

December 2023/January 2024



Upcoming Highlights

- Stryder Christmas Party
- Handel's Messiah Sydney Town Hall
- Gledswood Winery History Tour
- Lunch dates at the beach
- Nursery Visits!

It's Almost Christmas!

Summer has arrived and Christmas is just around the corner. We have included some extra shopping trips on the December social program for anyone who needs to do a last-minute gift shop. Also, our annual Christmas party is open for all and we would love to see you there. Seats are almost full but putting your name on the waitlist is worthwhile so don't be deterred.

For January we have a few of our favourite beach stops to make the most of the warmer weather. Just a quick reminder that our social outings are designed for those who are mobile and living independently. In a group setting it is not always possible for the bus assistants to accommodate everyone's needs, and their main focus is on assisting those who are less mobile and directing the group to where they need to go. The driver will also assist where possible, however, the driver is sometimes tied up with parking the bus and they also need to have a short rest break once everyone is settled.

Clients are encouraged to consider the outing before booking to ensure it is appropriate for their mobility. If you are keen to attend an outing but uncertain of your mobility, you are welcome to bring a carer to assist you. Transport for carers is free, they just pay for their meals. Please advise the booking officer when you book your social outings.

Don't forget your ID.

As we visit lots of clubs and RSL's they often ask for ID on entry. If you don't have a licence, please bring a senior's card. Medicare card isn't a form of ID. Some clubs are strict and won't let us in without the ID.

Stryder Christmas Closure

Stryder will be closed from midday Friday 22nd December and will reopen Tuesday 2nd January 2024.

Sydney Community Services – Activities for everyone

Sydney Community Services Hunters Hill-Ryde Seniors Hub is a daytime, inclusive and supportive space for seniors' groups, dementia friendly groups, as well as ladies and men's groups. It provides a great opportunity for seniors seeking social interaction and carers seeking respite.

Every month the Sydney Community Services 'Seniors Hub' at Hunters Hill-Ryde offers a varied program of activities for seniors. We visit different destinations throughout the month but also enjoy activities at the Hub.

Contact SCS to learn more about their programs, or to book a place on an outing, and if you are a carer you can take some time out knowing we are looking after your loved one.

See advertisement on the back page and Sydney Community Services website for more details.

<https://www.sydneycs.org/whats-on/>





P | 9427 6425

E | support@sydneycs.org

Thank You!

Lastly, from the Stryder family to your family we wish you all a safe and happy Christmas. 2023 has been a big year and we have had lots of fun travelling far and wide. We also appreciate your support, feedback and participation. We value each and everyone of you and look forward to assisting you in 2024.

Virginia Coy,
General Manager

Accessible Key Guide	
Good Access	✓
Stairs	
Easy Walking	
Moderate Walking	
Lots of Walking	
We are introducing these accessible symbols that indicate whether the social trip has stairs to be negotiated and the amount of walking required.	





Guide To Bus Cost	
Bus Cost for subsidised clients	The subsidised rate is for eligible clients over 65. It is called the Commonwealth Home Support Program (CHSP). The majority of Stryder's clients already receive CHSP subsidised rates. We also have a different bucket of funding we can use for eligible clients under 65. Please call the office and discuss with the client service team to see if you are eligible.
Full Bus Cost for Home Care Package Clients	For clients who are on a Home Care Package (HCP), we charge the full cost of the trip to your HCP provider. Other clients who choose not to go through My Aged Care are required to pay full cost to Stryder. Full Cost clients need to set up a payment account with us and will be invoiced monthly.
NOTE: Cost of trip only includes the bus trip. Any morning tea, lunch and entry fees are extra and paid directly to the venue (unless we request prepayment).	


2024 Season On Sale Now

- 4 fantastic productions to choose from or why choose, just see them all
- Performing at Club Ryde, 728 Victoria Rd, Ryde
- Entertaining the community since 1930

huntershilltheatre.com.au | 9879 7765



	<div>DECEMBER SOCIALS</div> <div>View at www.stryder.org.au/events</div> <div>To book call 9816 5000</div>	<div>9816 5000</div> <div><ul style="list-style-type: none">• Bus Cost – for subsidised clients• Full Bus Cost – for home care packaged clients</div>	
Date	Description	Details	
<div>Tuesday</div> <div>5th December</div> <div>BOTH SIDES</div>	<div>Scotland Island Ferry Ride – Dee Why RSL</div> <div>Catch the Church Point Ferry and see beautiful Scotland Island and the magnificent Western Foreshore. This will be a round 50min trip then back to Church point to get the bus to Dee Why RSL for lunch. Please Note: No toilets on the ferry and could be unsteady for those with walkers. Toilets are at Church Point stop.</div>	<div>Bus Cost</div> <div>(subsidised)</div> <div>\$20</div> <div>OR</div> <div>\$44 for full cost clients</div>	<div>Lunch extra</div> <div>From \$25.00</div> <div></div>
<div>Wednesday</div> <div>6th December</div> <div>BOTH SIDES</div>	<div>Merrylands RSL – Signatures Buffet</div> <div>The much-loved Signatures Buffet offers a broad range of menu including freshly prepared sushi, salad bar, carvery station, popular Asian dishes, pizza, soup, pasta and more. Dessert lovers can also enjoy a wide range of special treats.</div>	<div>Bus Cost</div> <div>(subsidised)</div> <div>\$15</div> <div>OR</div> <div>\$39 for full cost clients</div>	<div>Buffet Lunch</div> <div>\$24</div> <div>✓</div>
<div>Thursday</div> <div>7th December</div> <div>BOTH SIDES</div>	<div>Green Vibes Café @ Swane’s Nursery, Dural</div> <div>Kill three birds with one stone! Visit the nursery and buy some green gifts, stop for lunch at the nursery café, Green Vibes Café, then we will stop into the Dural Christmas Barn on the way home to purchase more Chrissy decorations...you can never have enough.</div>	<div>Bus Cost</div> <div>(subsidised)</div> <div>\$20</div> <div>OR</div> <div>\$44 for full cost clients</div>	<div>Lunch</div> <div>from \$16</div> <div></div>
<div>Saturday</div> <div>9th December</div> <div>BOTH SIDES</div>	<div>Malias Mystery Tour</div> <div>Our first Mystery Tour for 2024 and as always, it’s a mystery, but its always fun.</div>	<div>Bus Cost</div> <div>(subsidised)</div> <div>\$30</div> <div>OR</div> <div>\$61 for full cost clients</div>	<div>Lunch</div> <div>from \$20</div> <div></div>
<div>Tuesday</div> <div>12th December</div> <div>BOTH SIDES</div>	<div>The Sunroom Community Café - Half Day</div> <div>This cute little cafe is situated in the tree lined neighbourhood of Hunters Hill. This is just a catch up with friends over an easy morning tea.</div>	<div>Bus Cost</div> <div>(subsidised)</div> <div>\$10</div> <div>OR</div> <div>\$34 for full cost clients</div>	<div>Bring extra</div> <div>for morning tea</div> <div>✓</div>
<div>Wednesday</div> <div>13th December</div> <div>BOTH SIDES</div>	<div>Christmas Party – Sydney Rowing Club, Abbotsford</div> <div>Its time to celebrate Christmas with the Stryder family. Lunch includes Main meal and dessert. Prizes for those best dressed in Christmas bling. This includes Christmas earrings, Christmas clothes, tinsel or whatever takes your fancy.</div>	<div>Bus Cost</div> <div>(subsidised)</div> <div>\$15</div> <div>OR</div> <div>\$39 for full cost clients</div>	<div>Pre-Paid Lunch \$45</div> <div>✓</div>
<div>Thursday</div> <div>14th December</div> <div>WESTSIDE</div> <div>Tuesday</div> <div>19th December</div> <div>EASTSIDE</div>	<div>Christmas Lights Tour</div> <div>We have the Route mapped out, you just need to sit back and relax and enjoy the lights. Be sure to have your dinner first as we are not stopping for dinner, although we will have a snack box onboard for you. We will take toilet stops when required. We plan to be on enroute by 7.30pm</div>	<div>Bus Cost</div> <div>(subsidised)</div> <div>\$30</div> <div>OR</div> <div>\$61 for full cost clients</div>	<div>Snack Box included</div> <div>✓</div>

Saturday 16th December BOTH SIDES	Town Hall – Handel’s Messiah Each year since its inception, Handel’s “Messiah”, has been performed in Sydney by the Radio Community Chest’s Combined Church Choirs and will be sung again this year by a choir open to all from the city and beyond. This will be held at the Sydney Town Hall and will commence at 3pm and finish at 5.30pm. Tickets are limited so get in early.	Bus Cost (subsidised) \$25 OR \$50 for full cost clients	Pre paid tickets for \$45 per person ✓
Wednesday 20th December BOTH SIDES	Westfield Hornsby Shopping Centre This your chance to shop till you drop or just pick up those last bits and pieces for Christmas stockings. Get your good comfy walking shoes on as this is a big shopping centre. No bookings have been made so choose from the many cafes at Hornsby for lunch.	Bus Cost (subsidised) \$15 OR \$39 for full cost clients	Lunch at Leisure 
Thursday 21st December BOTH SIDES	Pancake on the Rocks at The Rocks Calling all pancake fans! This is your place to dine if you like pancakes. If you aren’t a fan of pancakes but you still want to join in there are other options on the menu. Always nice to drive into the city during Christmas time as an added bonus. This is our last outing for the year so have a wonderful Christmas.	Bus Cost (subsidised) \$20 OR \$44 for full cost clients	Lunch from \$16 ✓

What’s on at Ryde Library!

Musical Morning Tea: West Ryde Singers

WHEN: Monday, 11 December 2023 | 10:30 AM - 11:30 AM

Celebrate a morning of music and performances with the award winning group, 'West Ryde Singers', while enjoying a biscuit and a cuppa.

Join us for a variety morning of performances from the 'West Ryde Singers' at Ryde Library. They will have a varied program including excerpts from musical comedy and cabaret, singing of popular and communal songs, poetry and a comedic sketch.

West Ryde Singers is a vocal group of seniors who meet weekly as part of the CCA Community Learning program. Under conductor Alan Ho and with accompanist Dawn Nettheim they have competed in the Ryde Eisteddfod and won numerous awards over the years. They have also performed at events organised by Ryde Council and for aged care and cultural organisations. Their objective is summarised by the Community Learning’s course name - “Singing for Pleasure”.

Light refreshments will be served. **The concert and refreshments are free.**

TRANSPORT: Call Stryder if you require transport - Christmas Special \$10 return trip






JANUARY SOCIALS

View at www.stryder.org.au/events
To book call 9816 5000

9816 5000

- **Bus Cost – for subsidised clients**
- Full Bus Cost – for home care packaged clients

Date	Description	Details	
Tuesday 9th January BOTH SIDES	Long Reef Golf Club Welcome back! Our first outing for the year. This an old favourite but such a great view and great place to sit for lunch in the summertime. Please bring your ID. No ID means no entry for this club.	Bus Cost: (subsidised) \$20 OR \$44 for full cost clients	Lunch From \$25 ✓
Thursday 11th January BOTH SIDES	Woolwich Pier Hotel A local venue and a lovely spot. We have booked seats upstairs this time so we have a view. Just order and pay on the day.	Bus Cost (subsidised) \$15 OR \$39 for full cost clients	Lunch Cost from \$26 ✓
Saturday 13th January ARR: 10.00am DEP: 12noon BOTH SIDES	Glebe Organic Markets At these friendly community markets, you will find everything to fulfill your weekly shopping needs and an exciting choice of plants, healthy fruit and veg and organic produce. Not for those who don't like crowds as this is a busy outdoor markets with families with and stalls and vans selling produce.	Bus Cost: (subsidised) \$20 OR \$44 for full cost clients	Lunch at leisure at the markets 
Tuesday 16th January BOTH SIDES	Gledswood Winery History Tour Gledswood is a heritage-listed former vineyard, colonial farm and homestead. The original building on the property was the convict lock-up, built in 1810 by the first owner, Gabriel Louis Marie Huon de Kerilleau. Today we will have a Devonshire M/Tea, tour of the Homestead then lunch at this beautiful old but restored property. You can choose to walk with the tour or sit and enjoy the surroundings.	Bus Cost: (subsidised) \$25 OR \$50 for full cost clients	Pre paid \$49 per person Includes M/Tea. Tour and Lunch 
Thursday 18th January BOTH SIDES	Cronulla RSL Its an easy lunch today but fantastic view of Cronulla Beach from the restaurant. As always the driver will take the scenic route to take in the sites of the Shire.	Bus Cost: (subsidised) \$25 OR \$50 for full cost clients	Lunch from \$25
Saturday 20th January BOTH SIDES	Malia's Mystery Tour We are heading south for this one. A beautiful venue located on the George's River, offering spectacular water and beach views towards Botany Bay and the Captain Cook Bridge.	Bus Cost: (subsidised) \$30 OR \$61 for full cost clients	Lunch from \$25 ✓
Tuesday 23rd January BOTH SIDES	Belrose Hotel The re-styled Belrose Hotel is the destination on Sydney's North side for a comfortable and quality dining experience. Close to the Northern Beaches, we can take a drive near Dee Why if times permits OR stop at the nearby Bunnings to resolve those New Year resolutions.	Bus Cost: (subsidised) \$20 OR \$44 for full cost clients	Lunch from \$20.00 ✓

Wednesday 24th January BOTH SIDES	Social Hideout, Waterloo Back by popular demand this beautiful café is not only lively and stylish but this café is all things pretty. Bring your bestie and enjoy this feel good café.	Bus Cost: (subsidised) \$20 OR \$44 for full cost clients	Lunch from \$25 ✓
Saturday 27th January BOTH SIDES	“Brew & Banter” – On Cowell café, Gladesville A local favourite. Stryder staff love going here. Great food and coffee. Sounds like a perfect way to enjoy a Saturday morning. Why not give our Brew and Banter a go? Arrive 9.30. Depart 11.00	Bus Cost (subsidised) \$15 OR \$39 for full cost clients	M/Tea extra 
Tuesday 30th January BOTH SIDES	Botanica Lane – The Pan and Stone Recently opened in Kirrawee in the Sutherland Shire, Botanica Lane is a plant and pot emporium run by a team of horticulturalists and landscape architects. Browse through the nursery then head over the café onsite, The Pan and Stone for lunch. A truly tranquil place to be.	Bus Cost (subsidised) \$25 OR \$50 for full cost clients	Lunch From \$25.00 ✓
Wednesday 31st January BOTH SIDES	Armory Wharf Café Soak in relaxing views of the Parramatta River while dining on fresh seasonal dishes at the Armory Wharf Cafe in Newington near Sydney Olympic Park. A beautiful place on a sunny day.	Bus Cost (subsidised) \$15 OR \$39 for full cost clients	Lunch from \$25.00 ✓

Tips on Planning your Social Outings

- ✓ To reduce long pick up times friends might consider being picked up from a central location.
- ✓ You will receive an automated phone call with your pickup time the day before the outing. If you haven't received that call by 2.00pm it could be that you aren't booked on the trip. Please call us after 2.00pm the day before if you don't know your pickup time.
- ✓ **Please Note:** If you don't have a booking we are not able to add you onto a social outing on the day of travel.

SHOPPING & SHUTTLE SERVICES

SERVICE	DAY	TIMES
Macquarie Shopping Centre Assisted Service \$15/\$44	TUESDAYS	Arrive 10.00am Depart 12.00 noon
Macquarie Shopping Centre Assisted Service \$15/\$44	FRIDAYS	Arrive 9.30am Depart 12.00 noon
Carlingford Court \$15/\$44	WEDNESDAYS	Arrive 11.00am Depart 2.00pm
Cox's Rd, North Ryde Shopping Centre \$15/44	THURSDAYS	Arrive 10.00am Depart 12.00 noon
Gladesville Shopping Centre \$15/\$44	FRIDAYS	Gladesville pickups Arrive 9.25am Depart 11.30 Hunters Hill pickups Arrive 10.15 Depart 12.30
"Brew & Banter" morning tea	SATURDAYS 7/10 & 18/11 Once a month	Arrive 9.30am Depart 11.30am
Lower North Shore Shuttle	MONDAY - FRIDAY	Operates between 8.00am and 5.00pm
Limit of 2 bags per person. No Shopping trolleys.		

Pre-payment Return Form

NOTE: You MUST complete and return this prepayment form by the due date, to secure your seat.

Stryder Christmas Party – Sydney Rowers Club

- Wednesday, 13 December 2023
- **Two Course Menu @ \$45.00 (prepay by 1/12/23)**
- Bus Cost - \$15/Full Cost -\$39

Handels Messiah Concert at The Sydney Town Hall

- Saturday, 16 December 2023
- **Tickets \$45 (prepay by 1/12/23)**
- Bus Cost - \$25/Full Cost -\$50

Gledswood Homestead and Winery History Lunch & Tour

- Tuesday, 16 January 2023
- **Tickets \$49 (prepay by 19/12/23)**
- Includes Morning Tea, Tour and Lunch
- Bus Cost - \$25/Full Cost -\$50

My Booking Details:

- ☐ Paying \$45 for my Stryder Christmas Lunch Booking/13 December
- ☐ Paying \$45 for my Handel's Messiah Ticket/16 December
- ☐ Paying \$49 for my Gledswood Homestead & Winery visit

My Payment:

- ☐ Please charge \$..... to my credit card Visa/Mastercard:

_____ Expiry ____/____ CVV _____

- ☐ Please charge \$..... to my account.

- ☐ Enclosed is cheque/cash \$.....

Name(s):.....Contact number:.....

Please write all details clearly then return this completed pre-payment form to Stryder in the envelope provided (PO Box 162, Gladesville, 1675) or hand to one of our drivers

Sorry, no refunds are offered on prepayments if you cancel.

Our Advertisers





Support for Carers



Do you regularly look after a family member or friend who is elderly or frail, ill, has mental health challenge or a disability?

If so, are you one of Australia's 2.65million carers! Carer Gateway can reduce your stress and support you on your caring journey.

The Carer Gateway provides services for carers including:

-  Counselling, coaching, courses & peer support
-  Respite care (emergency and planned)
-  Short-term financial aid packages and services
-  Additional services for young carers including tutoring and even driving lessons

As a carer (of any age) you can call the Carer Gateway team from anywhere in Australia on **1800 422 737** between 8am-6pm Mon-Fri or visit **www.carergateway.gov.au**

Carer Gateway:

- ✓ Is NOT means tested
- ✓ Doesn't affect Government payments
- ✓ Does not require you to provide doctors certificates or reports
- ✓ Does not require you to fill in a heavy amount of paperwork

It's a 1-hour phone intake process to see if the carer is eligible for the Carer Gateway program.



carergateway.gov.au

1800 422 737 Monday-Friday 8am-5pm



Our Advertisers



Sydney Community Services

Hunters Hill-Ryde Seniors Hub



A daytime, inclusive and supportive space for general seniors' groups, dementia friendly groups and ladies and men's groups.

Great opportunity for seniors seeking social interaction and for carers seeking respite.

Activities:

Quizzes and Games, Picnics and BBQs, Craft and Music, Gentle Exercise Classes, Day Trips and Outings.

How do I get there?

Clients can be picked-up and dropped-off at their own homes by Hub staff.

Are meals provided?

Morning tea, lunch and light refreshments available.

Is there a fee?

Commonwealth Health Support Program (CHSP) clients: \$30 (incursion) \$35 (outings)

Open: Monday to Friday from 10am until 3pm.

For more info: 9427 6425 www.sydneycs.org

This service is subsidised by the Department of Health.



Supported by the Australian Government Department of Health and Aged Care

