

MONTHLY

st george
community.

November
2026

NEWSLETTER



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

Better Support. Stronger Connections.

From the CEO:

A Time for Reflection, Connection and Service

As November arrives, we find ourselves approaching the end of another busy year at St George Community. Christmas preparations are beginning, calendars are filling up, and there is a wonderful sense of anticipation as we look forward to the festive season.

November is also a time for reflection. On

accident highlights the importance of wellness and reablement, helping people regain their confidence, maintain their independence and return to the activities they love. It is also a lovely reflection of the care and support our team provides, including our driver Sam, who became a familiar face throughout Denis' recovery.

Our social calendar offers something for everyone. From Melbourne Cup celebrations and a visit to beautiful Canoelands Orchard, together with a



Remembrance Day, 11 November, we pause to honour those who have served our country, particularly those who made the ultimate sacrifice. It is a reminder that service takes many forms, but at its heart is a willingness to put the needs of others before our own.

This month's feature story introduces Denis. His journey of recovery following a serious cycling

fascinating behind-the-scenes look at the robotics at Amazon's fulfilment centre.

We have released our overnight trips for the next 12 months, making it easier to plan ahead. I am especially excited about our new one-night getaways, which offer a lovely opportunity for anyone who has been thinking about joining us on a longer trip but would prefer to start with a shorter adventure.

www.stgct.org.au

A reminder about Service Agreements

Please ensure your **Service Agreement is signed by 1 November**. If you have not signed by this date, you will be unable to use our transport services until it is completed.

Our team can answer any questions and help to complete your agreement. Please call **9585 3000** to discuss the best way to receive your form.

A little Christmas planning

The festive season is just around the corner; I would also like to remind everyone of our Christmas and New Year arrangements so that you have plenty of time to plan ahead.

Our office will close at the end of the day on Thursday, 24 December 2026, reopening on Monday, 4 January 2027, when our individual transport services will also resume. Our social outings and activities will recommence on Monday, 11 January 2027.

If you have appointments or transport needs around this period, please speak with our team well in advance so we can help you plan for the holiday closure.

As we move through November, I encourage everyone to take a moment to reflect on the people who have made a difference in their lives. Whether through a lifetime of service, an act of kindness or simply being there when someone needs a helping hand, it is often what we give to others that leaves the most lasting impression.

I will leave you with a thought that feels particularly fitting this month: "The best way to find yourself is to lose yourself in the service of others." – *Commonly attributed to Mahatma Gandhi*

Thank you, as always, for being part of the St George Community family. To those who have served our nation, we remember and honour your sacrifice. To our wonderful staff and volunteers who serve our community today, thank you for the difference you make in the lives of others.

Lest we forget.

Kindest regards

Natasha Stokes
Chief Executive Officer
St George Community

1st NOVEMBER DEADLINE FOR CHSP CLIENTS



CHSP Service Agreements



The government deadline for all Commonwealth Home Support Programme (CHSP) funded clients to have a signed Service Agreement is **1 November 2026**. Anyone who hasn't signed their Service Agreement by this date will be unable to use the transport service until it is completed. We're here to answer your questions and help find the best option for you. Call 9585 3000 to request your agreement by mail, email or BoldSign for easy electronic signing.

About the CHSP Service Agreement

This document outlines your regular services, details your rights and responsibilities, and explains how your personal data is protected.

How to complete your agreement:

- **Option 1 (fastest): Complete your agreement online**
 - We can email you a secure link through **BoldSign** so you can read and sign your agreement electronically.
- **Option 2:** Collect a printed copy from your driver or the SGC office, complete and sign, then hand it back to them or drop it into the office.

Please note: This requirement only applies to clients directly registered with SGC for transport via My Aged Care. It is not required for anyone on a Support at Home package, as you would have already completed this with your primary service provider.



Questions? Call our friendly office team on **9585 3000**

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.

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ON THE ROAD TO RECOVERY

When a cycling accident left Oatley resident Denis unable to walk, simply getting to the medical appointments he needed became a challenge. St George Community helped keep his recovery moving.

Before a cycling accident turned his life upside down, 65-year-old Oatley resident Denis was used to being on the move.

Cycling three or four times a week for exercise and the camaraderie of riding with friends was part of his usual routine. Then a fall from his bicycle left him with a fractured hip and scapula, both on his left side.

Suddenly, getting around was a very different proposition.

Denis was unable to put any weight on his injured hip for at least six weeks and needed a wheelchair. Even getting out of his house required hired ramps, while attending medical appointments presented another challenge altogether.

That was when Denis and his wife found St George Community.

“ Stuff happens sometimes. It's happened. How do you make the best of it?

– Denis



A positive approach

While the accident was a major setback, Denis focused on staying positive. From day one, he committed to the exercises he had been given and made a conscious effort to keep moving forward.

“You’ve really just got to commit to it and do it,” he said.



A familiar face along the way: Driver Sam, pictured with Suzie Q, one of St George Community's wheelchair-accessible vehicles.

Keeping recovery moving

St George Community Transport provided wheelchair-accessible rides to Denis's doctors, specialists and physiotherapy appointments in Kogarah, George's River and Miranda.

Even when he progressed from non-weight bearing to partial weight bearing, "getting to appointments independently wasn't feasible," Denis explained.

Denis typically travelled every three weeks and was often driven by Sam, who became a familiar face during his recovery. He described the wheelchair-accessible vehicles and the support from our drivers as reliable and easy to use at a time when many every day tasks had suddenly become complicated.

Denis's fractures have healed, but his specialist has advised that recovering full movement and soft-tissue function could take another 12 to 24 months. Denis has other ideas.



6 WEEKS

Non-weight-bearing and using a wheelchair.



9-10 WEEKS

Still using a wheelchair to attend appointments.



AROUND 12 WEEKS

Able to navigate appointments without the wheelchair.



TODAY

Walking again and has completed two short drives.



NEXT GOAL

Back on the bike!



The best kind of goodbye

Denis' recovery isn't over, but his need for St George Community transport is coming to an end. He is walking and has done a few short short drives. He is working towards getting back on his bicycle. Before his accident he was riding three times a week.

Sometimes the most successful journey we make with someone is the one that helps them no longer need us.





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?	- 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 6, 20 MON 9, 23 <i>Pickups from 10:00 am</i>	FRI 6, 20 MON 9, 23 <i>Pickups from 8:30 am</i>	MON 9, 23 <i>Pickups from 10:00 am</i>	MON 9, 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 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>
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>
<i>Pickup time varies depending on passenger numbers. Thank you for your patience.</i>				

\$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

\$16 per class or 10-class pass for \$140, cash or internet banking



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



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.

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.

Monday 2 November

Sydney Seniors Big Day Out: Bingo Cruise

Get ready for a 3.5-hour Sydney Harbour cruise! Enjoy spectacular views, lunch and dessert, plus bingo, trivia, sing-alongs and prizes. Join the fun or simply relax and admire the scenery. Tea and coffee included, with drinks available from the onboard bar.

\$20 Bus

\$85 Prepay at booking



Tuesday 3 November

Tour De Force! by The Australian Army Band, Sutherland Pavilion

In the lead-up to Remembrance Day, enjoy Tour De Force! with the Australian Army Band Sydney. This memorable concert honours our service men and women with stirring marches, captivating vocals and impressive instrumental solos. An optional donation to Legacy will support veterans and their families.

\$20 Bus

\$25 Prepay at booking



— OR —

Tuesday 3 November

Melbourne Cup Luncheon & Elvis 2026, The Boundary Mortdale

Celebrate with lunch and Elvis entertainment at The Boundary Mortdale, formerly the Masos! Dress in your race-day best and join friends for a lively afternoon of music, laughter and Cup Day excitement. Very limited seats.

Members: \$55 | Non-members: \$70

\$20 Bus

\$55 or \$70 Prepay at booking



November Social Outings Calendar

Wednesday 4 November

Lunchbreak Concert: Brass Ensemble

Enjoy a Lunchbreak Concert at the Sydney Conservatorium of Music, featuring a live brass ensemble. Sit back and soak up the rich, vibrant sounds of brass instruments. A lovely opportunity to relax with friends and enjoy live music in a beautiful setting.

\$20 Bus

Free concert



— OR —

Wednesday 4 November

Embark Restaurant at Loftus TAFE \$30 Three-Course Lunch (Waiting List Only)

Enjoy a three-course lunch for just \$30 at Embark Restaurant at Loftus TAFE, where hospitality students develop their skills. Join friends for a relaxed meal while supporting the next generation of chefs and hospitality professionals. Limited seats.

\$20 Bus

\$30 Prepay at booking



Thursday 5 November

Canoelands Orchard, Hawkesbury

Escape to the countryside with a visit to Canoelands Orchard. Enjoy the fresh air, rural scenery and time with friends as we explore this orchard together. A lovely opportunity to slow down and enjoy a day away from the city. Price includes entry, BBQ lunch, fruit picking and tractor ride. **No wheelchair-accessible toilet**

\$25 Bus

\$60 Prepay at booking



Longer day

Friday 6 November

Dollar World & Sydney Outlet Village, Liverpool

Join us for a shopping day at Dollar World and Sydney Outlet Village. Browse for bargains, pick up everyday essentials or get a head start on Christmas shopping. Enjoy a day out with friends and see what treasures you can find!

Please check with the driver/carer before buying large or heavy items - space is limited. Thanks!

\$20 Bus



Social Outings

Monday 9 November (Also on Fri 13/11)

Royal National Park Drive & Brunch #1

Take a scenic drive through the beautiful Royal National Park, followed by a relaxed brunch at Audley Dance Hall Café. Take in the peaceful riverside setting, delicious food and friendly company on a lovely morning surrounded by nature.

\$20 Bus

Meals at own cost



Tuesday 10 November

Sweethearts of the 60's: Bryan Brown Theatre

Step back in time with Sweethearts of the 60's at the Bryan Brown Theatre. Enjoy a nostalgic musical outing celebrating the sounds of the swinging sixties. Gather your friends, settle in and let the music bring back some wonderful memories!

\$20 Bus

\$20 Pay on the day



Wednesday 11 November

Arms of Australia Inn Museum, Emu Plains

Step back in time at the Arms of Australia Inn Museum. Enjoy a guided tour and morning tea, both included. Wheelchair users are welcome to join the outing, although **narrow doorways prevent wheelchair access** to the buildings.

\$25 Bus

\$15 Pay on the day



Thursday 12 November

The Bee Gees Show: Liverpool Powerhouse - 2pm show

Get ready to relive the magic of one of the greatest pop sensations of all time with The Bee Gees Show - a spectacular tribute celebrating the timeless hits, soaring harmonies, and infectious grooves of the Gibb brothers. From Night Fever to To Love Somebody, it's all the disco, soul, and nostalgia you love in one unforgettable afternoon.

\$20 Bus

\$35 Prepay at booking



Social Outings

Friday 13 November (Also on Mon 9/11)

Royal National Park Drive & Brunch #2

Take a scenic drive through the beautiful Royal National Park, followed by a relaxed brunch at Audley Dance Hall Café. Take in the peaceful riverside setting, delicious food and friendly company on a lovely morning surrounded by nature.

\$20 Bus

Meals at own cost



Monday 16 November

Simply Dinner: Sydney Graphic Arts Club

It has been a while since our fun at last years Christmas Party. Lets enjoy an evening at the Club.

Meals at own cost

\$25 Bus (evening outing)



Tuesday 17 November

Simply Lunch: Oran Park Hotel

Explore the vibrant Oran Park Hotel - a three-level entertainment hub featuring seven bars, a pub-style bistro, pizzeria, and an Asian-inspired rooftop bar. Join us for a day of discovery, delicious food, and a lively atmosphere in the heart of Oran Park.

\$20 Bus

Meals at own cost



Wednesday 18 November

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! **Government issued photo ID will be required to register on arrival.**

\$20 Bus

Free tour



Social Outings

Thursday 19 November

Symbio Wildlife Park, Helensburgh

Enjoy a wild day out at Symbio Wildlife Park! A highlight is the chance to hand-feed the kangaroos. Discover fascinating animals, explore the leafy surroundings and share a memorable day with friends.

\$20 Bus

\$45 Pay on the day

— OR —



All clients are welcome to join



Thursday 19 November

Lindt (Marsden Park) OR Darrell Lea Chocolates (Ingleburn)

Which chocolate tempts you? Choose between Darrell Lea's much-loved Aussie favourites and Lindt's creamy Swiss chocolate. Stock up on Christmas gifts, treats to share or something delicious just for you. **Please confirm your preferred shop when booking.**

\$20 Bus



Friday 20 November

Christmas Shopping - Bunnings and Caringbah Home & Gift Warehouse

Get a head start on Christmas shopping with a visit to Bunnings and the shops in Caringbah. Browse for gifts, festive decorations or a little something for yourself. Enjoy a relaxed shopping day with friends as you tick a few things off your Christmas list! **Please check with the driver/carer before buying large or heavy items - Thanks!**

\$20 Bus



Monday 23 November

Simply Lunch: The Boatshed La Perouse

Fresh sea air and good company await at La Perouse. Join friends for Simply Lunch at The Boatshed, followed by a short stroll to take in the coastal scenery. A relaxed day by the water with time to chat and stretch your legs.

\$20 Bus



Social Outings

Tuesday 24 November

Christmas Shopping - Westfield Eastgardens

Back by popular demand! Come along for a fun-filled shopping trip with approximately 3 hours to browse, shop for Christmas gifts, and enjoy some delicious food and drinks.

\$20 Bus



Wednesday 25 November

Ferry to Watsons Bay for Lunch

We all love a ferry ride on the harbour. And we all love Fish & Chips at Watsons Bay. Lets put the two together for a “cracker” of a day. Did I really say “cracker”?...oh dear. Enjoy!

\$20 Bus

Bring Opal or Debit Card



Thursday 26 November

Seniors Christmas Concert: The Pavillion Sutherland

Get into the festive spirit with a Swingin' Christmas. This special seniors concert features Emma Pask, the Royal Australian Navy Big Band, Charlie Chech and the Ev & Bow Dancers. An afternoon of music, dancing and Christmas cheer! Brunch before the concert, commencing at 1pm.

\$20 Bus

\$22 Prepay by Wed 11/11



Friday 27 November

Simply Dinner & Friday Night Races: Canterbury Park

Get close to the action with intimate trackside views, while enjoying a mix of dining options, markets, bars and entertainment throughout the night. It is a laid back meeting where the excitement builds from the first race to the last.

\$25 Bus (evening outing)

Free entry



Social Outings

Monday 30 November

The Celebration Society: Art of High Tea, Picton

Fancy a delightful high tea? Come along for a delightful, hands-on celebration of this cherished custom in this beautiful space, where we'll be guided through the timeless tradition of high tea. **\$52 three sweet and three savoury + scones, tea and coffee.**

\$25 Bus

\$52 Prepay by Fri 13/11



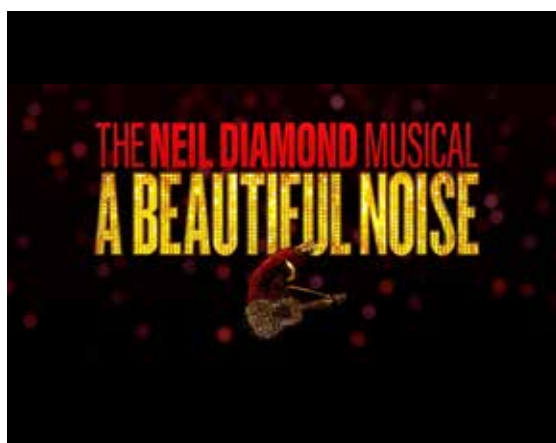
Thursday 3 December (Prebooking)

A BEAUTIFUL NOISE: The Neil Diamond Musical Lyric Theatre

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.

\$20 Bus

\$110 Prepay at booking



Tuesday 15 December (Prebooking)

Mark Vincent: The Christmas Spectacular with The Australian Symphony Orchestra, Pavilion Sutherland

Mark Vincent joins The Australian Symphony Orchestra for a programme of festive favourites and stunning live music. Share the occasion with friends and enjoy a memorable musical treat in the lead-up to Christmas. **Dress Circle steps have no handrails.**

\$20 Bus

\$110 Prepay at booking



Thursday 17 December (Prebooking)

Christmas Lunch St George Leagues Club

Join us for our annual client Christmas lunch at St George Leagues Club! Come together with friends old and new to share a delicious meal, enjoy a few laughs and celebrate another year together. We're looking forward to a lovely day with the people who make our community so special.

\$20 Bus

\$40 Prepay by Mon 30/11





NOVEMBER



**2
NIGHTS**

Blue Mountains



TUE 10 - THU 12 NOV 2026

Breathtaking scenery, charming villages and unforgettable lookouts.

NOVEMBER



**2
NIGHTS**

Hunter Valley



TUE 17 - THU 19 NOV 2026

Another chance to enjoy the Hunter's finest food, wine and beautiful surroundings.

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 a longer getaway.

FEBRUARY



**1
NIGHT**

Kiama



WED 17 - THU 18 FEB 2027

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

MARCH



**1
NIGHT**

Palm Beach



WED 24 - THU 25 MAR 2027

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

JUNE



**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

DECEMBER



**2
NIGHTS**

Jervis Bay / Huskisson

TUE 8 - THU 10 DEC '26

Coastal beauty, relaxed atmosphere and time to enjoy seaside living.

FEBRUARY



**3
NIGHTS**

Forster / Tuncurry

TUE 23 - FRI 26 FEB '27

Sparkling waterways, coastal views and relaxed seaside vibes await.

MARCH



**3
NIGHTS**

Narooma / Tilba

TUE 16 - FRI 19 MAR '27

Turquoise waterways, spectacular coastline and heritage charm.

APRIL



**3
NIGHTS**

Orange

TUE 27 - THU 30 APRIL '27

Historic charm and colourful country scenery.

MAY



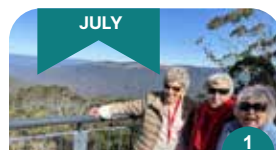
**4
NIGHTS**

Dubbo Zoo

MON 3 - FRI 7 MAY '27

A bumper four-night country escape with incredible wildlife

JULY



**1
NIGHT**

Blue Mountains

WED 21 - THU 22 JUL '27

Breathtaking scenery, charming villages on an easy overnight escape.

AUGUST



**4
NIGHTS**

Coffs Harbour

MON 16 - FRI 20 AUG '27

The iconic Big Banana, beautiful beaches and lush hinterland.

SEPTEMBER



**3
NIGHTS**

Newcastle

TUE 14 - FRI 17 SEPT '27

Harbour views, historic Newcastle and spectacular beaches.

OCTOBER



**4
NIGHTS**

Jindabyne

MON 18 - FRI 22 OCT '27

Experience beautiful Lake Jindabyne and spectacular alpine scenery.

NOVEMBER



**2
NIGHTS**

Jenolan Caves

TUE 9 - THURS 11 NOV '27

Explore the spectacular limestone formations and underground wonders.



Travel with friends

Create memories and enjoy the journey together



We're here to support you

Caring staff, comfortable travel and peace of mind



Book your next getaway!

9585 3000

Canberra & Floriade 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

