MONTHLY

NEWSLETTER

st george community.

December 2026
& January 2027

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

Better Support. Stronger Connections.

From the CEO:
December 2026 – January 2027

"Christmas has a way of reminding us of all that we have, all that we miss, and all that we still have to look forward to."

Christmas is a funny time of year, isn't it? As children, we count down the sleeps, wondering what Santa might bring. As adults, we wonder how we'll fit everything in before the big day! Over time, the people around our tables change, traditions evolve, and the things that once seemed so important become less so.

For some of us, Christmas is full of family, laughter and celebration. For others, it can be a reminder of people we miss, or a time when life feels a little quieter. When our regular outings and activities pause, some of the familiar conversations that brighten the week pause too. Amid the Christmas preparations, perhaps we can each make time for a phone call or a visit to someone who would welcome the company.

Looking back on another year at St George Community, it's those everyday connections that stand out to me. I think of the friendships formed on outings and the stories and laughter shared on our buses. A trip to the shops can also be a chance to catch up with a friend and feel part of something. Those moments matter.



Last month we welcomed Grae Grae, another new wheelchair-accessible Hyundai Staria. It's lovely to see our fleet grow in a way that helps more people get out and about, stay independent and keep in touch with friends.

There's plenty to look forward to before the year ends, from evening dinners and local Christmas lights outings to Christmas concerts and our much-loved client Christmas party. If you've been thinking about joining one of our overnight trips, December's getaway to Jervis Bay and Huskisson is our last for the year. Overnight trips return in February.

In this edition, we explain how we protect your personal information and share practical ways to spot a scam. If a call or message feels suspicious, pause and give yourself time to check. If you're on the phone, say you'll call back and use a number you know is genuine. You can also ask a trusted friend or family member, or call us if you'd like help. No one should pressure you to act immediately.

International Day of People with Disability on Thursday 3 December is a chance to reflect on what we can do to make it easier for everyone to take part in community life. On Tuesday 26 January, Australia Day offers a moment to reflect on the many people, cultures and stories that shape the communities we share.

Please check the calendar below for our Christmas and New Year opening hours and service arrangements.

Thank you to our staff and volunteers for the kindness and care you bring to St George Community every day. And to our clients, thank you for your friendship, your stories and for letting us be part of your lives.

Whatever Christmas looks like for you this year, I hope it brings a little joy, a little peace and the comfort of knowing you're part of a community that cares. I wish you all a Merry Christmas and a happy, healthy New Year, and look forward to sharing more adventures with you in 2027.

Warmest wishes,

Natasha Stokes
Chief Executive Officer
St George Community

ST GEORGE COMMUNITY

Christmas opening & closing times

2026 / 2027

Office / individual transport
Closed Friday 25 December – Friday 1 January (inclusive)

NDIS 1:1
No change – regular service continues

Service / activity	Last day 2026	First day 2027
Social outings	Fri 18 Dec	Mon 11 Jan
Sunshine Group (3rd Thursday)	Thu 17 Dec	Thu 21 Jan
BActive – Aqua Aerobics	Tue 22 Dec	Tue 5 Jan
BActive – Zumba Gold	Wed 16 Dec	Wed 3 Feb
BActive – Seated & Strong / Steady, Stable & Able	Fri 18 Dec	Tue 2 Feb
BActive – Active Ageing & Fitness Tai Chi Qigong	Tue 8 Dec	Mon 4 Jan
BActive – Seniors Dance Fitness	Tue 15 Dec	Tue 19 Jan



NOW HIRING!

COMMUNITY TRANSPORT DRIVERS

Daytime hours. Meaningful work

Join a friendly team helping people stay independent and connected.

READY TO MAKE A DIFFERENCE?

If you are a safe, confident driver with excellent people skills, we'd love to hear from you.

Scan the QR code to view the role on our website and download an application pack

stgct.org.au/join/

SUPPORT LOCALS
Help people stay independent and connected.

FRIENDLY TEAM
Be part of a supportive team that values people.

DAYTIME HOURS
Enjoy a role with daytime hours and good work-life balance.



An end of an era

Thank you, Julie & Louise

Our office team came together to farewell two much-loved members of our finance team.

24 years

After 24 years with SGC, Julie is retiring. It's hard to imagine the office without her. Over those years, so many of us have come to rely on her knowledge, her dedication and the care she brings to everything she does.

5+ years

Louise is moving on to her next chapter after more than five years with us. Her contribution has gone well beyond keeping our finances in order. We'll miss her sage advice, her elite-tier proof-reading skills and the way she always made time for people.

Thank you both for everything. You will be missed!

st george community



Meet Grae Grae!

There's a new addition to the St George Community fleet, and it comes with a very special name!

Our newest Hyundai Staria, Grae Grae, has been named in honour of one of our longest-serving volunteer drivers, Graeme, recognising his years of dedication to helping clients stay connected to their community.

A career in the automotive industry

Before joining St George Community, Graeme enjoyed a long career in the automotive industry, including 17 years with Honda and 10 years with Kia. He later worked as an auditor, travelling around Australia and visiting dealerships.

Finding a new purpose

When COVID brought his working life to an earlier-than-planned end, Graeme decided to look for something meaningful to do. Volunteering with St George Community sounded interesting - and he's never looked back.

The best part? The people.

For Graeme, the highlight is the people he meets along the way. Driving regularly on Mondays, he has built lasting connections with many of his passengers. Some have become so familiar that he even knows their pets' names.

> **You get to know them. They're friends.**
>
> – Graeme, on his clients



The story behind the name

Grae Grae is a nickname given to Graeme by his daughter and her school friends, and one that has stuck with the family ever since. When he was asked what he would like his namesake vehicle to be called, Grae Grae seemed the perfect choice!



Continuing to give back

Even during a challenging time for his family, Graeme has continued volunteering, with encouragement from his wife. It's a valued part of his weekly routine, offering connection, purpose and the opportunity to give back.

Thank you, Graeme! We're delighted to have Grae Grae joining our fleet, carrying a name that celebrates someone who has given so much of his time to helping others. Thank you, Graeme, for everything you do for St George Community and our clients. We hope Grae Grae enjoys many happy kilometres on the road!

ST GEORGE COMMUNITY

How we help keep your personal information safe

When you book a trip, join an outing or arrange support with St George Community, you trust us with your personal information. Here's what we do to look after it.



What we're doing

Training our staff
Staff practise spotting scam emails and learn how to respond.

Protecting our accounts
An extra sign-in check helps keep work accounts secure. Our IT team checks for exposed login details.

Watching for threats
We filter suspicious emails and monitor our computers so we can act quickly if something looks wrong.

Preparing for disruptions
We've updated our Emergency & Disaster Management Policy and back up our emails and files three times a day.

How you can stay safe online at home

Pause before you act
If a 'Hi Mum' text asks for money, call your family member on the number you already have saved. If you feel pressured, hang up and call back on a number you trust.

Check unexpected requests
Use the official app or call a number you trust.

Use a long passphrase
Choose several unrelated words and use a different password for each account.

Think before you post
Keep your address, date of birth and ID photos off social media.

Unsure about a call, text or email?

If something feels off, give us a call. We're happy to help you work out what to do next.

(02) 9585 3000

More tips at stgct.org.au/stay-safe-online

Steady Steps

Today's Choices for a Safer Tomorrow

FALL PREVENTION KEEPS YOU DOING WHAT YOU LOVE

Safe Strong Independent

Core Strategies for Fall Management

Preventing a fall involves managing a combination of home safety, medical considerations, and lifestyle habits.

1 Hazard-Proof Your Home



Eliminate common trip hazards. Remove loose rugs or secure them with non-slip tape, clear clutter from walkways, and ensure your rooms and stairways are brightly lit.

2 Review Your Medications



Taking multiple medications can cause dizziness, drowsiness, or unsteadiness. Ask your doctor or pharmacist to review your prescriptions regularly.

3 Prioritise Vision and Footwear



Schedule annual eye checks to ensure your prescription is current. When moving about, wear supportive, well-fitted shoes with non-slip soles rather than walking in loose slippers or socks.

4 Stand Up Slowly



To manage sudden drops in blood pressure (orthostatic hypotension), take your time sitting up in bed and stand up slowly before walking.

Two Daily Balance and Strength Exercises

To protect your mobility, consider doing exercises that actively build **lower-body strength and retrain your body's natural balance systems.**

Always perform these near a sturdy piece of furniture or countertop for safety, and consult your doctor before starting.

1 The Sit-to-Stand



- **Goal:** Builds essential thigh and glute strength to make standing up easier.
- **Setup:** Sit toward the front of a sturdy, standard-height kitchen chair with your feet flat on the floor, spaced hip-width apart.
- **Action:** Lean your upper body slightly forward. Using your legs (and pushing off the armrests only if necessary), press firmly into the floor and stand up fully. Pause, then slowly and intentionally lower yourself back down to the seat.
- **Target:** Aim for 8 to 10 controlled repetitions.

2 Single-Leg Balance



- **Goal:** Retrains your nervous system to respond smoothly to uneven balance.
- **Setup:** Stand upright behind a sturdy chair or alongside a countertop, lightly gripping it with both hands for safety.
- **Action:** Slowly lift one foot off the floor so you are balancing entirely on the supporting leg. Keep your posture tall and your hips level. As your confidence grows, try reducing your grip to just a few fingertips.
- **Target:** Hold the position for 10 to 15 seconds, then switch sides. Repeat 2 to 3 times per leg.

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.

Social Outings Recap





Sponsored Ad

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- Automatic Fire Detection and Alarm Systems
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- Fire & Smoke Dampers
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$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

December / January Shopping Bus

st george community 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	• Beverly Park • Brighton-Le-Sands • Carss Park • Kogarah • Monterey • Ramsgate • Rockdale • Sandringham • Sans Souci
Roselands Shopping Centre	FRI 4, 18 DEC MON 7, 21 DEC FRI 15, 29 JAN MON 18 JAN *Pickups from 10:00 am*	FRI 4, 18 DEC MON 7, 21 DEC FRI 15, 29 JAN MON 18 JAN *Pickups from 8:30 am*	MON 7, 21 DEC MON 18 JAN *Pickups from 10:00 am*	MON 7, 21 DEC MON 18 JAN *Pickups from 10:00 am*
Rockdale Plaza	MON 14 DEC MON 11, 25 JAN *Pickups from 10:00 am*	MON 14 DEC MON 11, 25 JAN *Pickups from 10:00 am*	MON 14 DEC FRI 11 DEC MON 11, 25 JAN FRI 8, 22 JAN *Pickups from 8:30 am*	MON 14 DEC FRI 11 DEC MON 11, 25 JAN FRI 8, 22 JAN *Pickups from 10:00 am*
Southgate Sylvania	TUE 1, 15 DEC WED 19, 23 DEC TUE 12 JAN WED 6, 20 JAN *Pickups from 10:00 am*	TUE 1, 15 DEC WED 19, 23 DEC TUE 12 JAN WED 6, 20 JAN *Pickups from 10:00 am*	TUE 8, 22 DEC WED 2, 16 DEC TUE 5, 19 JAN WED 13, 27 JAN *Pickups from 10:00 am*	TUE 8, 22 DEC WED 2, 16 DEC TUE 5, 19 JAN WED 13, 27 JAN *Pickups from 10:00 am*
Westfield Miranda	THUR 3, 10, 17 DEC THUR 7, 14, 21, 28 JAN *Pickups from 10:00 am*	THUR 3, 10, 17 DEC THUR 7, 14, 21, 28 JAN *Pickups from 10:00 am*	THUR 3, 10, 17 DEC THUR 7, 14, 21, 28 JAN *Pickups from 10:00 am*	THUR 3, 10, 17 DEC THUR 7, 14, 21, 28 JAN *Pickups from 10:00 am*

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

Kate
0421 902 520
katedemayo@gmail.com

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.



ZUMBA GOLD

Kate
0421 902 520
katedemayo@gmail.com

Tuesday 12.00pm to 1.00pm - Oatley Uniting Church Hall
Wednesday 10.15am to 11.15am - Oatley Uniting Church Hall
$10 per Class



SEATED & STRONG

Kate
0421 902 520
katedemayo@gmail.com

Tuesday 10.30am to 11.30am - Bexley Congregational Church
School terms only. $10 per Class



AQUA AEROBICS

Cassie
0435 079 680
cmaquafit@gmail.com

Tuesday 10.30am (limited places) - IRT Peakhurst
$16 per class or 10-class pass for $140, cash or internet banking



SENIORS DANCE FITNESS CLASS

Tracie
0419 999 650
tracie@dancefitsydney.com.au

Tuesday 12.00pm to 1.00pm - The Boundary
*$8 per class *first class is free*



ACTIVE AGEING FITNESS GROUP

Coralie
0415 065 800
coralie@fitnessnow.com.au

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)



TAI CHI QIGONG GROUP

Coralie
0415 065 800
coralie@fitnessnow.com.au

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

st george community

SGC Social Outings

Transport fees listed apply to Commonwealth Home Support Program (CHSP) funded clients.
Fees for Support At Home (SAH) and NDIS funded clients are available on request.







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

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.

Prices may include booking fees and Carer tickets; cancelled venues will be replaced where possible.

December Social Outings Calendar

Tuesday 1 December

Ferry to Watsons Bay for Lunch

What could be better than a ferry ride across beautiful Sydney Harbour, followed by delicious fish and chips at Watsons Bay? Sit back, enjoy the stunning harbour views and soak up the seaside atmosphere. It's the perfect combination for a relaxing day out with great company!

$20 Bus



Wednesday 2 December

Sydney Outlet Village, Dollar World & Homemaker Centre Liverpool

Hunt for bargains at Sydney Outlet Village, discover festive finds and stocking fillers at Dollar World Orange Grove, and browse the Homemaker Centre Liverpool. It's a great day to tick off your Christmas list! ***Please check with the driver/carer before buying large or heavy items - space is limited. Thanks!***

$20 Bus



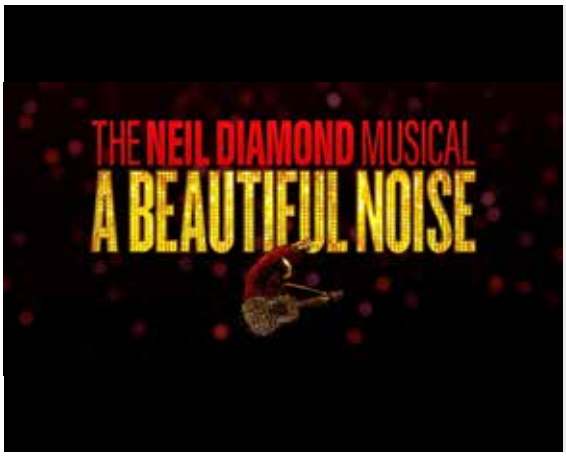
Thursday 3 December (Also on Wed 16/12)

A BEAUTIFUL NOISE: The Neil Diamond Musical Lyric Theatre #1

Join us at Sydney's Lyric Theatre for A Beautiful Noise: The Neil Diamond Musical. Celebrate the life and music of a legendary performer in a show filled with heart and nostalgia. Enjoy a wonderful theatre outing with great company and the timeless songs that have brought generations of fans together.

(Waiting List Only)

$20 Bus **$110 Prepay at booking**



Friday 4 December

AIDA Care Healthcare Equipment, Miranda

Discover the latest mobility aids and healthcare equipment with a visit to Aidacare's new Sylvania showroom. Browse a range of products designed to make everyday living easier, before enjoying a relaxing lunch and great company.

$20 Bus



st george community

December Social Outings Calendar

Monday 7 December

Joadja Historic Site Tour

Did you miss out earlier this year? Step back in time and explore the hidden valley of Joadja on a fascinating guided tour. Travel by purpose-built people movers past historic ruins, old oil shale mines and the distillery. Discover stories of mystery, intrigue and drama, with minimal walking required!



Longer day

$25 Bus **$40 Prepay by Fri 27/11**

Tuesday 8 December

Christmas with Grace Rizzo & Lonnie: Bryan Brown Theatre Bankstown

Get into the festive spirit with Grace Rizzo and Lonnie at the Bryan Brown Theatre! Enjoy a wonderful celebration of Christmas filled with music, entertainment and plenty of festive cheer. A lovely way to celebrate the season with friends and enjoy some favourite Christmas tunes.



$20 Bus **$20 Pay on the day**

Wednesday 9 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 during Mass, followed by time to enjoy the surrounding city sights. Complimentary morning tea at the church.



$20 Bus

Thursday 10 December

Barangaroo Walk and the Cutaway

Enjoy a leisurely stroll along Sydney's beautiful Barangaroo waterfront, taking in stunning harbour views, landscaped gardens and vibrant public spaces. Discover The Cutaway, an impressive architectural space nestled beneath Barangaroo Reserve. A lovely day out exploring one of Sydney's most exciting harbourside destinations!



$20 Bus

December Social Outings Calendar

Friday 11 December (Also on 14/12 & 18/12)

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!



$25 Bus (evening outing)

Monday 14 December (Also on 11/12 & 18/12)

Christmas Lights Drive #2

Enjoy dinner together before heading off on a festive drive to admire the sparkling Christmas lights around our local neighbourhoods. A wonderful evening filled with Christmas cheer! Spotted a spectacular display? Let Brad know so we can include it on our route!



$25 Bus (evening outing)

Tuesday 15 December

Mark Vincent: The Christmas Spectacular with The Australian Symphony Orchestra

Celebrate Christmas with Mark Vincent's magnificent voice and the Australian Symphony Orchestra in a spectacular festive performance!



(Waiting List Only)

$20 Bus **$110 Prepay at booking**

— OR —

Tuesday 15 December

Balmain Coffee, Shops, Explore & Lunch

Join us for a relaxed outing to Balmain. Enjoy a coffee, take a browse through the local shops and soak up the village atmosphere before we sit down for lunch together.



$20 Bus

Social Outings

Wednesday 16 December

Simply Brunch: Bass & Flinders Pavilion

Join us for a leisurely brunch at Bass & Flinders Pavilion. Pull up a chair, order a coffee and enjoy a morning out with good food and good company.

$20 Bus



— OR —

Wednesday 16 December

A BEAUTIFUL NOISE: The Neil Diamond Musical Lyric Theatre #2

Due to popular demand, a second date has been added! A must-see for all Neil Diamond fans!

$20 Bus **$110 Pay on booking**



Thursday 17 December

Christmas Lunch St George Leagues Club

It's time for our annual St George Community Christmas celebration! Join us at St George Leagues Club for a delicious festive lunch, plenty of laughter and wonderful company. A special opportunity to celebrate the season, catch up with friends and share some Christmas cheer together!

(Waiting List Only)

$20 Bus **$40 Prepay on booking**



Friday 18 December (Also on 11/12 & 14/12)

Christmas Lights Drive #3

Come for dinner and stay for a drive past some of our favourite local Christmas lights. From twinkling rooftops to front yards full of festive surprises, there's always something to spot. If you know a street worth a detour, tell Brad!

$25 Bus (evening outing)



January 2027 Social Outings



The Social Outings will resume on Monday 11 January 2027.

Our team is ready to take your January bookings!

Monday 11 January

Post-Christmas Sale: Birkenhead Point or DFO Homebush

Fancy a browse through the post-Christmas sales? Help us choose where to go for our shopping outing. Would you prefer **Birkenhead Point or DFO? Let us know when you book**, then come along for a spot of bargain hunting and a coffee break.

$20 Bus

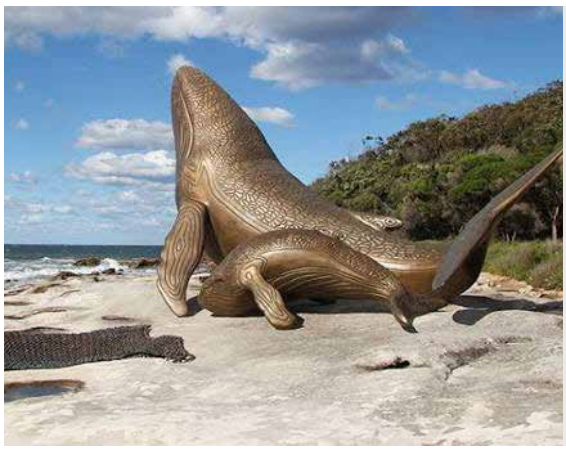


Tuesday 12 January (Also on Thur 14/1)

Kurnell, Cronulla and Lunch #1

Take in the bay views at Kurnell and the beachside scenery of Cronulla on a relaxed coastal outing. There'll be plenty of time for a chat over lunch.

$20 Bus



Wednesday 13 January

Amazon Fulfilment Centre, Kemps Creek

Ever wondered what happens after you click 'buy'? Join us for a tour of an Amazon fulfilment centre and discover how orders are picked, packed and sent on their way. A fascinating look behind the scenes at the journey from warehouse to doorstep! **A government-issued photo ID is required on arrival; wear flat, closed-toe shoes and avoid loose clothing.**

$20 Bus **Free tour**



Social Outings

Thursday 14 January (Also on Tues 12/1)

Kurnell, Cronulla and Lunch #2

Fancy a day out by the coast? Here's a second chance to come along for a scenic drive through Kurnell and Cronulla, then catch up with friends over lunch.

$20 Bus



Friday 15 January (Also on Fri 22/1)

NSW Government House, Sydney #1

Step inside the magnificent official residence of the Governor of NSW, the King's representative. Enjoy a guided tour of this historic house and its beautiful grounds, rich in history and grandeur.
Important: Security screening applies. Bring your Medicare card, passport, Australian Seniors Card or driver's licence.

$20 Bus **Free Tour**



Monday 18 January

Quakers Hill Purified Recycled Water Discovery Centre (PRW)

Purified Recycled Water Demonstration Plant treats filtered wastewater from the existing Quakers Hill's Water Recycling Plant (WRP), using proven technology to produce high quality recycled water. Coffee and lunch of course.

$20 Bus **Free Tour**



Tuesday 19 January

Chau Chak Wing Museum: University of Sydney

Visit Sydney University and see the current exhibitions which include, Tracey Moffatt Archive, The architecture of Harry Seidler, contemporary Chinese artists from the Sherman Collection, and others.

$20 Bus



Social Outings

Wednesday 20 January

Duelling Pianos at Beauty Point

Get ready for a lively musical showdown at Beauty Point! Enjoy a fun-filled performance as two talented pianists go head-to-head, playing much-loved tunes and entertaining the crowd. With plenty of music, laughter and opportunities to sing along, it's sure to be a wonderful outing!

$20 Bus **$10 Pay on the day**



Thursday 21 January

Simply Dinner: Salwa's Garden Lebanese Restaurant, Oatley

Tucked away in Oatley, the delightful Salwa's Garden is a little oasis of leafy nooks and flowering plants. Come along for a set-price banquet lunch and share a spread of traditional Lebanese dishes in this beautiful garden setting. **Please note there is no accessible toilet at the venue. Set menu only. Pricing to be advised.**

$25 Bus **Prepay by Wed 13/1**



Friday 22 January (Also on Fri 15/1)

NSW Government House, Sydney #2

Another chance to visit the magnificent NSW Government House! Explore the grand interiors and beautiful gardens of the Governor's official residence on this fascinating guided tour. Discover the history and stories behind one of Sydney's most impressive landmarks. **Important: Security screening applies. Bring your Medicare card, passport, Australian Seniors Card or driver's licence.**

$20 Bus **Free Tour**



Monday 25 January

Definitive Max Dupain: State Library of NSW

Discover the remarkable photography of iconic Australian photographer Max Dupain at the State Library of NSW. Explore his striking images capturing Australian life, architecture and landscapes through the decades. A fascinating exhibition celebrating one of Australia's most influential photographers and his unique view of our changing world.

$20 Bus



Social Outings

Wednesday 27 January

Simply Dinner: Bankstown Sports Club

Take a night off from cooking and join us for a relaxed dinner at Bankstown Sports Club. Come along for a meal and a chat, and catch up with familiar faces or get to know someone new.



$25 Bus (evening outing)

Thursday 28 January

Old Government House & Parramatta Explore

Did you visit the new Government House in Sydney over the last 2 weeks? Then step back in time with a visit to NSW Old Government House in Parramatta. Discover fascinating stories of colonial life before exploring the sights and charm of Parramatta. Access to Level 2 is via stairs only.



$20 Bus **$12 Pay on the day**

Friday 29 January

Fairfield City Museum & Gallery

The Edwardian style museum building has been around since 1913. It has three different sections. The 1913 museum building, the Stein Gallery and the nostalgic Vintage Village (which recreates local businesses and residences from the 1880s to the 1930s.



$20 Bus

Social Outings Recap





st george community

OVERNIGHT TRIPS 2026/27

Available to CHSP clients only
(Commonwealth Home Support Program)



Jervis Bay / Huskisson

2 NIGHTS

TUE 8 - THU 10 DEC 2026

Join us for a relaxing two-night getaway to beautiful Jervis Bay and Huskisson! Famous for its dazzling white sandy beaches and crystal-clear turquoise waters, this South Coast gem is a delight to explore. Enjoy stunning coastal scenery, fresh sea air and wonderful company as we discover this spectacular seaside destination together.

NEW!

Try an overnight getaway

One night away. A great way to start.

Not sure if an overnight trip is for you? Our new one-night getaways are an easy way to give it a try. Enjoy a change of scenery, travel with the support of our friendly team, and see how you like it before committing to a longer getaway.



1 NIGHT

Kiama

WED 17 - THU 18 FEB 2027

Spectacular ocean views, seaside cafes and the famous Kiama Blowhole, all at a leisurely pace.



1 NIGHT

Palm Beach

WED 24 - THU 25 MAR 2027

An easy coastal escape with beautiful Pittwater views, the Barrenjoey Lighthouse and sweeping coastline.



1 NIGHT

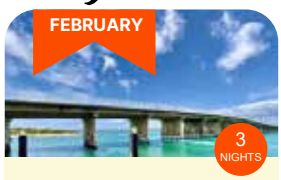
VIVID Sydney

TUES 8 - WED JUNE 9 2027

Experience the magic of VIVID Sydney without the rush of getting home the same night.

Ready for a longer getaway?

More great destinations to look forward to

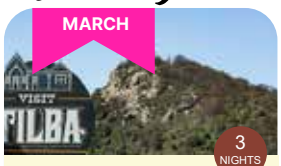


3 NIGHTS

Forster / Tuncurry

TUE 23 - FRI 26 FEB '27

Sparkling waterways, coastal views and relaxed seaside vibes await.



3 NIGHTS

Narooma / Tilba

TUE 16 - FRI 19 MAR '27

Turquoise waterways, spectacular coastline and heritage charm.



3 NIGHTS

Orange

TUE 27 - FRI 30 APRIL '27

Historic charm and colourful country scenery.

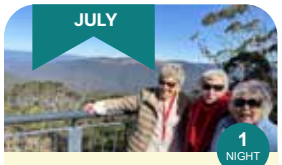


4 NIGHTS

Dubbo Zoo

MON 3 - FRI 7 MAY '27

A bumper four-night country escape with incredible wildlife



1 NIGHT

Blue Mountains

WED 21 - THU 22 JUL '27

Breathtaking scenery, charming villages on an easy overnight escape.



4 NIGHTS

Coffs Harbour

MON 16 - FRI 20 AUG '27

The iconic Big Banana, beautiful beaches and lush hinterland.



2 NIGHTS

Newcastle

TUE 14 - THUR 16 SEPT '27

Harbour views, historic Newcastle and spectacular beaches.



4 NIGHTS

Jindabyne

MON 18 - FRI 22 OCT '27

Experience beautiful Lake Jindabyne and spectacular alpine scenery.



2 NIGHTS

Jenolan Caves

TUE 9 - THURS 11 NOV '27

Explore the spectacular limestone formations and underground wonders.

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Create memories and enjoy the journey together

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Social Outings Recap













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