

MONTHLY

st george
community.

November
2025

NEWSLETTER



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

Better Support. Stronger Connections.

From the CEO:

A new season of connection and care

Dear Friends,

As November arrives, we find ourselves on the cusp of summer - a season that often stirs up memories of long days, family gatherings, and the simple joy of being outdoors. For many of us, summer is about freedom: the chance to take in the sunshine, share a meal in the park, or sit by the water and watch the world go by. But for those who are ageing or living with disability, summer can sometimes feel like it's happening on the "outside"

with mobility a little harder and the thought of public transport daunting, those carefree days feel far away. But with the support of our team, she joined us on a trip to the gardens, and her smile said it all. ***"It feels like I've got summer back again,"*** she told me. That one sentence reminded me why we do what we do: to ensure that the seasons of life are still rich with joy, no matter someone's age or ability.

This month also marks the introduction of the **new Aged Care Act on 1 November**. The changes are designed to strengthen rights and protections for older Australians, and I'm proud to say we have put in a huge amount of work behind the scenes



- unless someone makes sure the door is opened wide enough to let them in.

I was reminded of this recently when I sat with one of our clients at an outing. She told me that in her younger years, summer meant beach days and big backyard barbecues with neighbours. Now,

to prepare. From updating policies and safety protocols, to extensive staff training, our team has worked incredibly hard to make sure we're ready. This effort means that when our clients step onto a bus or join an outing, they can do so knowing their wellbeing and safety are our highest priorities.

www.stgct.org.au

And what a time it is to get out and about! Upcoming **social outings** are all filled with colour and connection; from the excitement of the **Melbourne Cup celebrations at Ramsgate RSL**, to the tranquillity of the **Parramatta Drive & Wistaria Garden**, the buzz of **Paddy's Markets**, and the fun of another trip to the much-loved **Dingo Sanctuary**. Our **final overnight trip for the year - to the Hunter Valley Christmas Lights** - has **lots of interest**, let us know if you'd like to be part of the magic. This is one I always make time for personally!

Looking ahead, we're already planning next year's **overnight program**. Without giving too much away, I can promise opportunities for adventure, new friendships, and plenty of laughter. Keep an eye out in the new year for announcements, they

tend to fill quickly!

As always, I want to thank our staff, volunteers, clients, and carers. You are the heart of St George Community, and together we make sure that every season - especially summer - is one to enjoy, not endure.

Let's step into this new chapter with optimism, community spirit, and a good dose of sunshine.... accompanied by a sensible hat and sun protection.... I know this means me!

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



Farewell to Mark Scheuer

Our Santa, Our Fleet Manager, Our Friend

When it comes to community, few people have given more than Mark Scheuer. After 12 years with St George Community - and many more volunteering with the SES - Mark is hanging up his fleet keys and heading down the coast to enjoy a well-earned retirement.

Mark would be the first to stop us right here and say: ***"Don't call it retirement."*** He's not a fan of the word. So instead, we've floated some alternatives - bon vivant, man of leisure, gentleman of the coast... take your pick. Whatever the label, we know he'll embrace this next stage with the same energy, wit, and generosity he brought to St George Community.



Mark joined us in 2012 as a driver, bringing with him a calmness and sense of responsibility that soon saw him step into leadership roles. By the time he became Fleet Manager, he was overseeing the safety and logistics of more than 27 vehicles and thousands of trips each year. Safety wasn't just his job description, as one colleague put it, ***"it's something he lives by."***



But ask around the office, and it's not just Mark's diligence people remember. It's his humour, generosity, and the small gestures that made everyone feel part of the team. One of Harvey's first memories is of Mark taking the time to introduce him around at a staff gathering: ***"That little moment made me feel so welcome."***

For our clients, Mark will always be remembered as Santa Claus at Christmas parties - with plenty of silly jokes and good times.



Then there are the legendary Christmas party performances (we'll let those stories stay in-house!). As Brad put it, ***"He's the classic Australian community-minded man, generous in both heart and deed."***



Alan perhaps summed it up best: ***"He's been a great friend, manager, mentor, chauffeur, teammate, colleague, support - and yes, at times, a royal pain in the bum - but always in the best possible way."***

Our CEO, Natasha Stokes, reflected:

"Mark has been the kind of colleague and leader who reminds us why community work matters - because at its heart, it's about people. His care for our clients was unwavering; he never saw a trip as just a job, but as a lifeline that deserved his full attention. That quiet dedication is something we will always carry with us."

And of course, Nurina and I will especially miss his role as our self-appointed fashion critic - always ready with a cheeky comment on our outfits. Far from criticism, his words were little boosts of confidence that left us laughing and feeling lighter. It was Mark's way of reminding us to take the work seriously, but never ourselves too seriously."

Thank you, Mark, for the safety, the spirit, the humour, and for leaving a legacy that will long outlast your time behind the wheel.

A New Aged Care Act – Starting 1 November 2025

The new **Australian Aged Care Act** (the Aged Care Act 2024) will start on **1 November 2025**, replacing existing legislation to create a stronger, rights-based system that prioritises older Australians.



What's Changing?

- **Your Rights Come First** - Older Australians are placed at the centre of care.
- **Statement of Rights** – A clear, legally binding list of your rights, including independence, privacy, and access to safe, high-quality care.
- **Better Care Standards** – Stronger rules to ensure care meets your individual needs.
- **More Oversight** – Providers will be monitored more closely to make sure they meet their responsibilities.
- **Help with Decisions** – You can choose someone you trust to support you in making care decisions.

What This Means for You

- **For Older People:** More dignity, respect, privacy, and choice in your care.
- **For Families & Carers:** Peace of mind knowing your loved one's rights are protected.
- **For the Community:** A clearer and fairer aged care system that works for everyone.



What St George Community Is Doing

At St George Community, we have been working hard to ensure we are ready for the new Act. This includes:

- **Updating our policies and procedures** to reflect the new requirements.
- **Staff training and briefings** so our team understands your rights and the new care standards.
- **Strengthening safety and privacy protocols** to protect both your wellbeing and your personal information.
- **Stress-testing our systems** so everything is checked and ready before the new rules begin.



We are committed to providing safe, respectful, and high-quality services under the new Aged Care Act.

THE STATEMENT OF RIGHTS

The Statement of Rights clearly identifies your rights when seeking or receiving aged care services. Under the Aged Care Act 2024, your provider and aged care workers are legally obliged to deliver services in line with these rights.



**Autonomy &
Freedom of Choice**



Equitable Access



Safe, Quality Care



**Privacy &
Confidentiality**



**Communication &
Complaints**



**Support & Social
Connections**



2 HOURS SHOPPING TIME ALLOCATED

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

November 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 7, 21 MON 10, 24 <i>Pickups from 10:00 am</i>	FRI 7, 21 MON 10, 24 <i>Pickups from 8:30 am</i>	MON 10, 24 <i>Pickups from 10:00 am</i>	MON 13, 24 <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 3, 17 <i>Pickups from 10:00 am</i>	MON 3, 17 <i>Pickups from 10:00 am</i>	MON 3, 17 FRI 14, 28 <i>Pickups from 8:30 am</i>	MON 3, 17 FRI 14, 28 <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 4, 18 WED 12, 26 <i>Pickups from 10:00 am</i>	TUE 4, 18 WED 12, 26 <i>Pickups from 10:00 am</i>	TUE 11, 25 WED 5, 19 <i>Pickups from 10:00 am</i>	TUE 11, 25 WED 5, 19 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 6, 13, 20, 27 <i>Pickups from 10:00 am</i>	THUR 6, 13, 20, 27 <i>Pickups from 10:00 am</i>	THUR 6, 13, 20, 27 <i>Pickups from 10:00 am</i>	THUR 6, 13, 20, 27 <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



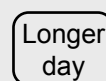
No walker access



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.

November Social Outings Calendar

Monday 3 November

Parramatta Drive & Wistaria Garden

Join us for a scenic drive around Parramatta to see the city's exciting new changes - from the Metro site to the light rail. We'll take a gentle stroll through the beautiful Wistaria Garden in Parramatta Park and finish with a relaxed lunch together.

\$20 Bus



Tuesday 4 November

Melbourne Cup: Ramsgate RSL & Frankie Valli/ Beach Boys Show

Do your best racewear - fascinators and ties at the ready! Celebrate Melbourne Cup at Ramsgate RSL with food, fun, and "the race that stops the nation" on the big screen. Stay on for the Frankie Valli & Beach Boys tribute show. It's sure to be an afternoon of glamour, music, and memories.

24 Seats Only

\$20 Bus \$85 Prepay to secure your seat



Wednesday 5 November

Lunchbreak Concert: Brass Division, Sydney Conservatorium

Enjoy the Greenway Series at the Conservatorium of Sydney with a vibrant daytime concert by the Brass Division. Soak up the rich sounds of brass in a stunning venue. We start with a relaxed group brunch - a perfect blend of music and good company.

\$20 Bus Donation



Thursday 6 November

Simply Lunch: The Log Cabin Penrith

A riverside favourite combining classic pub fare with a relaxed, welcoming atmosphere. Enjoy great food, friendly company, and lovely Nepean River views. A perfect way to unwind and share a meal with friends. After lunch take a walk on the bridge over the Nepean River.

\$20 Bus



Social Outings

Friday 7 November

Museum of Human Diseases, Kensington

Back by popular demand! The Museum of Human Disease offers a fascinating look into how the body works and what happens when things go wrong. With over 1,500 preserved specimens, an introductory talk, and expert staff on hand, it's an eye-opening and educational day out.

\$20 Bus

\$5 Entry



Monday 10 November

Simply Lunch: Parc Pavilion, Cronulla

Join us for Simply Lunch at the brand new Parc Pavilion in Cronulla. This multi-story pub & hotel is right next to the railway station. With fresh, fuss-free meals designed for all ages, it's the perfect spot to relax and enjoy quality food in a prime beachside setting. Great value, great company, and that unmistakable Cronulla charm.

\$20 Bus



Tuesday 11 November

Christmas Shopping: Homemaker Centre Alexandria

Get a head start on Christmas at the Homemaker Centre! A huge range of homewares, décor, and gift ideas. Spotlight, Kitchen Warehouse, Good Guys and other bedding & homeware specialists all under one roof. Coffee there and head off later for lunch.

\$20 Bus



Wednesday 12 November

Oran Park Explore & Oran Park Hotel

We had a lovely day in October so we are doing it again. Explore the stunning new Oran Park Hotel - a three-level entertainment hub with seven bars, a pub-style bistro, pizzeria, and an Asian-inspired rooftop bar. Join us for a day of discovery, good food, and lively atmosphere in the heart of Oran Park.

\$20 Bus



Social Outings

Thursday 13 November

Paddy's Markets, Haymarket

A bustling day out, get one of your adult kids or relatives to come and carry your goodies! You need to be able to walk or wheel independently and keep your mobile phone switched on and check for messages. In other words, no getting lost!

\$20 Bus



Friday 14 November

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

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

\$20 Bus



Monday 17 November

Club Menangle: Senior's Roast Lunch and Harness Racing

Enjoy a classic day out at Club Menangle with a delicious senior's roast lunch, followed by the thrill of live harness racing. Great food, great company, and plenty of excitement - a perfect mix of comfort and entertainment in a relaxed country setting.

\$25 Bus

\$30 Entry & Lunch
Prepay by Fri 7/11/25



Tuesday 18 November (Also on Mon 24/11/25)

Wisemans Ferry Drive & Lunch 1

Enjoy a relaxing day out with a scenic drive to historic Wisemans Ferry. Take in the rolling countryside, cross the river by ferry, and soak up the charm of this peaceful riverside town. We'll stop for a leisurely lunch and good company along the way.

\$25 Bus



Longer day



Social Outings

Wednesday 19 November

A Very Merry High Tea, Picton

Indulge in a Very Merry High Tea in charming Picton! Enjoy festive treats, delicate sandwiches, and freshly baked scones served in a beautifully themed setting. A delightful way to celebrate the season with friends - full of sparkle, sweetness, and Christmas cheer.

\$50 Festivities & Hightea

\$25 Bus Prepay by Fri 7/11/25



Thursday 20 November

ANZAC War Memorial Hyde Park

Set in peaceful Hyde Park, the ANZAC War Memorial offers a moving tribute to those who served. With accessible spaces and guided exhibits, it's a powerful place of reflection, history, and remembrance. Bring money for lunch.

\$20 Bus



All clients are welcome to join

— OR —

Thursday 20 November

Frankie Valli & The Beach Boys: Liverpool Powerhouse

Missed them at the Melbourne Cup? We have **24 tickets only**. Get ready to sing along as the Frankie Valli & The Beach Boys Show hits Casula Powerhouse! Enjoy classics like Fun, Fun, Fun, California Girls, I Get Around, and more.

\$20 Bus \$30 Prepay to secure your ticket



Friday 21 November

Campbelltown Steam & Machinery Museum

Step back in time at the Campbelltown Steam & Machinery Museum, where history comes to life through working steam engines, vintage machinery, and agricultural displays. A fascinating day out celebrating Australia's industrial heritage. Perfect for history buffs and curious minds alike. The museum is run by volunteers.

\$20 Bus \$10 Entry



Social Outings

Monday 24 November (Also on Tue 18/11/25)

Wisemans Ferry Drive & Lunch 2

Another chance to take a leisurely drive through the Hawkesbury's scenic countryside to charming Wisemans Ferry. Enjoy the peaceful riverside views, a relaxed lunch at a local favourite, and plenty of time to soak up the area's rich history and country hospitality.

\$25 Bus



Longer day

Tuesday 25 November

Christmas Shopping: Home & Gift Warehouse, Taren Point

Get into the festive spirit at the Home & Gift Warehouse! Explore aisles of decorations, homewares, and unique gifts. Perfect for ticking off your Christmas list. From sparkling ornaments to thoughtful finds, you're sure to uncover something special for everyone.

\$20 Bus



Wednesday 26 November

Back to the Future - The Musical, Lyric Theatre

Great Scott! Take an electrifying ride back in time with Back to the Future - The Musical, the Olivier Award-winning stage hit. Starring Roger Bart as Doc Brown and Axel Duffy as Marty McFly, this spectacular show brings the beloved film to life with energy, humour, and unforgettable music.

\$20 Bus

\$110 Prepay Immediately



Thursday 27 November

Senior's Christmas Concert: The Pavillion Sutherland

Celebrate the season at the Seniors Christmas Concert at The Pavillion, Sutherland. Enjoy a joyful program of music and entertainment in a welcoming setting, followed by time to share festive cheer with friends. A perfect way to embrace the Christmas spirit together.

\$20 Bus

\$20 Prepay by Mon 17/11/25



Social Outings

Friday 28 November

Simply Brunch: The Lookout Cafe Double Bay

Enjoy a relaxed morning at The Lookout Café in beautiful Double Bay. With delicious brunch options, good coffee, and lovely views, it's the perfect spot to unwind and share great food and conversation. A simple pleasure in one of Sydney's most charming bayside locations.

\$20 Bus



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.



Lost & Found

From cosy coats and forgotten jumpers to umbrellas, bags, cushions, sun hats, gloves, jackets - and all manner of interesting things - our lost property collection is growing fast!

If you think you've left something behind, just give us a call on **9585 3000** with a quick description. We'll have it ready for collection at our office, or we can bring it along on your next trip. (Otherwise, Brad might just start a market stall! 😊)



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community.



OVERNIGHT TRIPS 2025

Available to CHSP (Commonwealth Home Support Program) clients only

Christmas Lights Spectacular!

Hunter Valley

3 DAY 2 NIGHT TRIP



Our most popular overnight trip of the year is coming up soon! This November we're heading to the Hunter Valley for an unforgettable stay at the Mercure Hotel.



Enjoy a stop at a local winery to sample the region's finest wines.



Indulge in local favourites, from cheeses to handmade chocolates.



Wander through the breathtaking Hunter Valley Gardens Christmas Lights Spectacular, where millions of twinkling lights bring the gardens to life in festive splendour.

**TUESDAY 11 - THURSDAY 13
NOVEMBER 2025**



BOOK NOW Call 9585 3000



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

