

MONTHLY

st george
community.

October
2026

NEWSLETTER



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

Better Support. Stronger Connections.

From the CEO:
More than a name

If you have spent any time around St George Community, you may have noticed that our vehicles aren't known simply by a fleet number or registration plate. **They have names.** And there is a story behind every one of them.

At St George Community, our vehicles are named in honour of our long-serving volunteers - a

There is something very special about this tradition. Our vehicles are the most visible part of St George Community. You see them travelling through our local streets every day, taking people to appointments, shopping, social activities and all the other places that are part of living an independent and connected life.

Behind every one of those journeys are people. Our volunteers have been part of that story for many years, and naming our vehicles after them is our way



tradition that recognises the people who have generously given their time to our organisation and our community over many years.

This month, we get to continue that tradition as we welcome the newest member of our fleet - Suzie Q. She has been named in honour of our wonderful volunteer Sue, who has been volunteering with St George Community for seven years.

of making sure their contribution quite literally travels with us.

And that seems particularly fitting in a month when we have so many reasons to celebrate the people who make our communities what they are.

International Day of Older Persons on Thursday 1 October gives us an opportunity to recognise the

contribution older people continue to make to our families, workplaces and communities.

From 11-17 October, we recognise National Carers Week. Across our community, people are caring for partners, parents, children, siblings, friends and neighbours - often quietly and without ever considering what they do to be extraordinary. But it is.

To the carers within our SGC community, thank you. We see the contribution you make, and we know the difference it makes in the lives of the people you support.

Then, on Sunday 25 October, we celebrate Grandparents Day and the very special relationships between generations.

When I think about my own grandparents, some of my fondest memories are of time spent in the kitchen with my Nanna. Cooking together wasn't anything grand or complicated - it was simply something we did. I learnt recipes, watched how she did things, helped where I could and, most importantly, spent time beside her.

I don't think I appreciated then what a legacy those ordinary moments would leave.

Today, cooking for the people I love is still one of the ways I show that I care. My children have grown up cooking alongside me too, and they continue to join me in the kitchen as we prepare food for family and the people we love. Every now and then, I catch myself doing something exactly the way my Nanna did it, and I realise that something which began in her kitchen all those years ago is still being passed down through our family. **Thank you, Nanna, for the golden syrup dumplings!**

Finally, two practical reminders for October. **Daylight saving begins on Sunday 4 October**, so don't forget to move your clocks forward one hour, and **Monday 5 October is the Labour Day public holiday**.

I hope you all enjoy everything October has to offer, and I look forward to seeing you out and about.

Kindest regards

Natasha Stokes
Chief Executive Officer
St George Community

IMPORTANT UPDATE FOR CHSP CLIENTS



CHSP Service Agreements

The government now requires all Commonwealth Home Support Programme (CHSP) funded clients to have a signed Service Agreement by **1 November 2026**. All new clients and existing clients without an active service agreement must sign one before this deadline.

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:** Contact our office team directly on **02 9585 3000** to set it up.
- **Option 2:** Collect a printed copy from your driver, 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.



1K

followers
Thank you for
being part of our
community



If you're on Facebook, come and join us.
Search "St George Community" and click **Follow**.

Follow us on **FACEBOOK**

Stay connected with St George Community

Our Facebook page is a great way to keep up with what's happening between newsletters.

You'll find photos from our social outings and trips, see what your fellow travellers have been up to and catch some of those wonderful moments that happen along the way.

It's the place to: 

- See the latest photos from outings, events and overnight trips
- Hear about late additions to our Social Calendar
- Keep up with any changes or important updates
- Connect with other St George Community friends

Scan me 
to visit our
Facebook page



Facebook.com/STGCT1/



MEET SUZIE Q

OUR NEWEST FULLY WHEELCHAIR-ACCESSIBLE HYUNDAI STARIA

A special new vehicle, named
in honour of a special
volunteer.



SUE & SUZIE Q

Seven years of care, connection and community.



A NEW VEHICLE WITH A Our new fully wheelchair-ac special name: Suzie Q.

The vehicle can carry up to four passengers plus one person using a wheelchair. With a smoother ride, spacious interior, improved accessibility and modern safety technology, the Staria was selected to provide a safer and more comfortable travel experience.

The choice was also informed by our recent Client Satisfaction Survey. While feedback was overwhelmingly positive, vehicle and seating comfort was identified as an area where we could continue to improve.

WHERE DID 'SUZIE Q' COME FROM?

Sue's nickname dates back to 1971, when she worked at a chocolate factory in Redfern. At the time, she spoke mainly French and did not speak much English. When she introduced herself as Sue, her English supervisor quipped; "oooh Suzie Q!"

75,000+ JOURNEYS EACH YEAR



A NEW CHAPTER IN OUR FLEET RENEWAL STORY

Comfort • Accessibility • Safety

VERY SPECIAL NAME

Accessible Hyundai Staria is officially on the road, and she has a very

By the time each Staria is purchased, fitted with its specialist wheelchair conversion and safety equipment, and prepared for the road, it represents an investment of approximately \$90,000.

Suzie Q is an important part of our ongoing fleet renewal strategy, helping us continue to provide safe, reliable and accessible transport for the community.

Like all St George Community vehicles, Suzie Q is named in honour of a volunteer who has made their mark on our organisation. She carries the nickname of Sue, who has been a volunteer carer for seven years.

"I enjoy helping people and being part of a strong community. I like to make a difference to people's day," Sue said.

“ I feel truly honoured and grateful. It's such a special feeling to be recognised.

SUE, Volunteer Carer

The nickname was inspired by the song Susie Q, later made famous by Creedence Clearwater Revival. Although Sue worked there for only five or six months, the nickname stayed with her ever since.

HELP PUT ANOTHER STARIA ON THE ROAD

St George Community has big plans to expand and upgrade our fleet to meet the growing transport needs of our community.

Help us put more accessible vehicles on the road. Every contribution helps people remain independent and connected. **To be part of it, call 9585 3000.**

• **2,500+ ACTIVE CLIENTS**

• **APPROX. \$90,000 PER CONVERTED STARIA**



2 HOURS SHOPPING TIME ALLOCATED

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

October 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 9, 23 MON 12, 26 <i>Pickups from 10:00 am</i>	FRI 9, 23 MON 12, 26 <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 19 <i>5th is Public Holiday</i> <i>Pickups from 10:00 am</i>	MON 19 <i>5th is Public Holiday</i> <i>Pickups from 10:00 am</i>	MON 19 FRI 2, 16, 30 <i>5th is Public Holiday</i> <i>Pickups from 8:30 am</i>	MON 19 FRI 2, 16, 30 <i>5th is Public Holiday</i> <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 6, 20 WED 14, 28 <i>Pickups from 10:00 am</i>	TUE 6, 20 WED 14, 28 <i>Pickups from 10:00 am</i>	TUE 13, 27 WED 7, 21 <i>Pickups from 10:00 am</i>	TUE 13, 27 WED 7, 21 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 1, 8, 15, 22, 29 <i>Pickups from 10:00 am</i>	THUR 1, 8, 15, 22, 29 <i>Pickups from 10:00 am</i>	THUR 1, 8, 15, 22, 29 <i>Pickups from 10:00 am</i>	THUR 1, 8, 15, 22, 29 <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

\$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.

Booking Options

- **Online:** Visit stgct.org.au, click 'BOOK A SERVICE', select 'Social Outings', and submit your details.
- **Phone:** Call 9585 3000 and press '2' for Social Outings.
- **Email:** Send your booking to harvey@stgct.org.au and await a response.

Payments

- **Bus fares:** Pay on the day via cash, EFTPOS, or monthly invoice.
- **Event fees:** Pay on the day unless prepayment is requested (via phone with VISA/Mastercard or EFT: St George Community Transport BSB 062 206 and A/C 1038 4093).
- **Food & Drink:** Bring money for meals.

Cancellations

- Call 9585 3000 by 10am the day before to cancel your booking. You can leave a message outside office hours.

Social Outings Reminder Calls

You'll get two automated calls:

- 1st call: Courtesy reminder 2 days before, around 10:30am.
 - 2nd call: Your pickup time the day before, around 4:00pm.
- You can follow the prompts at the end of the message to confirm or cancel. For questions, call 9585 3000.

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

October Social Outings Calendar

Thursday 1 October

NSW Parliament House & Hungary 1956 Commemoration Exhibition

Visit NSW Parliament House for a moving exhibition marking the 70th anniversary of the 1956 Hungarian Revolution. Through archival photographs, artworks and treasured memorabilia, discover the courage of those who fought for freedom and the journeys of refugees who escaped Hungary and built new lives in Australia.

\$20 Bus



Friday 2 October (Also on Thur 8/10)

Simply Lunch: Parea Greek Restaurant, Kogarah #1

Enjoy warm hospitality and classic Greek flavours. Tuck into generous plates, from souvlaki to seafood, in a relaxed, welcoming setting. It's the perfect spot to share good food and great conversation – come hungry and leave happy!

\$20 Bus



Tuesday 6 October (Also on Fri 9/10)

Alexandra Canal, Airport Viewing Area & Tempe Recreation Reserve Walk #1

Discover the changes taking place around Sydney Airport on this scenic walk. Follow new walking paths beside Alexandra Canal and the Cooks River, visit the airport viewing area at the end of the runway and watch the planes come and go.

\$20 Bus

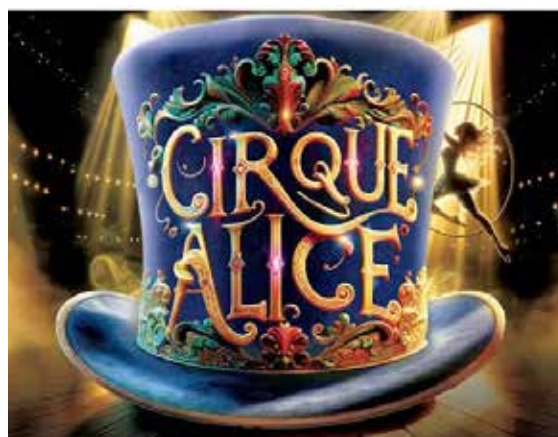


Wednesday 7 October

Cirque Alice - Sydney Lyric Theatre

Venture down the rabbit hole as Alice in Wonderland is reimagined through circus. Featuring breathtaking acrobatics, aerialists, contortionists, puppetry, dance and music, this spectacular production brings Lewis Carroll's much-loved characters to life in a magical theatrical adventure. \$119 Stalls, \$98 Dress circle. **Brunch before the 12.30pm show.**

\$20 Bus \$98 to \$119 Prepay immediately



Social Outings

Thursday 8 October (Also on Fri 2/10)

Simply Lunch: Parea Greek Restaurant, Kogarah #2

Enjoy the warm flavours and generous hospitality of Greece at Parea Greek Restaurant. Relax over a delicious lunch, catch up with friends and soak up the welcoming atmosphere. A lovely opportunity to share good food, conversation and company.

\$20 Bus



Friday 9 October (Also on Tue 6/10)

Alexandra Canal - Airport Viewing Area & Tempe Recreation Reserve Walk #2

Another chance to explore the new walking paths around Sydney Airport. Enjoy views across Alexandra Canal and the Cooks River, visit the airport viewing area and watch aircraft passing overhead as we take in another section of this changing urban landscape.

\$20 Bus



Monday 12 October (Also on Mon 19/10)

The Riverboat Postman: Hawkesbury River Cruise #1

Enjoy a three-hour Hawkesbury River cruise with commentary from the captain, morning tea and a Ploughman's lunch. Drinks are available from the licensed bar. Please note the early 7am pick-up and compact onboard toilets.

\$25 Bus

\$70 Prepay by Fri 2/10



Longer day



Tuesday 13 October

Beatles To Bacharach: Bryan Brown Theatre Bankstown

Take a musical journey through some of the greatest songs ever written. Bill Croft and acclaimed vocalist Jo Elms perform timeless favourites by The Beatles, Burt Bacharach and more, including Can't Buy Me Love, Walk On By, Let It Be and Say a Little Prayer. 9.30am morning tea for 10am concert

\$20 Bus

\$20 Entry P.O.D



Social Outings

Wednesday 14 October

Flower Power and Whole Farms Market, Milperra

Browse the nursery, landscape centre, gift shop, PETstock and Wholefarms Market, with plenty to discover for the garden, home and pantry. We'll also stop somewhere lovely for lunch. A fun, flexible shopping day - don't forget to bring your bags!

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

\$20 Bus



Thursday 15 October

Lunchbreak Concert: Chamber Music, Sydney Conservatorium of Music

Pause for a beautiful lunchtime performance featuring talented musicians from the Sydney Conservatorium of Music. Relax and enjoy an intimate program of chamber music, performed in the wonderful surrounds of Verbrugghen Hall.

\$20 Bus



— OR —

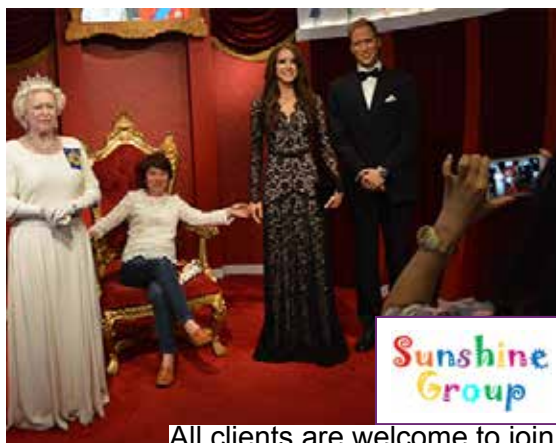
Thursday 15 October

Madame Tussauds Sydney

Get ready to rub shoulders with the stars at Madame Tussauds Sydney! Come face-to-face with famous faces from film, music, sport and Australian history. Strike a pose with your favourites, snap some fun photos and enjoy an entertaining day out discovering just how lifelike these incredible wax figures really are.

\$20 Bus

\$40 Prepay by Fri 9/10



All clients are welcome to join

Friday 16 October

Innovations Outlet - Frenchs Forest

Enjoy a shopping trip to the Innovations Outlet, home to a wide range of fashion, jewellery, beauty, homewares, gifts and useful everyday products. We can also visit the Frenchs Forest home of TVSN, Australia's television shopping network if it's open.

\$20 Bus



Social Outings

Monday 19 October (Also on Mon 12/10)

The Riverboat Postman: Hawkesbury River Cruise #2

Second chance to cruise the Hawkesbury aboard the Riverboat Postman, with morning tea, a Ploughman's lunch and commentary from the captain. Drinks are available onboard. Please note the early 7am pick-up and compact toilets.

\$25 Bus

\$70 Prepay by Fri 9/10



Longer day



Tuesday 20 October

Maso's Mortdale Lunch and optional Seniors Dance Fitness class

Maso's Mortdale is now The Boundary Bistro! Come along for lunch, a chat and a chance to watch our Seniors Dance Fitness class, or join in the fun and meet new friends. Class: 12pm-1pm. First class is FREE!

\$20 Bus



Wednesday 21 October

Embark Restaurant – Loftus TAFE

Enjoy a delicious three-course lunch prepared and served by hospitality students at Embark Restaurant. This welcoming training restaurant gives students valuable hands-on experience while guests enjoy quality food and friendly service - all for just \$30 per person.

\$30 3-course lunch

\$20 Bus

Prepay by Fri 9/10

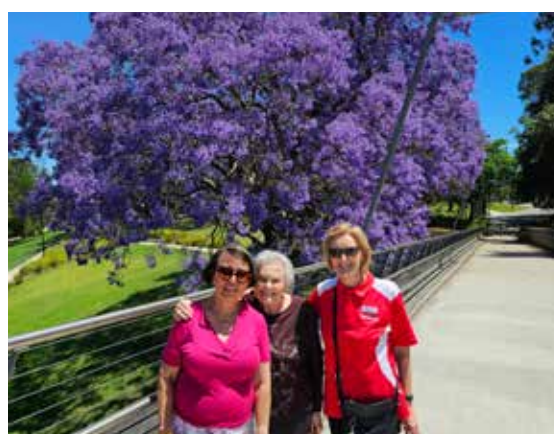


Thursday 22 October (Also on Mon 26/10)

Jacaranda Trees In Bloom Woollahra #1

Admire the magnificent jacarandas in full bloom as we enjoy a leisurely drive locating the best blooms. Take in the beautiful purple displays before relaxing over a lovely lunch nearby.

\$20 Bus



Social Outings

Friday 23 October

Birkenhead Point Shopping

Shop up a storm at Birkenhead Point, Sydney's largest brand outlet centre, beautifully located on the harbour. Explore more than 120 stores, including Orotan, Peter Alexander, Sass & Bide, Polo Ralph Lauren and Calvin Klein. Enjoy lunch with a view - and good luck resisting a bargain!

\$20 Bus



Monday 26 October (Also on Thur 22/10)

Jacaranda Trees In Bloom Woollahra #2

Enjoy another chance to see the best blooms in Sydney. We'll take a relaxing drive beneath the purple blossoms, admire the area's beautiful homes and leafy streets, then stop for a delicious lunch nearby.

\$20 Bus



Tuesday 27 October

Simply Dinner: Sir Joseph Banks Hotel, Botany

Make the most of the lighter spring evenings with dinner at this historic Botany hotel. Choose your favourite meal from the bistro menu and enjoy good food and friendly conversation with St George Community friends. Dinner from around 5:30pm.

\$25 Bus (evening outing)



Wednesday 28 October

My Fair Lady: Sydney Opera House

Matinee 1pm (approx. 3hrs with a 20-minute interval)

My Fair Lady comes to the Sydney Opera House to celebrate 70 years since its Broadway debut. Pre-purchased tickets are sold out. Talk to Harvey or Brad for further enquiries.

\$20 Bus

Contact us about availability



Longer day



Social Outings

Thursday 29 October (Also on Fri 30/10)

Sculpture by the Sea: Marks Park, Tamarama #1

Explore the flatter, more accessible section of Sculpture by the Sea at Marks Park, Tamarama. Enjoy impressive outdoor artworks and beautiful coastal views at a relaxed pace, followed by a lovely Lunch.

\$20 Bus



Friday 30 October (Also on Thur 29/10)

Sculpture by the Sea: Marks Park, Tamarama #2

Enjoy another opportunity to experience Sculpture by the Sea without tackling the full coastal walk. Wander through the more level section at Marks Park, admire remarkable sculptures against the ocean backdrop, then relax over a lovely lunch.

\$20 Bus



Monday 2 November (Prebooking)

Sydney Seniors Big Day Out: Bingo Cruise

Cruise Sydney Harbour for 3.5 hours while enjoying spectacular views, a delicious lunch and dessert. Join the fun with bingo, trivia, sing-alongs and prizes, or simply relax and take in the scenery. Tea and coffee are included, with drinks available from the onboard bar. **Stairs to the toilets.**

\$20 Bus \$85 Prepay by Mon 12/10/26



Thursday 12 November (Prebooking)

The Bee Gees Show – Liverpool Powerhouse

Matinee 2pm

Relive the magic of the Bee Gees in this spectacular tribute celebrating the Gibb brothers' soaring harmonies and timeless hits. From Night Fever to To Love Somebody, enjoy an afternoon filled with disco, soul and nostalgia. Pre-booking is essential.

\$20 Bus \$35 Ticket prepay immediately





OCTOBER



Hunter Valley

2 NIGHTS



TUE 13 - THU 15 OCT 2026

Escape to the beautiful Hunter Valley, with rolling vineyards, delicious local food, charming country scenery.

OCTOBER



Port Macquarie

3 NIGHTS



TUE 20 - FRI 23 OCT 2026

Coastal charm, beautiful beaches and great local attractions. The perfect spring escape by the sea.

More amazing getaways to look forward to



NOVEMBER



Blue Mountains



TUE 10 - THU 12 NOV 2026

Breathtaking scenery, charming villages and unforgettable lookouts.

NOVEMBER



Hunter Valley



TUE 17 - THU 19 NOV 2026

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

DECEMBER



Jervis Bay / Huskisson



TUE 8 - THU 10 DEC 2026

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

FEBRUARY



Kiama



WED 17 - THU 18 FEB 2027

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

FEBRUARY



Foster / Tuncurry



TUE 23 - FRI 26 FEB 2027

Sparkling waterways, coastal views and relaxed seaside vibes await.

MARCH



Narooma / Tilba



TUE 16 - FRI 19 MAR 2027

Turquoise waterways, spectacular coastline and the heritage charm of Tilba await.

MARCH



Palm Beach



WED 29 - THUR 30 MAR 2027

Escape to iconic Palm Beach, home to the famous Barrenjoey Lighthouse, and sweeping Pittwater views.

APRIL



Orange



TUE 27 - FRI 30 APR 2027

Renowned for its cool-climate wines, delicious local produce, historic charm and colourful country scenery.



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

Social 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

