



Going places.



Social Program

August – September 2020

Dear Socialites,

We are excited to be sending you our next social program as we know you are keen to get out and about. We hope you are keeping well and not feeling too couped up during this pandemic.

Along with our usual trips, we are trying something a little different this program by introducing a scenic drive where we will provide a sandwich and refreshments.

Due to COVID restrictions still in place we will continue to limit the numbers in our buses and maintain our strict safety protocols.

These include before entering our vehicles:

- Passengers will have their temperature taken.
- Sanitise their hands.
- Sit where the driver has instructed.

We thank everyone's continued support and cooperation during this time. Anyone not following these safety measures or whose temperature is over 37.3 will be asked not to enter the vehicle. If you have any concerns, please call the office to discuss.

Stryder continually receives updates from the Department of Health and follows recommend guidelines. If rates of infection increase in our area we may need to cancel outings or change venues at short notice. We ask that you please

be patient and bear in mind we are always assessing the risk to our clients.

Pre-Pay Option

Please also note you can pre-pay for your social outings a day before your trip by credit/debit card over the phone. This helps to reduce cash handling.

Stryder's Annual General Meeting
Save the date - 20th October 2020.

Association Membership renewals due

Annual membership payment of \$10 is now due, and we ask that you please return the enclosed form to either renew or join. Please note, membership is optional. (If you are joining as a new member, please complete Part A only of the Membership.)

Social Program Mailing List

At this time, we also ask for a \$10 donation to cover the cost of printing, producing and distributing the Social Program for the year. Our program is sent 6 times a year.

Stryder's other services:

As an essential service we continue to offer medical and shopping, Lower North Shore Shuttle and Flexiride services. Please refer to the schedule on the next page

Introducing new bus assistant - Joanne Prendergast

We would like to introduce Joanne who has joined our social bus assistant team.

You may have met her already, as she is also a volunteer driver. Thank you, Joanne!



Stryder loves supporting local community events.

The Happy Hens are holding Growers Market and would love to see you there.

“Fresh produce, fresh food, fabulous coffee and community connection are all on offer in the friendly surrounds of the Henley Green Community Garden. Some of the lovely stalls on offer will be selling fresh flowers, plants, fruit and veg, honey, meat and cheese with more to come.”

Social outing pick up areas	
Eastside Clients	Westside Clients
Are clients who live east of Lane Cove Road	Are clients who live west of Lane Cove Road
Please call the office if you are uncertain which side you live on. Clients can go on the other side, subject to availability.	



FREE DIGITAL WORKSHOPS

Be Connected! We have been successful in receiving a grant to provide 3 x 1 hour training sessions to increase your digital literacy. Email basics, internet browsing, social media, Apps, online banking and video calls. 30 spots available – call Robyn today on 9816 5000 to express your interest. Spots limited, so hurry.



Local Business Awards

Stryder has been nominated as one of the finalists in the upcoming local business awards. We would like to thank all of you for voting for us and your continuous support. Fingers crossed we can bring home the trophy!

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 – August – September 2020

*Please note times may vary depending on how many passengers are on the shopping buses due to COVID19.

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

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

IGA 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)

August 2020

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

Limited seats on the bus – physical distancing measures in place.

TUESDAY 4.8.20
THURSDAY 6.8.20



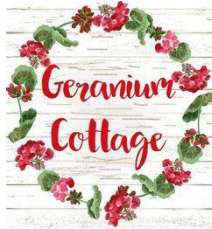
EAST SIDE – Avalon RSL
WEST SIDE – Avalon RSL

Join us for a scenic drive to the beautiful northern beaches to enjoy a delicious lunch at Avalon RSL. Please note that upon entry to the club you must show either photo identification or your pension card, they will not accept your seniors' card.

Bus Cost: \$20.00

Lunch cost: approximately \$15.00 - \$25.00

TUESDAY 11.8.20
THURSDAY 13.8.20



WEST SIDE – Geranium Cottage, Dural
EAST SIDE – Geranium Cottage, Dural

This is one of our favourites which offers homemade tasty meals. They are only offering a limited menu, but the chef assures me you will find something tasty to warm you up from your head to your toes.

Bus Cost: \$15.00

Lunch Cost: approximately \$15.00 - \$25.00

TUESDAY 18.8.20
THURSDAY 20.8.20



EAST SIDE – Bayview Golf Club, Mona Vale
WEST SIDE – Bayview Golf Club, Mona Vale

Come and enjoy the scenic view that the Bayview Golf Club has to offer in a relaxed atmosphere.

Bus Cost: \$15.00

Lunch Cost: approximately \$15.00 - \$25.00

TUESDAY 25.8.20
THURSDAY 27.8.20



WEST SIDE – Waterview Cafe, Bicentennial Park
EAST SIDE – Waterview Cafe, Bicentennial Park

Join us for a local outing to the Waterview Café which is perfectly situated within the picturesque landscapes of Bicentennial Park.

Bus Cost: \$10.00

Lunch Cost: approximately \$15.00 - \$25.00

September 2020

Bookings are now open. Call today to secure your seat – (02) 9816 5000.
Limited seats on the bus - physical distancing measures in place.

TUESDAY 1.9.20
THURSDAY 3.9.20



**EAST SIDE &
WEST SIDE – Bunnings – Rydalmere or Gladesville
lunch - North Ryde RSL (Café)**

For all those DIY jobs you have been putting off, jump on the Stryder bus for a shopping trip to Bunnings. (Small purchases please). We are waiting for Gladesville Bunnings to open to check accessibility for our bus, stay tuned. Afterwards, we will grab a bite to eat at North Ryde RSL's café.

Bus Cost: \$10.00

Lunch Cost: approximately \$15.00 - \$25.00

TUESDAY 8.9.20
THURSDAY 10.9.20



**WEST SIDE &
EAST SIDE – Morning Tea at Piemonte Café, Terrey
Hills/Scenic Drive to Akuna Bay**

Today we are off for a scrumptious morning tea at the Piemonte Café. Afterwards, sit back and relax whilst we take a scenic drive to Akuna Bay before heading home.

Bus Cost: \$15.00

Morning Tea: Coffee & Cake - \$10.00

SATURDAY 12.9.20



**BOTH SIDES – Stav's (our wonderful Operations Manager)
Hens 'High Tea' Party – Stryder Gardens**

When was the last time you attended a Hen's Party? Now is your opportunity to join in and celebrate Stav's last days of freedom! We will be serving a variety of delicious sweet and savoury bites and having loads of fun and games. **Theme: Wear something pink!**

Bus Cost & High Tea: All inclusive \$30.00

TUESDAY 15.9.20
THURSDAY 17.9.20



**EAST SIDE – Scenic Drive & picnic at Centennial Park
WEST SIDE – Scenic Drive & picnic at Centennial Park**

Let us take care of your lunch today. We are venturing to Centennial Park for a picnic. You can pre-order your lunch with Stryder from the list on the back page and we will have it ready for you when you step on the bus. Beautiful setting and we may even get to feed the ducks.

Bus Cost: \$20.00 Lunch: order your sandwich \$10.00 or bring your own. Complimentary sweet treats will be provided by us!

TUESDAY 22.9.20
THURSDAY 24.9.20



**WEST SIDE – Doyle's on the Wharf
EAST SIDE – Doyle's on the Wharf**

Doyle's is known all over the world for its famous seafood. Come and enjoy the freshest seafood in Sydney.

Bus Cost: \$20.00 Lunch Cost: \$15.00 - \$25.00

This is an advertisement.



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

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

AUGUST 2020	OUTINGS TO BE BOOKED
Tuesday, 4 th August	Avalon RSL (East)
Thursday, 6 th August	Avalon RSL (West)
Tuesday, 11 th August	Geranium Cottage (West)
Thursday, 13 th August	Geranium Cottage (East)
Tuesday, 18 th August	Bayview Golf Club (East)
Thursday, 20 th August	Bayview Golf Club (West)
Tuesday, 25 th August	Waterview Cafe (West)
Thursday, 27 th August	Waterview Cafe (East)
SEPTEMBER 2020	OUTINGS TO BE BOOKED
Tuesday, 1 st September	Bunnings – Rydalmere/Gladesville/ North Ryde RSL - Cafe (East)
Thursday, 3 rd September	Bunnings – Rydalmere/Gladesville/North Ryde RSL – Café (West)
Tuesday, 8 th September	Piemonte Café (West)
Thursday, 10 th September	Piemonte Café (East)
Saturday, 12 th September	Stav’s Hens High Tea Party (Both)
Tuesday, 15 th September	Picnic in Centennial Park (East)
Thursday, 17 th September	Picnic in Centennial Park (West)
Tuesday, 22 nd September	Doyle’s on the Wharf (West)
Thursday, 24 th September	Doyle’s on the Wharf (East)



Lunch order for Centennial Park Picnic – please call your order through to Robyn on 9816 5000, and you can pay on the day.

Choice of Bread	White, Wholemeal, Brown
Choice of Filling	Egg, lettuce, mayo
	Ham, tomato, swiss & Dijon
	Salami, pesto, tomato, rocket & cheese
	Tuna, cucumber, lettuce, sweet chilli mayo
	Salad, carrot, tomato, beetroot, lettuce, cucumber, mayo
Choice of drink	Apple juice, orange juice, bottle of water