

MONTHLY

st george
community.

September
2026

NEWSLETTER



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

Better Support. Stronger Connections.

From the CEO:

It's Never Too Late

"Sometimes the best things in life arrive when we've stopped looking for them."

As I sat down with Ron and Cathy to hear their story, I couldn't help but smile.

Neither of them joined St George Community looking for love. They simply wanted to get out of

destinations. It is about people. It is about friendships formed over lunch, conversations that begin on the drive home, the confidence to try something new and the simple joy of belonging.

Clients often tell us, "I don't know what I'd do without these outings," or "This gets me out of the house and gives me something to look forward to." Those words mean so much to us because they remind us why we are here.



the house, enjoy a day trip, have a laugh with others and feel connected. Somewhere between outings, overnight adventures and cups of coffee shared with friends, something unexpected happened.

They found each other.

Their story reminds us that what we do at St George Community has never simply been about buses or

As we welcome spring, it feels like the perfect time to celebrate new beginnings.

Our calendar is bursting with opportunities over the coming months. There is the colour of Floriade in Canberra and Bowral's Tulip Time Festival, relaxing Palm Beach drives and cultural dining experiences at Casa de Benfica, the Concord Croatian Club and among the bustling laneways of Spice Alley.

www.stgct.org.au

We have now planned our overnight trips through to **March 2027**, giving you plenty of time to look ahead and start planning your next adventure.

I am particularly proud of the way our social program continues to evolve. It is shaped by your feedback, your interests and the places you have always wanted to visit. Every suggestion helps us create a calendar that is more diverse, inclusive and full of experiences that bring people together.

Please keep your ideas coming. Whether it is somewhere you have always wanted to visit, a restaurant you have heard about or a hidden gem you would love to share, we would love to hear from you.

Connection also continues beyond our outings. Our Facebook community has grown to 991 followers, and we love seeing St George Community friends sharing memories, commenting on photos and staying in touch. We're now very close to reaching 1,000 followers, so if you haven't joined us yet, please follow our page and be part of our growing online community.

I'd also like to remind our members that St George

Community will be holding its **Annual General Meeting** on Wednesday, 28 October 2026, at 11am at Oatley RSL, 23 Letitia St, Oatley. Members and non-members are welcome to attend, with free transport available to members who wish to attend the meeting.

Ron and Cathy's story is a beautiful reminder that life does not stop offering us new chapters simply because we have reached a certain age.

Sometimes a new beginning is visiting somewhere you have never been before.

Sometimes it is making a new friend.

And sometimes, when you least expect it, it is meeting the person who changes your life.

This spring, I encourage you to say yes to something new. After all, it's never too late.

Kindest regards

Natasha
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**

Know Someone Under 65 Who Needs Help Getting Around?

The Community Transport Program (CTP) is a **different** transport service for eligible people **under 65** who are **not** receiving government-funded transport elsewhere.



ALREADY TRAVELLING WITH US?



If you already travel with us, this isn't your usual transport service. It is about a **different** NSW government-funded program that helps eligible people **under 65** experiencing transport disadvantage.

Transport may be available for people who:



RECOVERING
from an accident,
illness or surgery.



NEED TO ATTEND
ongoing medical
treatments such as
dialysis, chemo or
rehab.



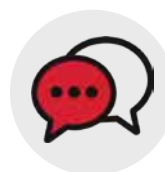
UNABLE TO DRIVE
because of a
temporary or long-
term medical
condition.



**NO FAMILY OR
FRIENDS
AVAILABLE**
to assist with
transport



**LIMITED OR NO
ACCESS TO
SUITABLE PUBLIC
TRANSPORT.**



**CULTURAL OR
LANGUAGE BARRIERS**
that make
accessing
transport difficult



Whether it's getting to a specialist appointment, hospital, medical treatment, allied health service, essential shopping or other important destinations, reliable transport can help people remain connected and independent.



GETTING STARTED IS EASY



Ask a GP or health professional to complete a referral.
.....
Or contact our friendly team to discuss your circumstances and check your eligibility.



PLEASE HELP US TO SPREAD THE WORD

Many people under 65 don't realise that transport assistance may be available. If you know someone who struggles to get to essential appointments we can help.



Call St George Community on
9585 3000

**Better Support.
Stronger Connections.**

It's never too late to find your people

*When a St George Community trip
changed everything for Ron and Cathy.*



After both losing their partners, Ron and Cathy joined St George Community separately. Neither expected that a trip to Nelson's Bay would begin an entirely new chapter in their lives.

For Ron, losing his wife brought loneliness and quieter days. Cathy's life was already filled with friends, quilting and community. Neither was looking for a new partner, but a St George Community outing brought their paths together and changed both their lives.

When the days become quieter

Ron's connection with St George Community began with a small note he discovered in his wallet. His late wife had written down the organisation's details and registered their names. A couple of years after her death, Ron found the note again.

He went to the St George Community office, collected a newsletter and made his first booking. He admits he was hesitant. Joining a bus full of unfamiliar people on his own was well outside his comfort zone.

'I was very, very lonely,' Ron says. 'That's what brought me to St George Community.'

“

I'd never looked around to find a partner. It's not my nature. But I was very, very lonely, and that's what brought me to St George Community.

RON

Taking the first step

Cathy had also lost her husband. Someone suggested that she join St George Community and, after finding out how to register, she began booking social outings a couple of times each month.

Both arrived looking for connection, company and something enjoyable to anticipate. Neither arrived looking for a relationship.

The social outings gave them a gentle way to re-enter the world: somewhere to go, people to talk to and new experiences to share. The bookings went into the calendar and the empty spaces began to fill.

The day their paths crossed

On 24 June last year, Cathy boarded a St George Community bus bound for Nelson Bay and took a seat behind Ron.

"I just said, 'Hi, I'm Cathy,'" she recalls. Their first meeting was brief, but their paths crossed again on an overnight trip to Katoomba.





on and Cathy met through St George Community and now plan their outings, holidays and adventures together.

They went for a walk together through the town, where Ron told Cathy about the famous Paragon Café. His late wife's aunt had once been its head chocolate maker.

That evening, dinner was being served alternately as fish or duck. "I don't like duck," Cathy told Ron, "so if you get the fish, would you mind swapping with me?"

Soon, the pair were exchanging plates across a table of ten people who barely knew them. "They probably thought, 'Who are these people?'" Ron laughs.

It is a lovely part of their story because their first real connection began with a walk, an unexpected family story and a simple swapped meal.

Life became full again

Breakfast the next morning brought more conversations, more outings and a closeness neither had expected. Today they book outings together, cruise and travel overseas.

What difference has Ron made to Cathy's life? 'A hell of a difference!'



Our lives are quite full. I don't even have enough time for some of my quilting.

CATHY

For Ron, social connection is at the heart of St George Community: "The social side is really the highlight. It brings people together, and that's what St George Community is all about."





2 HOURS SHOPPING TIME ALLOCATED

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

September 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 11, 25 MON 14, 28 <i>Pickups from 10:00 am</i>	FRI 11, 25 MON 14, 28 <i>Pickups from 8:30 am</i>	MON 14, 28 <i>Pickups from 10:00 am</i>	MON 14, 28 <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 7, 21 <i>Pickups from 10:00 am</i>	MON 7, 21 <i>Pickups from 10:00 am</i>	MON 7, 21 FRI 4, 18 <i>Pickups from 8:30 am</i>	MON 7, 21 FRI 4, 18 <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 8, 22 WED 2, 16, 30 <i>Pickups from 10:00 am</i>	TUE 8, 22 WED 2, 16, 30 <i>Pickups from 10:00 am</i>	TUE 1, 15, 29 WED 9, 23 <i>Pickups from 10:00 am</i>	TUE 1, 15, 29 WED 9, 23 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 3, 10, 17, 24 <i>Pickups from 10:00 am</i>	THUR 3, 10, 17, 24 <i>Pickups from 10:00 am</i>	THUR 3, 10, 17, 24 <i>Pickups from 10:00 am</i>	THUR 3, 10, 17, 24 <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

\$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



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 Home Care Package (HCP) and NDIS funded clients are available on request.

September Social Outings Calendar

Tuesday 1 September (Also on Mon 14/9)

Palm Beach Drive #1

Take a scenic drive along Sydney's stunning northern beaches to beautiful Palm Beach - the iconic 'Palmy'. Enjoy a coffee stop en route, then a relaxing lunch. A perfect day of coastal views and laid-back charm at one of Sydney's most picturesque spots.

\$25 Bus



Wednesday 2 September

Lunchbreak Concert: Percussion Ensemble

Enjoy brunch before heading to the **Sydney Conservatorium of Music** for a free 45-minute concert showcasing the extraordinary talents of its percussion students. A wonderful opportunity to experience live music in a beautiful setting. How lucky are we!

\$20 Bus

Free concert



Social Outings

Thursday 3 September

Chippendale Explore, Spice Alley & Central Park Mall

See what's new in Chippendale! Explore the area, wander through Spice Alley and Central Park Mall, then choose your own lunch spot. A client has recommended Holy Duck, but there are plenty of delicious options to tempt you!

\$20 Bus



Friday 4 September

Carss Cottage Museum

Step back in time with a visit to our local historic Carss Cottage Museum. Discover fascinating stories, photographs and artefacts that bring our local history to life, all within the beautiful surrounds of Carss Bush Park. We'll stop for coffee in Carss Park and lunch on the way home.

\$20 Bus

\$5 Entry



Monday 7 September

State Theatre Palace of Dreams Tour, Sydney CBD

Explore the magnificent State Theatre with our own tour guide and discover the stories and secrets of this spectacular Sydney icon. Please note, there are 80+ stairs, so you'll need to be comfortable with stairs. If you tire, you're welcome to sit and wait for the group.

\$20 Bus

\$27 Pay on booking

— OR —



Monday 7 September

Westfields Eastgardens

Enjoy a shopping day at Westfield Eastgardens. From fashion and gifts to gadgets and everyday essentials, you'll find it all under one roof. Browse at your own pace, stop for a coffee or enjoy some lunch before we head home. Time at Westfield: **Maximum 3 hours.**

\$20 Bus



Social Outings

Tuesday 8 September

Michael Bublé & Natalie Cole: Bryan Brown Theatre Bankstown

Enjoy a wonderful tribute to the music of Michael Bublé and Natalie Cole at the Bryan Brown Theatre. Sit back and enjoy much-loved songs, smooth vocals and a little swing. A fabulous outing for lovers of live music!

\$20 Bus

\$20 Entry on the day



Wednesday 9 September

Simply Lunch: Casa Do Benfica: Marrickville & District Hardcourt Tennis Club

Join us for a relaxed lunch at a new venue, Casa do Benfica, located inside the Marrickville & District Hardcourt Tennis Club! Enjoy delicious traditional Portuguese flavours, great company, and a leisurely meal together. Come hungry and ready to enjoy a wonderful afternoon!

\$20 Bus



Thursday 10 September

Nutcote: May Gibbs' Cottage, Neutral Bay

Visit Nutcote, the beautiful harbourside home of May Gibbs, beloved creator of Snugglypot and Cuddlepie. Explore her charming Neutral Bay home and gardens, with spectacular harbour views. **\$35 includes entry, a guided tour, homemade scones and tea.**

\$20 Bus

\$35 Prepay by Fri 28/8



Friday 11 September

Susannah Place: New Rocks Historical Site

Did you miss our previous visit here? Enjoy a lovely historical day in The Rocks. Just ask our last group. Built in 1844, Susannah Place was home to more than 100 families and offers a fascinating glimpse into 150 years of life in The Rocks.

\$20 Bus

\$17 Tour prepay by Fri 28/8



Social Outings

Monday 14 September (Also on Tue 1/9)

Palm Beach Drive #2

Join us for another day out to Palm Beach, taking in the beautiful scenery of Sydney's Northern Beaches along the way. We'll stop for coffee en route before settling in for lunch. Good food, great views and even better company!

\$25 Bus



Tuesday 15 September

Simply Lunch: Royal Motor Yacht Club Port Hacking

Another new place. Enjoy a relaxed lunch by the water at the Royal Motor Yacht Club Port Hacking. Take in the beautiful marina and Port Hacking views while enjoying good food and great company. Sometimes a leisurely lunch with a view is all you need!

\$20 Bus



Wednesday 16 September (Also on Wed 23/9)

Manly Ferry & the Manly Club #1

All aboard for a classic Sydney day out! Enjoy the ferry ride across our spectacular harbour to Manly, taking in the sights along the way. Once there, we'll head to The Manly Club for a relaxed lunch before making our way home on the bus.

\$20 Bus

Opal or Credit/Debit Card



Thursday 17 September

Cumberland State Forest, Cafe Saligna & a 2-for-1 Lunch Special

We had a great visit in August so here we are again! Relax over morning tea at Café Saligna, then take some time to explore the tranquil forest surrounds or browse the on-site nursery for beautiful plants and a little garden inspiration. Then off to lunch and we have secured a 2-for-1 special. So grab a friend and a bargain lunch.

\$20 Bus

— **OR** —



All clients are welcome to join



Social Outings

— OR —

Thursday 17 September

Quilt NSW Exhibition, Rosehill Gardens Racecourse

Discover an incredible display of creativity, colour and craftsmanship at the QuiltNSW Exhibition at Rosehill Gardens. Wander through beautiful quilts and textile works, admire the skill and detail, and pick up plenty of inspiration along the way. A colourful day out for craft lovers and lunch lovers!

\$20 Bus

\$25 Entry on the day



Friday 18 September

West Side Story: The Pavilion Sutherland

Experience one of musical theatre's greatest classics! With iconic songs including Tonight, America and Somewhere, West Side Story is a powerful tale of love, loyalty and belonging, brought to life by Miranda Musical Theatre Company. Showtime: 1.30pm Duration: 2 Hours 30 Minutes (incl. interval)

\$20 Bus

\$60 Ticket prepay by Fri 4/9



Monday 21 September

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, snap some fun photos and see just how lifelike these incredible wax figures really are. Tickets are \$49 at the door on the day, or prepay now and save!

\$20 Bus

\$40 Ticket prepay by Wed 16/9



Tuesday 22 September

Penrith Regional Gallery

It's been a while since we've explored Penrith! Enjoy morning tea by the Nepean River, then browse the gallery or take a riverside stroll. Afterwards, we'll head off on a discovery drive before lunch at Penrith Panthers. Don't get lost!

\$25 Bus

Free entry



Social Outings

Wednesday 23 September (Also on Wed 16/9)

Manly Ferry & the Manly Club #2

Manly is always worth another visit! Cruise across Sydney Harbour by ferry and enjoy those unbeatable views before heading to The Manly Club for lunch. Take in the sea air, watch the world go by and enjoy a relaxed day out by the coast. Our bus will take you home from Manly.

\$20 Bus

Opal or Credit/Debit Card



Thursday 24 September

Simply Lunch: Concord Club / Croatian Club Ltd Concord

Try somewhere a little different for lunch! Join us at Concord Club, home of the Croatian Club, for a relaxed meal featuring plenty of hearty European and Croatian favourites. A great chance to discover a new local dining spot and enjoy good company.

\$20 Bus



Friday 25 September (Also on 28/9 & 29/9)

Bowral Tulip Festival #1

We're heading back to Bowral for another burst of colour at the Tulip Festival! Stroll through Corbett Gardens and admire 80,000 blooming tulips, soak in the festive atmosphere, and don't forget to grab a famous CWA scone. A beautiful spring day out, enjoying a lovely lunch before heading home.

\$25 Bus

\$13 Entry



Longer day

Monday 28 September (Also on 25/9 & 29/9)

Bowral Tulip Festival #2

Spring has arrived in Bowral! Join us for a colourful day among thousands of tulips in bloom at the beautiful Corbett Gardens. Wander through the spectacular floral displays, soak up the spring sunshine and enjoy some time exploring Bowral. A seasonal favourite not to be missed!

\$25 Bus

\$13 Entry



Longer day



Social Outings

Tuesday 29 September (Also on 25/9 & 28/9)

Bowral Tulip Festival #3

Last chance this month to visit beautiful Bowral for another day of spring colour! Explore the spectacular tulip displays at Corbett Gardens, with blooms in every direction. Take your time to wander, snap some photos and enjoy the atmosphere of one of the Southern Highlands' favourite spring events.

\$25 Bus

\$13 Entry



Longer day

Wednesday 30 September

Aged & Disability Expo Sydney 2026

Discover products, services and resources designed to support older people and people with disability at the Aged & Disability Expo at Rosehill Gardens. Meet exhibitors, explore new technologies and gather useful information for yourself or a loved one, all in one convenient location. And lunch of course!

\$20 Bus

Free event



— OR —

Wednesday 30 September

Simply Dinner: Canterbury Leagues Club

Let us take care of dinner tonight! Join us for a relaxed evening at Canterbury Leagues Club, with plenty of delicious choices on the menu. Enjoy a leisurely meal, a change of scenery and good company, with no cooking or washing up required!

\$25 Bus (evening fare)



Wednesday 28 October (Prebooking)

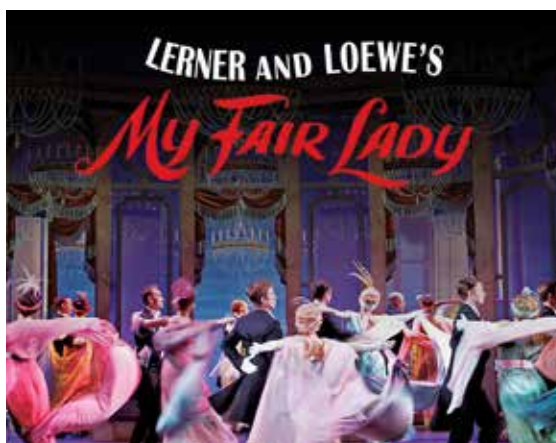
My Fair Lady: Sydney Opera House

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. Limited pre-purchased tickets from **\$160+**, price including our carer's ticket. Book and pay now as seats are selling fast. To sit with friends, all tickets must be purchased together.

\$20 Bus

Please talk to Harvey or Brad





SEPTEMBER
Featured Trip

*Floriade
Canberra*



CHOOSE 2 OR 3 NIGHTS

Discover Canberra in full bloom at Floriade, Australia's spectacular celebration of spring. Enjoy vibrant garden displays, colourful floral landscapes and the sights of our nation's capital on a refreshing spring getaway.

CHOOSE 2 OR 3 NIGHTS



TUESDAY 15 - THURSDAY 17 SEPTEMBER 2026
3 DAYS - 2 NIGHTS

OR



TUESDAY 22 - FRIDAY 25 SEPTEMBER 2026
4 DAYS - 3 NIGHTS

- ✓ Explore beautiful destinations across NSW & ACT with confidence
- ✓ Safe overnight getaways supported by experienced staff
- ✓ Designed for those who may not otherwise have the opportunity to travel overnight
- ✓ Relax with planned itineraries and friendly companionship

*Book
Now!*



Call

9585 3000

More amazing getaways to look forward to



OCTOBER



**2
NIGHTS**

Hunter Valley



TUE 13 - THU 15 OCT 2026

Great food, fine wine and beautiful vineyard views

OCTOBER



**3
NIGHTS**

Port Macquarie



TUE 20 - FRI 23 OCT 2026

Explore this bustling coastal town.

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.

DECEMBER



**2
NIGHTS**

Jervis Bay / Huskisson



TUE 8 - THU 10 DEC 2026

Coastal beauty, relaxed atmosphere and time to enjoy seaside living

FEBRUARY



**1
NIGHT**

Kiama



WED 17 - THU 18 FEB 2027

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

FEBRUARY



**3
NIGHTS**

Foster / Tuncurry



TUE 23 - FRI 26 FEB 2027

Sparkling waterways, coastal views and relaxed seaside vibes await.

MARCH



**3
NIGHTS**

Narooma / Tilba



TUE 16 - FRI 19 MAR 2027

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



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

Cowra Recap 2026



**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

