

MONTHLY

st george
community.

March
2026

NEWSLETTER



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

Better Support. Stronger Connections.

From the CEO:

Embracing Change, Staying Connected

“And now let us welcome the new year, full of things that never were.” - Rainer Maria Rilke

As we step into autumn, there is something quietly powerful about this season. The days begin to cool, the pace softens, and the world reminds us that change is not something to fear, but something to embrace.

At St George Community, we see this every day. Every trip taken, every outing attended, and every

should be about expanding it. Whether it is a visit to the zoo, a special lunch, a show, or one of our growing number of overnight trips, we are here to support you to keep doing the things that bring you joy, confidence and connection.

We are also marking **International Women’s Day**, and I would like to take a moment to recognise the many women in our community - clients, carers, volunteers and staff - who show resilience, courage, humour and strength through life’s changes. You inspire us more than you know.

On a personal note, I would like to acknowledge the



new friendship formed is proof that life continues to hold new experiences, no matter your age, mobility, or circumstances.

This month, we are proud to celebrate **Sydney Seniors Festival**, a wonderful reminder that later life should never be about shrinking your world. It

most important woman and inspiration in my own life: my mum. At 79 years young, she remains an integral part of running our family business. She officially works four days a week, though we all know it is much more than that. Her compassion, work ethic and strong values have shaped who I am, both personally and professionally.

www.stgct.org.au

I take a bow to the inspirational women who have touched your life too, and I would genuinely love to hear some of your stories.

In this edition, you will meet some of the wonderful team behind our **Individual Transport** service. Their professionalism, warmth and care are a big part of what makes the service feel not just safe and reliable, but personal and genuinely supportive. It is the people behind the wheel, behind the phone and behind the planning who make the difference.

You will also find details of our upcoming **2026 Client Survey**, including a QR code so you can

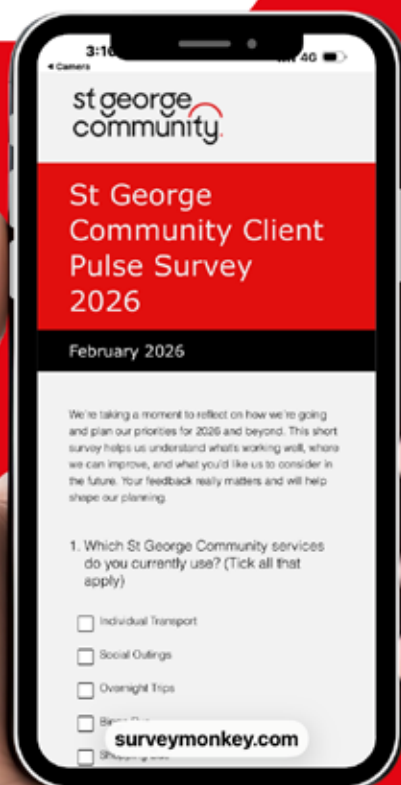
complete it online. Your feedback helps us improve, evolve and continue delivering the services that matter most to you. I encourage you to take a few minutes to share your thoughts, because your voice helps shape the future of St George Community.

Thank you for being part of our community. Wherever this season takes you, we hope it takes you out, forward and into something new.

Kindest regards
Natasha



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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!

SCAN
ME! >>>



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

EVERY JOURNEY MATTERS

Meet the people behind St George Community's Individual Transport Service

There comes a time for many people when driving is no longer possible, or public transport feels unsafe or overwhelming. When that independence shifts, even everyday activities - a medical appointment, the shops, a regular catch-up - can suddenly feel difficult or out of reach.

St George Community's Individual Transport service helps bridge that gap. It provides safe, supported transport for people who need extra assistance to stay connected to their community. But it is about more than getting from A to B. It is about dignity, reassurance and the confidence that comes from knowing someone understands your needs and will be there when expected.

Behind every smooth pickup and timely drop-off, is a team working together. Drivers provide hands-on support and human connection on the road, while office staff coordinate the many moving parts behind the scenes. Together, they help clients continue living life on their own terms - one journey at a time.

We shine a light on just a few of the people who make that possible every day.

ON THE ROAD: EXPERIENCE, CARE & CONNECTION

Evan - Driver

Evan joined St George Community six years ago after a serious workplace accident brought his career as a Telstra communications technician to an unexpected end. Community transport offered a new direction - and a role where he could support people in practical, meaningful ways.

What Evan values most is helping people, ensuring they feel safe, comfortable and respected throughout their journey.

"The driving matters, but so does how you treat people."

Evan explains how drivers need to understand individual homes, steep driveways, wheelchair access, motion sensitivity and medical needs - all the while driving smoothly and defensively. Just as important is knowing when a client wants conversation and when they prefer quiet.

Evan is acutely aware that for many clients, a journey begins well before they step into the vehicle. His calm, respectful approach helps people feel at ease, particularly when they are dealing with uncertainty or change. By paying attention to both practical needs and emotional cues, he helps ensure each journey feels safe, steady and supportive.



Evan brings a calm, respectful approach, helping clients feel comfortable and at ease.

Lisa - Driver

Lisa has been part of St George Community for nearly 16 years, bringing with her a background in aged care nursing and a deep understanding of what it means to support people with dignity.



Driver, Lisa supporting client, Helen during a trip to the hairdresser and local shops.

After years working in nursing homes, Lisa was looking for a role where she could provide care in a more personal, respectful way.

When her husband handed her a small newspaper advertisement that read "Drive older people to their appointments", she took a chance. She rang on a Thursday, interviewed on Friday, and walked out with a start date.

Today, Lisa's role goes well beyond driving. Like all Individual Transport drivers, she helps clients in and out of vehicles, offers a steady arm when needed, adjusts pickups for mobility limitations, and reassures clients who may be anxious or unwell.

Lisa says: ***"You become a familiar face - almost like a friend or family member."***

One moment Lisa will never forget happened more than a decade ago, when she was driving a Christmas outing for a social group. Diane, a client at the time, suddenly realised the historic property they were visiting was the very school she had attended as a child. On a whim, Lisa turned the bus around, and Diane was reunited, by pure chance, with her former teacher, Sister Mary. ***"It felt like a miracle,"*** Lisa says.

"If I hadn't turned that bus around, it never would have happened. It was an incredible, emotional moment and one I will never forget."

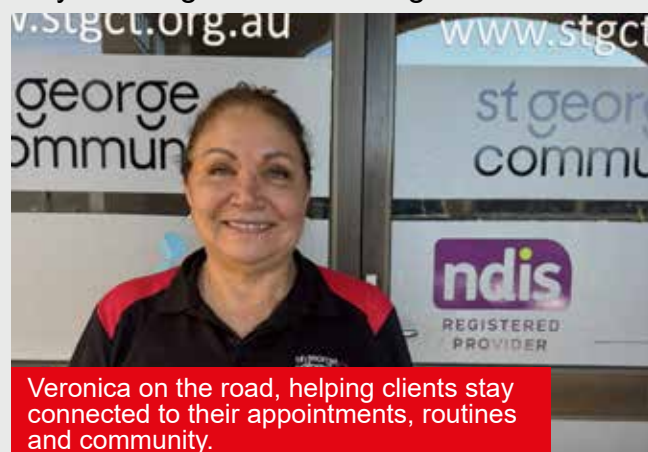
After nearly 16 years on the road, it is the feedback from clients that stays with her.

"When someone tells you they'd be lost without this service, you know you're doing something that truly matters."

Veronica - Driver

Veronica has worked in Individual Transport for four years, after previously supporting clients in a similar role at Uniting. Encouraged by a friend already working at St George Community, she made the move and quickly found her place within the team.

Her days often involve medical appointments, shopping trips and helping clients maintain routines that are important to their independence. Veronica says what she values most is the connection she builds with clients, especially those who may be living alone or feeling isolated.



Veronica on the road, helping clients stay connected to their appointments, routines and community.

"Some people are very lonely - just talking can make a big difference." Says Veronica.

Originally from Chile, Veronica has lived in Sydney for more than 40 years and speaks fluent Spanish. She is mindful of how being able to converse in their first language brings immediate comfort and familiarity to some clients.

She is careful to ensure everyone travelling feels included and at ease, adjusting how she communicates depending on who is on board.

Like all Individual Transport drivers, Veronica provides hands-on support when needed - offering a steady arm, assisting clients in and out of vehicles, and giving people the time and reassurance they need. She understands that what looks like a simple trip is often a client's main connection to the outside world that day.

"It's not just driving - it's helping people feel comfortable, supported and seen."

Danny - Driver

Danny has been driving with St George Community for just over three years, bringing more than a decade of experience as a professional coach driver in the tourism industry.

While the driving skills transferred easily, Danny says Individual Transport requires constant attentiveness - watching clients closely, adjusting to their needs, and ensuring every journey feels calm and safe.



Danny works across Individual Transport and social outings, regularly supporting clients on medical appointments, shopping trips, clubs and nursing homes. His ability to speak Mandarin and Cantonese is a particular comfort for many clients.

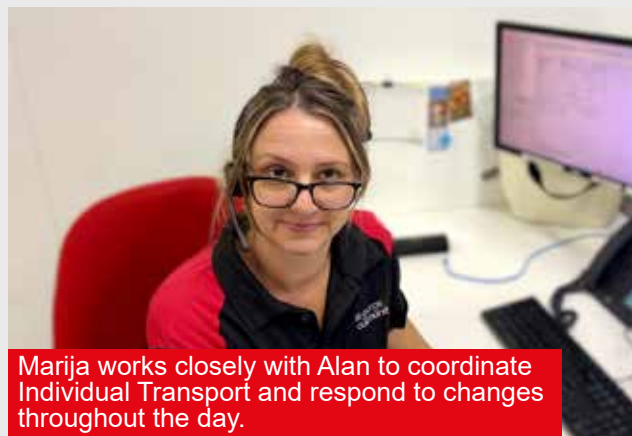
"A smooth, safe journey helps people feel at ease - and that's what matters most." Says Danny.

BEHIND THE SCENES: KEEPING EVERYTHING MOVING

ALAN & MARIJA - DISPATCH

If Individual Transport is the engine that keeps St George Community moving, Alan and Marija are the steady hands guiding it day to day.

Between them, they bring almost 20 years of experience and are well known for their calm, measured approach - especially on days when plans change quickly. While drivers are out on the road, Alan and Marija are coordinating the service behind the scenes, ensuring each journey runs as smoothly as possible.



Their work goes far beyond scheduling vehicles or plotting routes. They manage changing appointments, respond to delays, match drivers to clients' individual needs, and stay in constant communication with both drivers and clients as the day unfolds.

When an appointment runs late, traffic causes disruption, or a client needs extra time or reassurance, Alan and Marija are already adjusting plans and keeping everyone informed.

Much of their work goes unseen, but its impact is enormous. Thoughtful planning reduces stress for clients, supports drivers on the road, and helps ensure every journey is handled safely, respectfully and with care.

EVERY JOURNEY MATTERS

Individual Transport is built on patience, trust and adaptability. From drivers providing safe transport and hands-on support, to office staff coordinating complex schedules behind the scenes, it is truly a team effort.

For the clients who rely on it, Individual Transport means independence, dignity and connection - one journey at a time.



2 HOURS SHOPPING TIME ALLOCATED

Max 4 bags per person. Max 16kg in total

March 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 13, 27 MON 2, 16, 30 <i>Pickups from 10:00 am</i>	FRI 13, 27 MON 2, 16, 30 <i>Pickups from 8:30 am</i>	MON 2, 16, 30 <i>Pickups from 10:00 am</i>	MON 2, 16, 30 <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 9, 23 <i>Pickups from 10:00 am</i>	MON 9, 23 <i>Pickups from 10:00 am</i>	MON 9, 23 FRI 6, 20 <i>Pickups from 8:30 am</i>	MON 9, 23 FRI 6, 20 <i>Pickups from 10:00 am</i>
Southgate Sylvania	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>	TUE 3, 17, 31 WED 11, 25 <i>Pickups from 10:00 am</i>	TUE 3, 17, 31 WED 11, 25 <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.

\$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



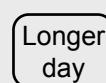
No walker access



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.

March Social Outings Calendar

Monday 2 March (Also on Fri 27/3)

Sydney Zoo 1, Eastern Creek

Enjoy a relaxed day at Sydney Zoo with time to explore at your own pace. We'll spend the morning on the grounds, including morning tea at your leisure. See amazing animals up close, enjoy open spaces and make a day of it in this modern, accessible zoo experience. This is not Taronga Zoo, but is a nice flat easy walk.

\$20 Bus

\$39 Entry



Tuesday 3 March

Musical Gala Lunch: Ryde-Eastwood Leagues Club

A new find, recommended by one of our colleagues! Enjoy a curated gala lunch with live music and inspiring storytelling in a relaxed, social setting. A lovely blend of entertainment and dining. Come along and tell us if we should repeat it!

\$20 Bus

\$40 Prepay on booking



Wednesday 4 March

Georges River Seniors Expo - NSW Seniors Festival

Come and see us at the Georges River Seniors Expo in Mortdale! Enjoy live performances, community stalls, health checks and free activities, plus a complimentary BBQ lunch. A great opportunity to connect with local services and celebrate our vibrant seniors community.

\$20 Bus

Free Event & Lunch



Thursday 5 March

Wisemans Ferry Drive & Lunch at the Inn

For those who missed last year's epic day out, join us on this scenic drive to historic Wisemans Ferry. Enjoy rolling countryside views, and the charm of this peaceful riverside town. We'll stop for a leisurely lunch at the Inn and enjoy good company along the way.

\$25 Bus



Longer day



Social Outings

Friday 6 March

Gledswood Homestead Farm Tour

A true taste of Australia! Enjoy billy tea and damper, whip cracking, working dogs, sheep shearing and boomerang throwing. Feast on a classic Aussie BBQ with steak, sausages and salads, finished with an ice-cream sundae. Oh my goodness - what a great day out! **Note we need a minimum of 30 for this to go ahead.**

\$20 Bus **\$90 Tour** *Payment due once min. numbers are confirmed*



Monday 9 March

St Patrick's Day at Camden Valley Inn

Celebrate St Patrick's Day in style with a festive lunch at the Camden Valley Inn. Your package includes a welcome drink, two-course lunch with tea and coffee, themed dining room and lively Irish entertainment. Limited to 30 pre-booked spots - don't miss this fun and festive day out!

\$20 Bus **\$65 Prepay on booking**



Tuesday 10 March

To Roma with Love: Bryan Brown Theatre Bankstown

Tony Mazell and Nick Bava deliver an unforgettable Italian-flavoured musical experience, filled with passion, nostalgia, and timeless melodies - To Roma With Love is a show you won't want to miss.

\$20 Bus **\$20 Ticket**



Wednesday 11 March

Premiere's Seniors Concert (11am only)

Enjoy a special morning of live entertainment at the Premier's Seniors Concert at ICC Sydney. This popular event celebrates seniors with great music, a lively atmosphere and a wonderful shared experience - all in a world-class venue.

\$20 Bus **Free tickets**



Social Outings

Thursday 12 March

Premiere's Seniors Concert (2.45pm only)

Join us for an afternoon performance of the Premier's Seniors Concert at ICC Sydney. Enjoy fantastic live entertainment, a vibrant atmosphere and a shared celebration of seniors in a world-class venue. A wonderful way to spend the afternoon together.

\$20 Bus

Free tickets



Friday 13 March

Hambledon Cottage Museum, Parramatta

Step back in time with a visit to Hambledon Cottage, a heritage-listed home built between 1821 and 1825. Also known as Firholme and Macarthur Cottage, this charming museum offers a fascinating glimpse into early colonial life in Sydney's west.

\$20 Bus

\$10 Entry



Monday 16 March (Also on Fri 20/3)

Appleshack at Glenbernie Orchard 1

March is the perfect time to visit Glenbernie Orchard, with apple trees full of fruit and the chance to pick one yourself. Enjoy a scenic drive, explore the Apple Shack and sample seasonal produce including apples, peaches, cider, honey, jams and pickles. A delicious day out packed with local flavour.

\$25 Bus



Tuesday 17 March (Also on Mon 23/3)

Joadja Historic Site Tour 1

Discover the ghost town of Joadja on a fully guided tour of this fascinating hidden valley and oil shale mining site. Travel by purpose-built people movers to visit over 10 historic ruins, including the distillery. A captivating story of mystery, intrigue and drama - all without needing to walk the dirt roads.

\$25 Bus

\$40 Ride & Tour



Social Outings

Wednesday 18 March

Simply Lunch: Canterbury Hurlstone Park RSL

Enjoy the cafe inspired meals at Cafe Brass or Chinese Wok Stars for a \$19.80 lunch special. An easy and relaxing lunch experience at this nearby and popular club.

\$20 Bus



Thursday 19 March

Woronora Dam BBQ

Enjoy a scenic outing to beautiful Woronora Dam with a relaxed BBQ lunch in the great outdoors. The **Sunshine Group will stay & enjoy a BBQ**, while the others will head to a local club for lunch. A flexible, easy-going day surrounded by nature and good company.

\$20 Bus *Sunshine Group Only BBQ \$20



Friday 20 March (Also on Mon 16/3)

Appleshack at Glenbernie Orchard 2

Enjoy a scenic drive, explore the Appleshack and sample seasonal fruit like crisp apples and sweet persimmons, plus house-made cider, honey, jams and pickles. A relaxed, tasty day out full of local flavour.

\$25 Bus



Monday 23 March (Also on Tues 17/3)

Joadja Historic Site Tour 2

Another chance to explore the hidden valley of Joadja on a fully guided tour of the ghost town and oil shale mines. Travel by purpose-built people movers to visit 10+ historic ruins, including the distillery. A fascinating journey of mystery, intrigue and drama - with minimal walking if you choose.

\$25 Bus

\$40 Ride & Tour



Social Outings

Tuesday 24 March

Sydney Outlet Village & Grove Homemaker Centre, Warwick Farm

Enjoy a relaxed shopping day at Sydney Outlet Village in Warwick Farm (formerly Fashion Spree), and across the way to the Grove Homemaker Centre. Browse great-value fashion, homewares and lifestyle stores, with time for coffee, lunch and an easy wander.

\$20 Bus



Wednesday 25 March

Shen Yun 2026: Lyric Theatre

Experience the beauty and grandeur of Shen Yun at the Lyric Theatre. This world-renowned production brings ancient Chinese culture to life through breathtaking dance, music and storytelling. A visually stunning and uplifting performance - a truly special theatre outing.

\$20 Bus \$135 Ticket Prepay on booking



Thursday 26 March

\$12 Lunch & Bingo Kurnell Sports and Recreation Club

What a bargain! Enjoy lunch and a game of bingo for just \$12. Add in great company and a lovely drive home through Cronulla along the beach, and you've got a fun, relaxed day out that's easy on the wallet.

\$20 Bus \$12 Lunch & Bingo



Friday 27 March (Also on Mon 2/3)

Sydney Zoo 2, Eastern Creek

Missed the first visit or keen to go again? Join us for another relaxed day at Sydney Zoo. Enjoy time on the grounds at your own pace, with morning tea and lunch available at your leisure. A great opportunity to see your favourite animals and soak up the outdoor atmosphere.

\$20 Bus \$39 Entry



Social Outings

Monday 30 March

Simply Lunch: Cove Bar & Grill, Sharks at Kareela

Join us for a relaxed lunch at Cove Bar & Grill at Sharks Kareela. Enjoy modern club dining, great flavours and a comfortable setting - perfect for good food, easy conversation and a laid-back day out.

\$20 Bus

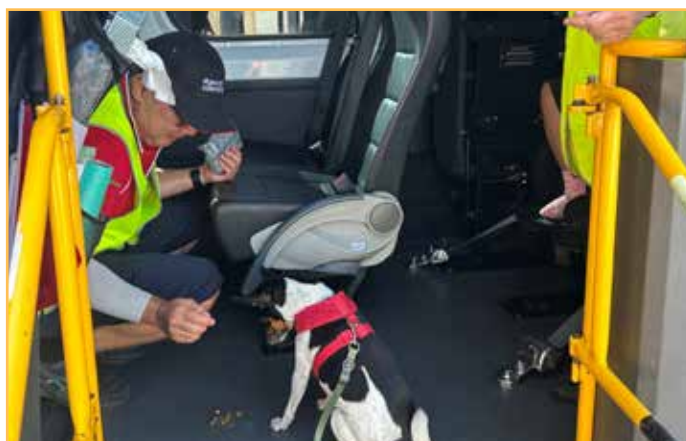


Tuesday 31 March

Hearing From Our Community: Technology & Travel, Kogarah

Join us at the Kogarah Clubhouse for an informative session featuring two guest speakers. The Reconnect Project will provide hands-on help with mobile phones, laptops and everyday tech, while a local senior's travel agent will share practical tips on travel planning. A friendly, useful session designed for you.

\$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.



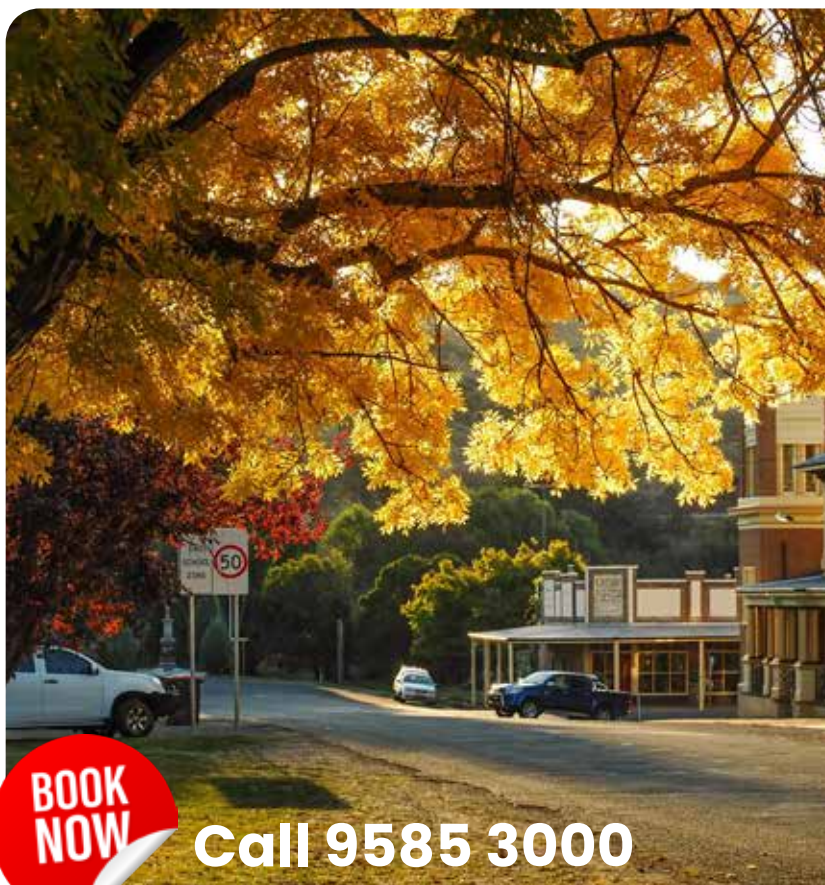
OVERNIGHT TRIPS 2026

Available to CHSP (Commonwealth Home Support Program) clients only

Autumnal Orange

4 DAYS 3 NIGHTS TRIP

- ✓ Autumn colours, heritage streets and country charm await. Enjoy Orange in March, when crisp mornings and golden leaves set the scene for relaxed sightseeing, boutique browsing and scenic drives through the Central West.
- ✓ Local flavours and time to unwind. Savour seasonal food and cool-climate produce, enjoy gentle touring and tastings, and soak up the welcoming country hospitality that makes Orange such a favourite overnight escape.



Call 9585 3000

Coastal Ulladulla / Mollymook

3 DAYS 2 NIGHTS TRIP

Charming & Cosy Southern Highlands

3 DAYS 2 NIGHTS TRIP

Winter Coastal Newcastle & Lake Macquarie

4 DAYS 3 NIGHTS TRIP

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

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

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



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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

