



Better Support. Stronger Connections.

Dear Clients,
Can you believe we're already halfway through 2025? Time is certainly flying, and we've been keeping busy at St George Community with lots of exciting outings, updates, and ongoing improvements to the way we support your independence and wellbeing.

This edition of the newsletter features a special two-page spotlight on our social outings team –

we're currently finalising details for a possible **July trip to Katoomba** – more to come on that soon! Our Sunshine Group Outings are going strong, and in June, the group will enjoy a scenic drive through the Royal National Park – a perfect way to enjoy the cooler weather with good company and beautiful views.

Behind the scenes, we've been investing significant time and resources into staff training, ensuring that



“Have You Met Brad and Harvey?” These two play a big role in bringing your outings to life. From planning to logistics, their behind-the-scenes work ensures that every trip runs smoothly and enjoyably. We love hearing your feedback and suggestions for future outings, so please don't hesitate to share your ideas with us!

We're also thrilled to be offering an **overnight trip to Nelson Bay from 24–26 June**, and

www.stgct.org.au

your safety and experience remain our highest priority. Our team has been completing training in wheelchair safety, manual handling, infection control, incident management and more. These efforts are all part of our ongoing commitment to delivering services that are safe, professional, and person-centred.

There are also some important industry updates on the horizon. The new Aged Care Act, coming into

effect on 1 July 2025, will bring with it a stronger focus on rights, safety, and accountability in aged care. We're fully committed to aligning with these changes, and over the coming months, we'll be sharing more about what they mean for you and how we're adapting to continue providing the best possible support.

A couple of dates to keep in mind:

- **King's Birthday Public Holiday – Monday, 9 June**
- **World Elder Abuse Awareness Day – Sunday, 15 June**

If you or someone you know needs support, you can contact the **Aged Care Advocacy Line on 1800 700 600** – it's free, confidential, and independent.

Inspiration Corner

“You are never too old to set another goal or to dream a new dream.”

– C.S. Lewis

As we reach the halfway point of the year, it's a wonderful reminder that each day brings new opportunities – whether it's reconnecting with old friends, exploring a new place, learning something new, or simply enjoying the little things. Many of our clients tell us that joining our outings have given them a new lease on life, and that inspires us every day.

We look forward to sharing the second half of 2025 with you and continuing to make every journey special.

Kindest regards,

Natasha Stokes

Chief Executive Officer



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





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community.

Sunshine
Group

Sunshine Group outings are all about getting out in the community and having a great time while you're at it! Whether it's lunch at a cosy restaurant, a ferry ride on the harbour, a visit to a wildlife park, or a day out at a local club, each month brings a fresh adventure.

It's not just about the experiences – it's also a chance to make new friends and enjoy great company along the way!

Held on the third Thursday of each month, these outings are open to people of all ages with an NDIS plan.

Whether you're booking for yourself or on behalf of a loved one, you can feel confident knowing that participants will be supported by our friendly, attentive team every step of the way.

Everything's organised for you – just bring a smile and get ready for some fun!



I ♥
ndis



To find out more or book the next outing, call Bronwyn or Sandeep on 9585 3000

stgct.org.au




\$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

June 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"> Brighton-Le-Sands Carss Park Kogarah Monterey Ramsgate Rockdale Sandringham Sans Souci
Roselands Shopping Centre	FRI 6, 20 MON 23 <i>Pickups from 10:00 am</i>	FRI 6, 20 MON 23 <i>Pickups from 8:30 am</i>	MON 23 <i>Pickups from 10:00 am</i>	MON 23 <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 2, 16, 30 <i>Pickups from 10:00 am</i>	MON 2, 16, 30 <i>Pickups from 10:00 am</i>	MON 2, 16, 30 FRI 13, 27 <i>Pickups from 8:30 am</i>	MON 2, 16, 30 FRI 13, 27 <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 3, 17 WED 11, 25 <i>Pickups from 10:00 am</i>	TUE 3, 17 WED 11, 25 <i>Pickups from 10:00 am</i>	TUE 10, 24 WED 4, 18 <i>Pickups from 10:00 am</i>	TUE 10, 24 WED 4, 18 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 5, 12, 19, 26 <i>Pickups from 10:00 am</i>	THUR 5, 12, 19, 26 <i>Pickups from 10:00 am</i>	THUR 5, 12, 19, 26 <i>Pickups from 10:00 am</i>	THUR 5, 12, 19, 26 <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

HAVE YOU MET BRAD & HARVEY?

MEET THE TEAM BEHIND THE SCENES OF OUR SOCIAL OUTINGS

If you've ever joined a St George Community social outing, you've experienced the careful planning, attention to detail and passion that Brad McGrath and Harvey Tsui bring to their roles. From day trips and drives to lunch clubs and garden tours, this dynamic duo make it all happen.

»»» BRAD MCGRATH – THE EXPLORER AT HEART

For Brad, planning social outings isn't just part of the job – it's what he prefers to be doing. A natural explorer, he's constantly on the lookout for new places to take clients, from little-known local gems to scenic drives off the beaten track.

“Even on weekends, I'll just jump on a train or take a drive somewhere I haven't been,” Brad said. *“I guess I'm always exploring!”*

That love of adventure means our outings are (hopefully) never dull. Brad draws inspiration from local newsletters, client suggestions, word of mouth, and even Google Maps. He has been doing this for more than five years and built a huge internal database of past outings, he rotates crowd favourites and introduces fresh destinations to keep things interesting.

“When I book the venues, I check they're accessible, and make sure they're suitable for everyone,” said Brad. *“It's all about variety, safety and the wonderful help of our drivers and carers who make it all work.”*

Brad started with St George Community in 2016, originally as a Driver. *“My experience on the road has made it much easier to understand what works. I do miss driving sometimes!”*

When he's not organising outings, Brad enjoys spending time with his grandchildren, taking exploratory day trips with his wife and sleeping. *“Many of our weekend adventures are inspired by the trips I have planned for our clients,”* he said with a smile.

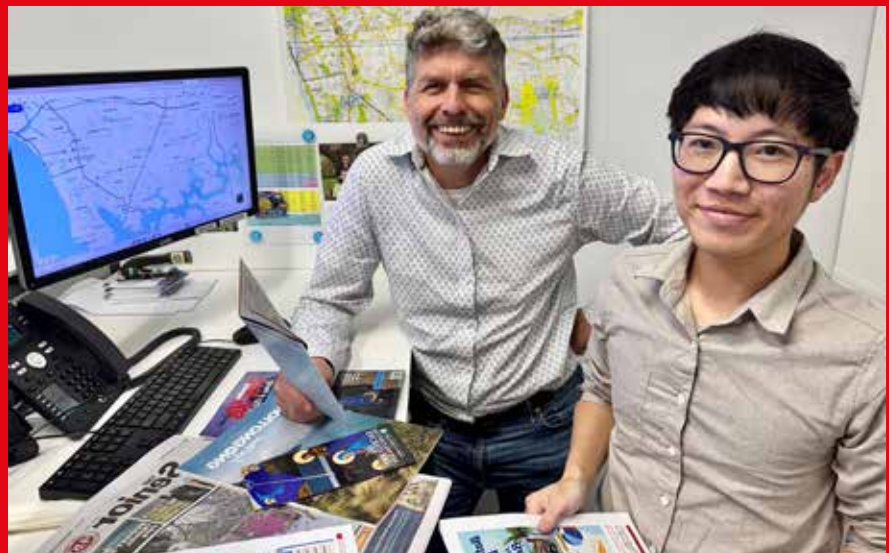
»»» HARVEY TSUI – THE CONNECTOR & CREATIVE

Since joining in 2023, Harvey has brought warmth, organisation, and creative flair to the social outings program. He helps coordinate trips, manages risk assessments, updates our outing listings in the newsletter, and guides new clients through the onboarding process.

“A good outing usually includes a scenic drive – clients love going somewhere new.

Accessibility, easy drop-off points, and smooth transport logistics are key.”

Brad McGrath, Service Delivery Officer - Social Outings





“I spend a lot of time talking with clients – especially new ones,” Harvey explained. ***“Many people feel nervous before their first outing. Just knowing there’s a carer onboard and that someone’s there to guide them makes a big difference.”***

Away from work, Harvey is an avid tennis player and often hits the court with one of our drivers. ***“Tennis is my weekend escape,”*** he said. ***“It keeps me moving!”***

>>> COORDINATED WITH CARE

All outings are supported by trained staff, including a carer on board to assist with group coordination, support, and ensuring everyone feels comfortable and included throughout the day.

Behind the scenes, Brad and Harvey coordinate logistics to ensure each outing is efficient and enjoyable. Routes are carefully planned to minimise travel time, and all venues are assessed for accessibility, parking, and suitability.

In the event of poor weather or unforeseen changes, the team adjusts the itinerary where possible to ensure clients still enjoy a fulfilling experience – for example, substituting a relaxed club lunch in place of an outdoor picnic.

Long-standing volunteer, **Ross Tzaneros** is an integral part of the team and has been with St George Community for many years. Ross plays a critical role; as well as updating the social outings on the website, he also transfers all client bookings into our trip scheduling software. This ensures that each outing runs smoothly, with correct passenger lists, pickup times and bus assignments.

Ross’ contribution is so valued that one of our Toyota Commuter 14-seat buses has been affectionately named 'Rosco' in his honour – a small tribute to the big role he plays in keeping the social outings program running like clockwork. Thanks to Ross’ attention to detail and ongoing commitment, our clients and staff benefit from a seamless, well-organised experience every time.

>>> POPULAR PICKS & MEMORABLE MOMENTS

From Bowral Tulip Festival and Christmas light tours to relaxing lunches at favourite venues, some outings are always in high demand. Others – like the now-legendary trip to Dangar Island – become memorable for their unexpected challenges!

“We nicknamed it Danger Island,” Harvey laughed. ***“The ferry ride logistics, the cobblestones, and café was woefully understaffed - but the clients loved it.”***

“Our carers and drivers are the icing on the cake,” Brad added. ***“They handle the many curveballs that can occur on a trip and just make it part of the day. I always say, if they are having fun, then so are our clients.”***

>>> COME ALONG FOR THE RIDE

Whether you’re a regular or thinking about coming on your first outing, Brad and Harvey are here to help make it a great experience.

☎ Call 9585 3000

🌐 Or visit stgct.org.au to see what’s coming up and make a booking.

“We aim to keep outings running whenever we can... Even if the destination shifts slightly, clients still get the opportunity to connect, explore and enjoy their day.”
Harvey Tsui, Social Outings Administrator



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.
- If an outing is cancelled, we'll organise an alternative.

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.



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.

June Social Outings Calendar

Monday 2 June

Innovations Showroom - Frenchs Forest

Join us for a fun outing to the Innovations Showroom, where you'll find a treasure trove of clever gadgets, gifts, homewares and more. Browse the displays at your leisure before we head off for a relaxing lunch nearby. A great day out for curious minds and keen shoppers!

\$20 Bus



Tuesday 3 June

Movie & Lunch: Palace Norton Street, Leichhardt

Relax and enjoy a movie at the iconic Palace Norton Street. Whether you're a popcorn-and-choc-top fan or just love getting lost in a good story, it's the perfect day out. Choose the movie you like best, and we will have a lovely lunch nearby.

\$20 Bus

\$12 Tue Special



Wednesday 4 June (Also on Mon 16/6/25)

Callan Park Tour 1

Hear the fascinating history of the heritage-listed Callan Park and Broughton Hall estate, a much-loved site spanning 61 harbour-front hectares in Rozelle. Explore the grand buildings and gardens before enjoying a relaxing lunch. A memorable day in one of Sydney's iconic parklands. Limited seats.

\$20 Bus

\$20 Tour

— OR —



Wednesday 4 June

Simply Lunch: Above 8 Rooftop Bar & Lounge, Hurstville

Experience modern local dining at Above 8, part of Club Central. Enjoy a delicious fusion of Italian, French, and Asian flavours, all crafted in-house. Relax with rooftop views and compliment your meal with a glass from the extensive wine list.

\$20 Bus



Social Outings

Thursday 5 June

Luna Park Walk & Harbour Drive

Enjoy a stroll through Sydney's iconic Luna Park (free entry!), take in the harbour views, grab a coffee, and do a little shopping. Afterward, we'll take a scenic drive and stop for lunch. Let's hope for sunshine – or Harvey might be in trouble! And of course, feel free to buy a ticket for the roller coaster...oh! you want the ferris wheel?!

\$20 Bus



Friday 6 June

Sydney Fish Markets

Join us for a lively morning at the Sydney Fish Market! Browse the incredible seafood, gourmet goods, and fresh produce, and pick up something special to take home (don't forget your esky bag and ice!). We'll also enjoy classic fish and chips by the water – a real Sydney favourite!

\$20 Bus



Tuesday 10 June

Uturn Outlet & Lantern Club Lunch, Punchbowl

Browse the huge UTURN Outlet for quality preloved fashion and great finds. After a relaxed shopping trip, we'll enjoy a delicious lunch together at a local Club. A perfect outing for those who love a good bargain, great food, and even better company!

\$20 Bus



Wednesday 11 June (Also on Thur 19/6/25)

Royal National Park Drive 1

Take a scenic drive through the stunning Royal National Park and stop at the beautiful Audley Dancehall Café for a treat. Enjoy the peaceful surroundings, good company, and a perfect start to your day amidst nature's beauty. There will be morning tea and lunch.

\$20 Bus



Social Outings

Thursday 12 June

SEXBOMB: Celebrating the Music of Sir Tom Jones, Casula Powerhouse

Get ready for two electrifying hours of Tom Jones hits with Andy Wood and his live band! From Sexbomb to It's Not Unusual, it's a toe-tapping tribute you won't want to miss. Only 15 tickets available. Please note: there are some stairs to the seats.

\$40 Ticket

\$20 Bus

Prepay by Fri 30/5/25



Friday 13 June

Simply Lunch: Concordia German Club, Marrickville

Enjoy a hearty and satisfying lunch at the Concordia German Club. Known for its warm hospitality and traditional German fare, it's the perfect spot to relax, connect with friends, and savour classic dishes in a cosy and welcoming setting.

\$20 Bus



Monday 16 June (Also on Wed 4/6/25)

Callan Park Tour 2

Join us for a guided bus tour through the historic grounds of Callan Park and Broughton Hall. Discover stories from the past, admire the grand architecture and tranquil gardens, and take in the harbour views. We'll finish the day with a relaxing lunch in good company. Limited seats.

\$20 Bus

\$20 Tour

— OR —



Monday 16 June

Simply Yum Cha: Crown Dragon Court: St George Leagues Club

It's Yum Cha time! Join us at Crown Dragon Court in St George Leagues Club for a delicious feast of traditional dumplings, buns, and more. Known for its quality and flavour, this is a perfect outing for fans of authentic Chinese cuisine and good company.

\$20 Bus



Social Outings

Tuesday 17 June (Also on Fri 20/6/25)

High Tea: Corrimal RSL 1

Indulge in a delightful high tea at Corrimal RSL, featuring mini cakes, hot savoury bites, a fresh scone, and sandwiches – plus your choice of bubbly or soft drink. A delicious way to enjoy a relaxing afternoon with friends in a cosy setting.

\$25 Bus

\$35 High Tea



Wednesday 18 June (Also on Thur 26/6/25)

Titanic The Human Story 1, Walsh Bay Arts Precinct

This moving exhibition shares the personal stories of Titanic passengers through original artefacts and belongings. After sell-out shows worldwide, it's now Sydney's turn to experience this powerful look at the people behind the legend.

\$20 Bus

\$40 Entry & Tour

Prepay by Wed 4/6/25



Thursday 19 June (Also on Wed 11/6/25)

Royal National Park Drive 2

Enjoy another relaxing morning drive through the beautiful Royal National Park, taking in the natural scenery before stopping at the charming Audley Dancehall Café. Sit back with a cuppa, enjoy a tasty bite, and soak up the peaceful riverside surroundings with great company. There will be morning tea and lunch.

\$20 Bus



Friday 20 June (Also on Tues 17/6/25)

High Tea: Corrimal RSL 2

Treat yourself to our favourite and best value high tea! Enjoy a selection of mini cakes, hot savouries, a scone, and a sandwich with two tasty fillings. Sip on a glass of bubbly or soft drink as you unwind with friends in a warm, welcoming setting.

\$25 Bus

\$35 High Tea



Social Outings

Monday 23 June

Brad's Trivia: South Hurstville RSL

Put your thinking cap on for a fun outing to South Hurstville RSL, where Brad will host a lively trivia session! With laughs, friendly competition, and a delicious lunch to follow, it's a great day out. Prizes, pride, and plenty of fun guaranteed!

\$20 Bus



Tuesday 24 June (Also on Mon 30/6/25)

Whale Watching 1: from Cape Solander 1

First one to spot a whale buys the coffees – just kidding! Join us for a scenic visit to Cape Solander, one of Sydney's best whale-watching spots. Whether we spot whales or not, the sweeping views of the Pacific Ocean are always a treat. Followed by lunch somewhere lovely. Bring binoculars.

\$20 Bus



Wednesday 25 June

Band Call: Navy Band St Andrew's Cathedral

The Navy Band is back at last! We'll stop for brunch on the way before settling in to enjoy this talented ensemble in the stunning surrounds of St Andrew's Cathedral. A delightful mix of music, history, and a lovely morning out in the heart of Sydney.

\$20 Bus



Thursday 26 June (Also on Wed 18/6/25)

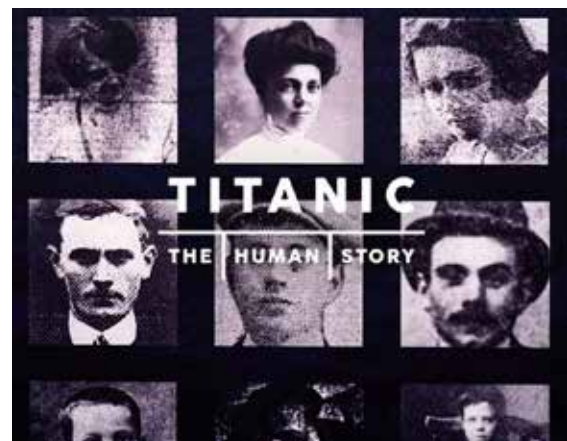
Titanic The Human Story 2, Walsh Bay Arts Precinct

This moving exhibition at Walsh Bay features original artefacts and belongings that tell the stories of those on board. After success around the world, it's Sydney's turn to connect with this unforgettable journey.

\$20 Bus

\$40 Entry & Tour

Prepay by Thur 12/6/25



Social Outings

Friday 27 June

Marrickville Reverse Garbage

Explore the creative and sustainable world of Reverse Garbage in Marrickville! This unique reuse centre is full of surprising treasures, from craft materials to quirky homewares – all rescued from landfill. Enjoy a relaxed browse, grab a bargain, and finish the outing with lunch nearby.

\$20 Bus



Monday 30 June (Also on Tues 24/6/25)

Whale Watching 2: from Gap Bluff Watsons Bay 2

Enjoy a breathtaking coastal outing to Gap Bluff at Watsons Bay, another fantastic whale-watching location. Keep an eye out for whales and soak up the sweeping ocean views. We'll wrap up the day with a relaxing lunch nearby – a perfect mix of nature and nourishment.

\$20 Bus



Saturday 5 July

Carousel in Concert: Pavilion Sutherland (Pre-booking)

Do you remember this one? Celebrate the 80th anniversary of Rodgers and Hammerstein's Carousel with Sydney Musical and Opera Society. Experience Richard Rodgers' personal favourite score—performed by a full 23-piece orchestra — featuring timeless songs like 'You'll Never Walk Alone' and 'If I Loved You'.

\$50 Ticket

\$25 Bus Prepay immediately

**BOOKING
OPENS**



Wednesday 9 July

CATS: Theatre Royal (Pre-booking)

Don't miss the 40th Anniversary Australian tour of Andrew Lloyd Webber's record-breaking musical CATS at the Theatre Royal. With iconic music, dazzling costumes, and unforgettable characters, it's a magical theatre experience that continues to delight audiences around the world. Sit back, relax, and enjoy the show!

\$80 Ticket

\$20 Bus Prepay immediately

**BOOKING
OPENS**



st george
community.



OVERNIGHT TRIPS

Next Stop
Nelson Bay

**TUESDAY 24 - THURSDAY 26
JUNE 2025**

• **3 DAY 2 NIGHT TRIP**

- ✓ Stay at the Seabreeze Hotel
- ✓ Stop off at the Port Stephens Koala Sanctuary to see koalas in their natural habitat and learn about conservation efforts. Enjoy scenic views from the SKYwalk and visit the Koala Hospital.
- ✓ Hop on board the Nelson Bay Dolphin Cruise and spot wild dolphins in their natural habitat. Enjoy scenic views and live commentary for a memorable adventure.



**\$750 ppn
Twin
Share**



BOOK NOW 9585 3000

Yulefest
Katoomba

**JULY 2025
DETAILS & DATES TBC**

• **2 DAY 1 NIGHT TRIP**

- ✓ *Enjoy the magic of Yulefest in the Blue Mountains, where many venues offer traditional Christmas-style celebrations. Think, cosy log fires, festive fare, singalongs, and perhaps even a visit from Santa. The Blue Mountains is truly a 'Winter Wonderland.'*

SOUTH COAST SNAPS 15 - 17 APRIL



APRIL SOCIAL OUTINGS RECAP



**Better Support.
Stronger Connections.**

**st george
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Phone
02 9585 3000

Address
1/29-33 Pitt Street
Mortdale NSW 2223

Website
www.stgct.org.au
Connect with us

