



Going places.

Social Program

December 2019 – January 2020



Dear Socialites,

Your next social program has arrived. We look forward to taking you on adventures far and wide. Welcome aboard to any new clients who have joined recently.

If you have any friends who would be interested in joining in our social activities, please encourage them to register with us. The more the merrier.

Stryder's Overnight Stays

Thank you for those who have expressed interest in our next overnight trip. Our adventure will take us to The Entrance on the glorious Central Coast. Due to lots of interest we will be running two trips, the 26/27 February and 4/5 March. See last page for more details.

Macquarie Friday Shopping Bus – Christmas special

Throughout the month of December Stryder is offering an extra half hour of shopping each Friday. Timetable:

9.30am Arrive at Macquarie Shopping Centre

1.00pm Depart Macquarie Shopping Centre

Call the office now to make your bookings.

Weather Conditions

As you know we have been experiencing extreme and hazardous weather conditions. When these occur, we may have to either cancel or change venues on the morning of your outing. Thank you for your understanding, as we ensure the safety and comfort of all our clients.

Traffic Conditions

Due to traffic congestion and other delays, please be aware the pick up times provided are approximate only. If you are anxious about your ride, we are always happy to take your call and give you an update on where the driver is.

Helpful hints

- Not feeling well on an outing? Please advise a Stryder team member, we want to ensure comfort for all our passengers!
- Have a seat preference? While we make every effort to accommodate all our passengers and take into consideration individual health issues, we cannot guarantee a particular seat on our buses. If you have a health issue, please discuss with Robyn prior to the outing.
- On a waiting lists? When a seat becomes available Robyn will give you a call.
- During the summer period, don't forget to bring a bottle of water to stay hydrated!
- Dietary Requirements, if you have special dietary requirements please inform our office so we can best accommodate your needs.

- Please refer to the table below in relation to which side (area) you live on. We may be able to accommodate you on the trip for the other side, subject to availability.

Social Outing Areas	
East Side Clients	West Side Clients
Are clients who live east of Lane Cove Road	Are clients who live west of Lane Cove Road

Prepay by Credit Card/EFTPOS

Just a reminder you can prepay for any of your trips using your credit or debit card. Please call Robyn any day before your trip, on 9816 5000, and she will process the payment for you.

Cox's Road Shops Shuttle

Weekly Thursday Service

Arrive 10.00am; Depart 12.00pm

This thriving centre boasts a supermarket, excellent butcher, cake shop, fruit shop, cafes, hairdresser and library to name a few.

Lower North Shore Shuttle Bus

Our daily shuttle bus to Royal North Shore Hospital travels via Greenwich, Lane Cove and North Sydney. It picks passengers up from their homes and drops at desired destination on-route to St Leonards.

Departs Ryde/Hunters Hill Area	Departs Royal North Shore Hospital
9.00am	10.00am
11.00am	12.00pm
1.00pm	2.00pm
	3.15 *where no driver available taxi voucher will be offered

Flexiride Bus

Our Flexiride bus is the perfect choice for you to get out and about in the local area. Below are

just some Community Events you may wish to visit using our Flexiride Bus.

Community events

- West Ryde Library Christmas Morning Tea 16 December 10.30-12.00** West Ryde library celebrates and looks back on another successful year in 2019, with the lively sounds of the West Ryde Ukes! Everyone is welcome.

Christmas Closure

Our office and service will be closed from 12.00 noon on Tuesday 24th December to Tuesday, 1st January. Our first day back is Thursday, 2nd January 2020. We would like to wish all our clients a safe and joyous Christmas.

Other news

The Local Business Awards night was held on 2nd October 2019 and while we were finalists, this year, the award for specialised business went to another worthy recipient. We would like to thank all our clients for voting for us. Maybe next year will be our time to win!

Client Survey - thank you to everyone who took the time to complete our survey. We appreciate your honest feedback and welcome compliments. We use the information to improve our services. Of course, I am available any time to take your call or answer your letter if you have a question, suggestion, compliment or concern.

Newsletter – our December edition is currently been prepared. Your stories, poems, recipes or photos are always welcome. Please send to me by 10 December. Your driver will be happy to be your courier.

Sincerely,

V. Coy

Virginia Coy

General Manager

PS. Prices listed are Stryder's subsidised rates for its CHSP clients. If you are a Home Care Package client, alternate rates apply. Please call the office or speak to your HCP provider.

Stryder | PO Box 162, Gladesville, 1675 | info@stryder.org.au | www.stryder.org.au

SHOPPING/SHUTTLE TIMETABLES – December/January 2020

Macquarie Shopping Centre \$15.00 return	
Assistance is offered on this service. This weekly service operates on both Tuesdays & Fridays. A limit of 2 green environmental bags or equivalent may be taken home on the bus. For safety reasons, NO PERSONAL SHOPPING TROLLEYS ALLOWED ON BUS	
Tuesdays: Arrive at Macquarie at 10.00am Depart from Macquarie at 12.00noon	Fridays: Arrive at Macquarie 9.30am Depart from Macquarie at 12.30pm
Tuesdays in December – 3/12, 10/12, 17/12, no trip on 24/12 **CHRISTMAS SPECIAL – Monday 23/12**	Fridays December – 9.30am – 1.00pm 6/12, 13/12, 20/12
Tuesdays in January – 7/1, 14/1, 21/1, 28/1	Fridays in January – 3/1, 10/1, 17/1, 24/1, 31/1

(New) Cox’s Road Shopping Centre \$15.00 return	
Thursday Shuttle	
Every Thursday	
Arrive at Cox’s Road Shops at 10.00am Depart from Cox’s Road Shops at 12.00pm	
Supermarket, excellent butcher, cake shop, fruit shop, chemist, florist, cafes, hairdresser and library	

Gladesville Shopping Centre \$15.00 return	
Friday Shuttle	
Pick up from Gladesville area from 8.30am Arrive Gladesville Shopping Village 9.25am	Depart for Gladesville area 11.30am
Pick up from Hunters Hill area from 9.35am Arrive Gladesville Shopping Village 10.15am	Depart for Hunters Hill area 12.30pm

Local Flexiride	\$10.00 one way, \$15.00 return
Monday to Friday, 8.30am to 3.30pm Ryde, Hunters Hill, Top Ryde, Birkenhead and Rhodes	
Perfect for getting about in the local area for all your personal business needs. Door to Door service; Bookings essential.	

Lower North Shore Shuttle \$20.00 flat rate	
Timetable (includes return)	
Departs Ryde/Hunters Hill Area - Mon-Fri	Departs Royal North Shore Hospital - Mon-Fri
9.00am	10.00am
11.00am	12.00pm
1.00pm	2.00pm
	3.15pm (by request)



December 2019

Bookings are now open. Call now to secure your seat – (02) 9816 5000.

MONDAY 2.12.19



BOTH SIDES – Rouse Hill Shopping Centre. If you have not started your Christmas Shopping, now is the time. Come and enjoy a shopping trip to Rouse Hill which has a large variety of speciality shops. Don't forget your enviro bags. Driver will drop off clients by 11am then return to collect clients at 1.30pm.

Bus Cost: \$15.00

Lunch Cost: at own expense

TUESDAY 3.12.19



BOTH SIDES – Monthly Morning Tea - Parramatta

For those clients who like to enjoy a half day outing, this is the one for you. Come and enjoy our Monthly Morning Tea and a bit of history at Lachlan's at Old Government House, set in the historic Parramatta Park.

Bus Cost: \$15.00

Morning Tea Cost: 2 scones with Tea & Coffee - \$12.00

THURSDAY 5.12.19

Stryder Christmas Garden Party
– Sorry, bookings have closed.



MONDAY 9.12.19



BOTH SIDES – Ashfield RSL

The Chefs at Buffet 88 go to great lengths to use only fresh ingredients to make delicious meals. Come and enjoy the enormous variety.

Bus Cost: \$15.00

Buffet: \$15.50

TUESDAY 10.12.19



BOTH SIDES Telstra Museum – lunch at Bankstown Sports Club
The Telstra Museum offers visitors a nostalgic trip through 150 years of telegraphic and telephone history like the Speaking Clock and a Traeger pedal wireless from the flying doctor. After an interesting tour we will have lunch at the popular Bankstown Sports club.

Bus Cost: \$15.00

Tour of Museum: 10.30-12.30pm - Gold Coin donation.

Lunch Cost: approximately \$15.00 - \$25.00

THURSDAY 12.12.19



EAST SIDE – Carmen’s on the Park

– Barnwell Park Golf Club, Five Dock. Come and enjoy a wonderful lunch with mouth-watering meals, friendly service and great views. Set menu includes dessert, choice of:

- Spaghetti meatballs
- Mushroom and spinach risotto
- Grilled Lemon Sole
- Battered fish & chips
- Chicken Caesar schnitzel
- Chargrilled New York steak
- Chargrilled lamb skewers

Please advise choice of meal at time of booking.

Bus Cost: \$15.00

Lunch Cost: \$20.00 set menu.

MONDAY 16.12.19

TUESDAY 17.12.19



WEST SIDE – Vanilla Cream Cafe – Annangrove

EAST SIDE – Vanilla Cream Café - Annangrove

NEW VENUE – Vanilla Cream Café is set in the beautiful and peaceful area of Annangrove, just past Dural. Come and enjoy this relaxing atmosphere with great coffee and a delicious range of baked goods which are available for purchase.

Bus Cost: \$20.00

Lunch Cost: approximately \$15.00 - \$25.00

WEDNESDAY 18.12.19



BOTH SIDES – Burwood Shopping Centre

Need some last minute shopping time? Book yourself on this outing to Burwood Shopping Centre. It has Target, Kmart, Myer, David Jones and over 200 speciality shops. Our driver will drop you off at 11am and return to collect you at 1.30pm.

Bus Cost: \$15.00

Lunch at own expense

THURSDAY 19.12.19



WEST SIDE – Carmen’s on the Park

– Barnwell Park Golf Club, Five Dock. Come and enjoy a wonderful lunch with mouthwatering meals, friendly service and great views. Set menu includes dessert, choice of:

- Spaghetti meatballs
- Mushroom and spinach risotto
- Grilled Lemon Sole
- Battered fish & chips
- Chicken Caesar schnitzel
- Chargrilled New York steak
- Chargrilled lamb skewers

Please advise choice of meal at time of booking.

Bus Cost: \$15.00

Lunch Cost: \$20.00 set menu.

MONDAY 23.12.19

CHRISTMAS SHOPPING SPECIAL – Last chance to buy your Christmas presents. A special trip to Macquarie Shopping Centre.

Bus Cost: \$15.00

TUESDAY 24.12.19

Christmas Eve – Office closes 12noon

WEDNESDAY 25.12.19

Christmas Day – Office Closed

THURSDAY 26.12.19

Boxing Day – Office Closed

FRIDAY 27.12.19

Office Closed

WEDNESDAY 1.1.20

Office Closed

THURSDAY 2.1.20

Office opens – HAPPY NEW YEAR!



January 2020

Bookings are now open. Call now to secure your seat – (02) 9816 5000.

TUESDAY 7.1.20
MONDAY 13.1.20



EAST SIDE– Boatshed Café - Narrabeen
WEST SIDE – Boatshed Café - Narrabeen

The Boatshed café is set in a tranquil and unique setting overlooking the lake and it promises to take you to another time and place as you relax and unwind while enjoying a delicious lunch.

Bus Cost: \$15.00

Lunch Cost: approximately \$15.00-\$30.00

THURSDAY 9.1.20



BOTH SIDES – Muirfield Golf Club, North Rocks

By special request, we are heading back to Muirfield Golf Club to enjoy some tantalising Chinese Food. We invite you to enjoy sizzling Mongolian lamb, Sizzling King Prawns in Garlic Butter or Sweet & Sour Pork just to name a few, the menu is very extensive, and the view is very calming.

Bus Cost: \$15.00

Lunch Cost: at own expense

TUESDAY 14.01.20



**St George
Leagues
Club**

BOTH SIDES – St George Leagues Club – Showtime with MC Mike Mathieson in the Premiers Lounge featuring special guest artists. Come and enjoy an entertaining show and delicious lunch at the bistro. Tickets are limited so book in early. Show starts at 11am so early pickups are required.

Bus Cost: \$15.00

Show Ticket: \$10.00 & you receive a \$10.00 voucher for the bistro. What a bargain!

THURSDAY 16.1.20



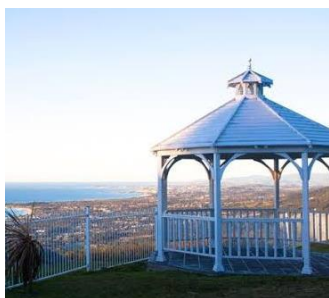
BOTH SIDES – Coal Loader Café, Waverton

After enjoying a delicious lunch, venture out and see the newly renovated Coal Loader Area which North Sydney Council have rejuvenated into a fantastic parkland along the foreshore where locals can grow their own vegetables. This area is accessible by a lift and the view across the waterfront is spectacular.

Bus Cost: \$15.00

Lunch Cost: approximately \$15.00 - \$25.00

**MONDAY 20.1.20
THURSDAY 23.1.20**



EAST SIDE – Panorama House - Bulli

WEST SIDE – Panorama House - Bulli

An old favourite! Just looking out the window takes your breath away. Come and enjoy a beautiful buffet style lunch which features a fresh selection of seasonal produce and a wide variety of hot and cold selections.

Bus Cost: \$20.00

Buffet Cost: \$22.00

TUESDAY 21.1.20



BOTH SIDES – Monthly Morning Tea – Epping Club

Join our local outing to the Epping Club for our monthly morning tea. Catch up with old friends or make new ones.

Bus Cost: \$10.00

Coffee & Cake – approximately \$10.00 - \$12.00

MONDAY 27.1.20

AUSTRALIA DAY PUBLIC HOLIDAY

– Office closed

Wishing all our clients an enjoyable Australia day.



TUESDAY 28.1.19



BOTH SIDES – Empire Hotel, Annandale

Come and immerse yourself in the ambience of this old worldly hotel. One of favourites as they offer delicious meals and friendly service.

Bus Cost: \$15.00

Lunch Cost: approximately \$15.00-\$25.00

THURSDAY 30.1.20



WEST SIDE – Historic Como Hotel

For those clients who missed out in November due to extreme hazardous air quality, will have first priority.

The Como Hotel is one of the oldest buildings in the Sutherland Shire. It's an interesting drive and you can enjoy the Como's history while enjoying your lunch choice from this set menu:

- Penne Pasta with Bolognese & parmesan
- Beer Battered Flathead with Chips & Salad
- Herb-Parmesan Crumbed Chicken Tenderloins with Chips/Salad
- 150g Rump Steak with Mash, Vegetables & gravy
- Dessert – Slice of cheesecake with ice-cream

Please advise the office of your menu choice when booking this outing. Tea & Coffee is additional.

Bus Cost: \$15.00

Lunch Cost: Set menu - \$16.00, minimum 10 required.

Use this sheet to check off when booking your outings with us on the phone.

DECEMBER 2019	OUTING TO BE BOOKED
Monday, 2 nd December	Rouse Hill Town Centre (Both)
Tuesday, 3 rd December	Morning Tea – Old Government House (Both)
Monday, 9 th December	Ashfield RSL (Both)
Tuesday, 10 th December	Telstra Museum/Bankstown Sports Club (Both)
Thursday, 12 th December	Barnwell Park Golf Club (East)
Monday, 16 th December	Vanilla Cream Café (West)
Tuesday, 17 th December	Vanilla Cream Café (East)
Wednesday, 18 th December	Burwood Shopping Centre (Both)
Thursday, 19 th December	Barnwell Park Golf Club (West)
Monday, 23 December	Special Christmas Shopping, Macquarie Centre
Tuesday, 24 th December	Christmas Eve – Office closes 12noon
Wednesday, 25 th December	Christmas Day – Office closed.
Thursday, 26 th December	Boxing Day – Office Closed
JANUARY 2020	OUTINGS TO BE BOOKED
Tuesday, 7 th January	Boatshed Café (East)
Thursday, 9 th January	Muirfield Golf Club (Both)
Monday, 13 th January	Boatshed Café (West)
Tuesday, 14 th January	St George Leagues Club (Both)
Thursday, 16 th January	Coal Loader Café (Both)
Monday, 20 th January	Panorama House (East)
Tuesday, 21 st January	Epping Club – Morning Tea (Both)
Thursday, 23 rd January	Panorama House (West)
Monday, 27 th January	Public Holiday
Tuesday, 28 th January	Empire Hotel (Both)
Thursday, 30 th January	Como Hotel (West) for those clients who missed out in November.

This is an advertisement.

HUNTERS HILL *Lodge*

Dad's happy so I'm happy!

Life's easier at Hunters Hill Lodge, where your day-to-day concerns like healthy meals, housekeeping and maintenance are all taken care of.

It's the perfect lifestyle of convenience – where you can feel safe and secure – all in the company of friends and family! Quality personal care services can be tailored to suit you, so you have peace of mind knowing that even as your needs change, our help changes with you.

- ✓ Personal and Nursing Care
- ✓ Stay active and connected
- ✓ 24-hour emergency calls
- ✓ Quality dining with nutritional meals
- ✓ Peace of mind all day and all night
- ✓ Beautiful shared spaces

Our serviced apartments make you feel right at home!



Give it a try!
Respite or
trial stays
available

Contact us today at (02) 9879 6355

43 Gladesville Road, Hunters Hill

www.huntershilllodge.com.au