups from 8:30 am</i>	MON 8, 22 DEC MON 19 JAN <i>Pickups from 10:00 am</i>	MON 8, 22 DEC MON 19 JAN <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 1, 15 DEC MON 12 JAN <i>Pickups from 10:00 am</i>	MON 1, 15 DEC MON 12 JAN <i>Pickups from 10:00 am</i>	MON 1, 15 DEC FRI 12 DEC MON 12 JAN FRI 23 JAN <i>Pickups from 8:30 am</i>	MON 1, 15 DEC FRI 12 DEC MON 12 JAN FRI 23 JAN <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 2, 16 DEC WED 10, 24 DEC TUE 13, 27 JAN WED 21 JAN <i>Pickups from 10:00 am</i>	TUE 2, 16 DEC WED 10, 24 DEC TUE 13, 27 JAN WED 21 JAN <i>Pickups from 10:00 am</i>	TUE 9, 23 DEC WED 3, 17 DEC TUE 20 JAN WED 14, 28 JAN <i>Pickups from 10:00 am</i>	TUE 9, 23 DEC WED 3, 17 DEC TUE 20 JAN WED 14, 28 JAN <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 4, 11, 18 DEC THUR 15, 22, 29 JAN <i>Pickups from 10:00 am</i>	THUR 4, 11, 18 DEC THUR 15, 22, 29 JAN <i>Pickups from 10:00 am</i>	THUR 4, 11, 18 DEC THUR 15, 22, 29 JAN <i>Pickups from 10:00 am</i>	THUR 4, 11, 18 DEC THUR 15, 22, 29 JAN <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

*\$7 per class *first class is free*



Tracie
0419 999 650
tracie@dancefitsydney.com.au



ACTIVE AGEING FITNESS GROUP

Monday 9.30am to 10.15am - Oatley Community Hall

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

\$10 per class 10-week term



Coralie
0415 065 800
coralie@fitnessnow.com.au



TAI CHI QIGONG GROUP

Monday 10.20am to 11.00am - Oatley 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



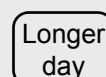
No walker access



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.

December Social Outings Calendar

Monday 1 December

Christmas Shopping: Bunnings Kirrawee & Parraweena Wholesale Nuts & Confectionery

Get your Christmas shopping sorted! We'll stop at Bunnings Kirrawee for festive plants and gifts, then visit Parraweena Wholesale Nuts & Confectionery - perfect for stocking up on sweet treats and edible gifts. A fun and practical outing before the festive rush!

\$20 Bus



Tuesday 2 December

Palm Beach Drive 1 (Also on Thur 11/12/25)

Take a scenic drive along Sydney's stunning Northern Beaches to beautiful Palm Beach - the iconic 'Palmy'. Enjoy a coffee stop en route, then a relaxing lunch. A perfect day of coastal views and laid-back charm at one of Sydney's most picturesque spots.

\$25 Bus



Wednesday 3 December

Westfields Eastgardens

Pull out your Christmas lists and join us for a shopping day at Westfield Eastgardens. From gifts to gadgets, you'll find it all under one roof. Call Brad to see what's on his Santa list! 🎅

\$20 Bus



Thursday 4 December

Fitzroy Inn Historic Guest House, Mittagong

Step back in time with a visit to the elegant Fitzroy Inn in Mittagong - a beautifully restored 19th-century guest house surrounded by peaceful gardens. Enjoy a leisurely lunch and soak up the charm and history of the Southern Highlands. A truly special day out!

\$25 Bus

\$10 Self Guided Tour



Social Outings

Friday 5 December

Simply Lunch: Newly Renovated The Willarong, Caringbah

Join us for a relaxed afternoon at the newly renovated Willarong Bowling Club in Caringbah. Enjoy delicious lunch specials, great company and a welcoming atmosphere - the perfect spot to unwind and catch up with friends.

\$20 Bus



Monday 8 December

Client Christmas Party: Graphic Arts Club Mascot 🎉

It's the party of the year you've all been waiting for! Celebrate the festive season with friends, food, fun and plenty of cheer. A joyful afternoon to wrap up the year in true St George Community style! Mains: Turkey or Lamb. Dessert: Pudding or Cheesecake (alternate menu)

\$20 Bus \$50 Lunch Prepay Immediately



Tuesday 9 December (Also on Wed 10/12 & Mon 15/12)

Christmas Lights Drive 1

It's that magical time of year again! Enjoy dinner first, then a festive drive around the local area to see the best Christmas light displays. It's always a fun, feel-good night. Let Brad know if you've spotted any must-see houses or streets to include! ✨

\$20 Bus



Wednesday 10 December (Also on Tue 9/12 & Mon 15/12)

Christmas Lights Drive 2

Missed the first one or just can't get enough of the festive magic? Join us for another fun-filled night exploring the best local Christmas light displays after dinner. Sit back, relax, and soak up the sparkle - it's guaranteed to get you in the Christmas spirit! ✨

\$20 Bus



Social Outings

Thursday 11 December (Also on Tue 2/12/25)

Palm Beach Drive 2

We're heading back to beautiful Palm Beach! Enjoy a leisurely drive along Sydney's northern beaches, with a coffee stop along the way. 'Palmy' is a haven for artists and a stunning peninsula. Lunch will be lovely, and the views spectacular!

\$25 Bus



Friday 12 December

Movie: Ben Hur (1959): Randwick Ritz

Step back in time at the beautifully restored Randwick Ritz - an iconic Art Deco cinema - to watch the timeless classic Ben-Hur. Experience epic storytelling and old Hollywood grandeur on the big screen. A perfect outing for movie lovers and nostalgia seekers alike!

\$20 Bus

\$18.50 Ticket



Monday 15 December (Also on Tue 9/12 & Wed 10/12)

Christmas Lights Drive 3

Join us for a third magical Christmas Lights Drive. After dinner, we'll tour the best local displays - sparkling homes, festive streets, and plenty of Christmas cheer. It's a joyful way to celebrate the season with friends old and new! ✨

\$20 Bus



Tuesday 16 December

Dangerously Modern: Australian Women Artists in Europe 1890–1940, Sydney

Featuring celebrated and rediscovered Australian women artists, this exhibition at the **Art Gallery of New South Wales** showcases more than 200 works spanning realism, impressionism, post-impressionism, cubism and abstraction. Come for the exhibit - or stay to explore the gallery's permanent collection.

\$20 Bus

\$32 Entry



— OR —



Social Outings

— OR —

Tuesday 16 December

St Mary's Cathedral Christmas Concert

It's that time of year again! Join the Cathedral Choir and Sinfonia Australis as they celebrate the birth of our Lord through uplifting music. Featuring international operatic tenor Diego Torre, Carols at the Cathedral is a truly special Christmas experience not to be missed!

\$25 Concert

\$20 Bus

Prepay by Mon 1/12/25

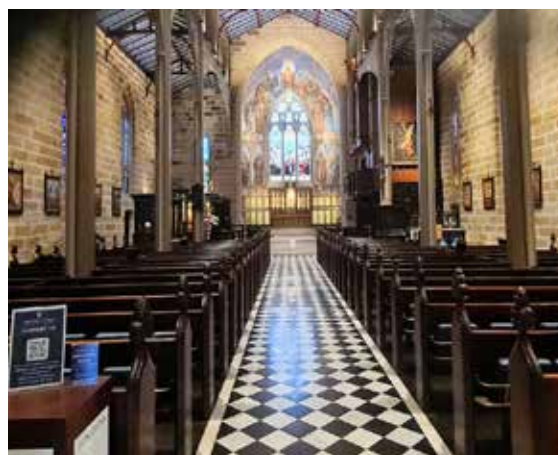


Wednesday 17 December

Christ Church St Laurence, Haymarket

Join us for a visit to Christ Church St Laurence in Haymarket - one of Sydney's oldest and most beautiful Anglican churches. Experience its rich history, moving music and peaceful atmosphere. Mass, then lunch.

\$20 Bus












































































































































































































































































































































































































January 2026 Social Outings



Wednesday 14 January

Simply Lunch: Lugarno Seafood Restaurant High Tea

Enjoy a touch of elegance by the water with a delightful High Tea at Lugarno Seafood Restaurant. Indulge in savoury bites, sweet treats and warm company- a relaxed and scenic afternoon to savour with friends.

\$20 Bus

\$39 High Tea



Thursday 15 January

Secret Garden & Nursery, Richmond

Escape to the charming Secret Garden & Nursery in Richmond - a tranquil community-run oasis filled with flowers, shady trees and friendly animals. Browse the nursery, enjoy morning tea in the gardens, and take in the peaceful countryside atmosphere. A lovely, relaxing start to the new year! A nice drive afterwards and then lunch on the way home.

\$25 Bus



Friday 16 January

Bradman Museum, Bowral

Step into cricket history at the Bradman Museum in Bowral. Celebrate the life and legacy of Sir Donald Bradman and explore interactive exhibits, memorabilia and stories from Australia's favourite sport. A must-visit for sports lovers and a great day out in the Southern Highlands! Morning tea at the museum but where will we go for lunch?

\$25 Bus

\$20 Entry Only



Monday 19 January

Grace's Place, Blacktown

Opened in 2023, Grace's Place is the world's first residential trauma centre for children and young people affected by homicide, and those who support them. Named in honour of Grace Lynch, mother of Anita Cobby, it stands as a place of healing, hope and belief in the future.

\$20 Bus

Donation



Social Outings

Tuesday 20 January

Simply Morning Tea: The Grounds Coffee Factory Brunch & look around

Enjoy a delicious brunch at The Grounds Coffee Factory, set in the beautifully restored old Eveleigh Train Sheds. Expect to pay a little more at this popular café-restaurant - known for its stunning presentation, vibrant atmosphere and freshly roasted coffee. Please note: there may be a short walk to the café.

\$20 Bus



Wednesday 21 January

Sydney Bus Museum, Leichhardt

Relive the golden age of travel at the Sydney Bus Museum! Explore beautifully restored vintage buses and enjoy the nostalgia of Sydney's transport history. After your visit, we'll stop for a tasty lunch nearby - the perfect mix of heritage, stories and hospitality.

\$20 Bus

\$10 Entry



Thursday 22 January

Mary Tonkin: Among the Trees, S.H.Ervin Gallery

Immerse yourself in the breathtaking landscapes of Mary Tonkin's Among the Trees exhibition at the S.H. Ervin Gallery, Observatory Hill. Enjoy her richly detailed paintings celebrating nature's beauty, then relax with lunch at the Trust Café - a serene and inspiring day out.

\$20 Bus

\$25 Entry



Friday 23 January

NSW Parliament Tour & High Tea

Step inside one of Sydney's most historic buildings for a guided tour of NSW Parliament House. Learn about its fascinating history and architecture, then indulge in a delightful High Tea overlooking the Domain - a perfect blend of culture, heritage and indulgence.

\$75 Tour & High Tea

\$20 Bus

Prepay Fri 12/1/26



Social Outings

Tuesday 27 January

NSW Parliament Tour only

Step inside NSW Parliament House for a fascinating guided tour exploring its rich history, grand architecture, and political significance. Discover the stories behind this heritage landmark and enjoy a glimpse into the workings of our State's Parliament.

\$20 Bus

Free Tour



Wednesday 28 January

Inner West Explore & Sydney Rowing Club, Abbotsford

Discover the charm of Sydney's Inner West before a relaxing lunch at the Sydney Rowing Club in Abbotsford. Enjoy waterfront views, delicious food and a laid-back atmosphere - the perfect mix of sightseeing and socialising by the Parramatta River.

\$20 Bus



Thursday 29 January

Simply Lunch: Thai Rim Nam Restaurant Como

Enjoy a relaxed lunch at Thai Rim Nam Restaurant in beautiful Como. Savour authentic Thai flavours with river views and friendly service - a perfect spot for great food, conversation and a peaceful waterside atmosphere.

\$20 Bus

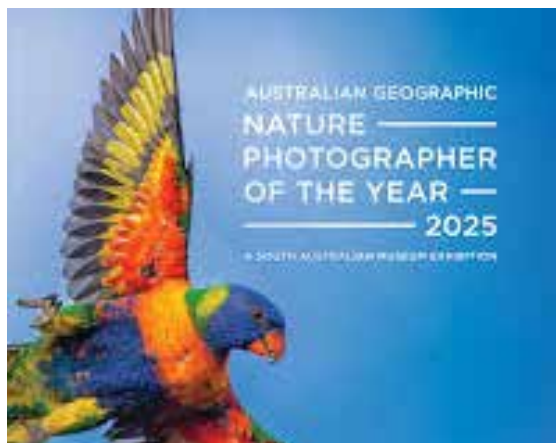


Friday 30 January

2025 Australian Geographic Nature Photographer of the Year

Be inspired by breathtaking images celebrating the beauty and diversity of the natural world. This stunning exhibition at the Australian Museum, Sydney, showcases extraordinary wildlife and landscape photography from Australia and beyond - a must-see for nature and photography lovers!

\$20 Bus



Social Outings & Overnight Trips 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

