

## April - May 2024



Thank you, Lynne

### Upcoming Highlights

- Film at Riverside Theatre, "Your Favourite Things". Think Sound of Music! Tickets ordered for 4<sup>th</sup> April, so BOOK NOW!
- Manly Beach
- Bygone Beauties at Leura

Thank you to everyone who has travelled on one of our socials recently. I hear most of you are really enjoying the places we're visiting as well as the opportunity to catch up with friends. We're looking forward to what's on offer for April and May.

I understand there was some frustration with a couple of trips with people missing out because they didn't know they were on a waiting list. My sincere apologies, but please be assured we have improved our processes to reduce the risk of this happening again. Thank you for your understanding as we worked through the issues. And thank you for your feedback, without it we can't improve!

### 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.

### Fee Increase

Enclosed with the social program is our latest newsletter which shares the news of our price increases from 1<sup>st</sup> May. We've managed to keep the social increase to a minimum, however, you may feel the effect of it more when you use us for medical and everyday transport.

### General News

Our medical and everyday transport bookings are increasing, and this means some days we reach capacity. Can I encourage you to book well in advance. Bookings that come in the day before (after 11am) do go on standby and we may not always be able to assist. We are also finding that we are getting bookings for places that are over 15kms and they do put a stretch on our resources. We often use taxis for these longer trips, and if you are unable to use a taxi, there may be times we won't be able to assist. Thank you for your understanding.

### Thank you to our social volunteer bus assistants!

I would like to acknowledge the wonderful help our social bus assistants are. They happily volunteer their time to help us, and I know you all appreciate their efforts and enjoy their company. Join me in thanking Sharon, Julie, Geraldene, William, Katie and Annabel, as well as departing volunteer, Lynne. Lynne joined us on the Governor outing in March and we took the time to thank her for 6 years of service.

### Happy Easter

Wishing you a happy Easter (with lots of eggs) and may it be a special time for those who celebrate this event on the Christian calendar.

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 Fare for Home Care Package Clients	For clients who are on a Home Care Package (HCP), we charge our full fare for 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 Fare clients are required 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).	



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Social to Long Reef




















## APRIL SOCIALS

View and book at [www.stryder.org.au/events](http://www.stryder.org.au/events)  
Or call 9816 5000

**9816 5000**

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

Date	Description	Details	
<b>Wednesday 3<sup>rd</sup> April</b>  <b>BOTH SIDES</b>	<b>Bunnings Rydalmere/ Carlingford Bowling Club.</b> A day out to Bunnings at Rydalmere is always popular. Perfect opportunity to pick up some items some hardware items or plants and enjoy a coffee at their cafe. Afterwards we'll lunch at Carlingford Bowling Club.	<b>Bus Cost</b> (subsidised) <b>\$15.00</b>  \$39 for full fare clients	<b>Lunch</b> <b>\$14-\$17</b>  
<b>Thursday 4<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>Riverside Theatre – Film “My Favourite Things” – BOOK NOW</b> Enjoy the screening of this film featuring a 40-piece orchestra and international stars of the stage and screen performing for this special Rodgers & Hammerstein 80 <sup>th</sup> anniversary concert which was filmed at London’s newly restored Theatre Royal. <b>Show starts at 10.30am – only 11 tickets available (prepay via phone)</b> After show, walk across to the Bay Vista restaurant for a sweet or savoury crepe, or a light meal. Choose your own seats. <b>Bus will depart at 2.00pm from the theatre.</b>	<b>Bus Cost</b> (subsidised) <b>\$20.00</b>  \$44.00 for full fare clients	<b>Film Tickets</b> <b>\$16 (prepay)</b>  <b>Lunch</b> <b>\$20-\$30</b>  
<b>Saturday 6<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>Brew &amp; Banter” – Fork &amp; Spoon</b> Come and enjoy a cuppa with friends. We are trying a new location on the river in Meadowbank. Take a stroll along the waterfront or pop up to the shopping centre if time allows. <b>Arrive 9.30. Depart 11.30. Small group of 3-8 people.</b>	<b>Bus Cost</b> (subsidised) <b>\$15.00</b>  \$39 for full fare clients	<b>Brunch</b> <b>\$8-\$23</b>  
<b>Tuesday 9<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>Shelly Beach Golf Club</b> A scenic drive to the Central Coast beckons today. We'll lunch at the golf club overlooking beautiful Shelly Beach. Choose from a wide variety of dishes, from snacks, pasta, burgers to grills, fish & chips and schnitzels. All the while taking in the breath-taking view with friends - a perfect way to spend your day. We'll stop for a short coffee/comfort stop on the way.	<b>Bus Cost</b> (subsidised) <b>\$25</b>  \$50 for full fare clients	<b>Lunch from</b> <b>\$16-\$40</b>  
<b>Wednesday 10<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>Dural Country Club</b> Take a drive to semi-rural Dural. This beautiful club dates to the early 1960's when a group of businessmen came together with a vision of establishing a community club. Come and soak up the country air. We'll stop for a short coffee/comfort stop on the way.	<b>Bus Cost</b> (subsidised) <b>\$20</b>  \$44 for full fare clients	<b>Lunch from</b> <b>\$27.00 to \$38.00</b>  
<b>Friday - Sunday 12- 14 April</b>	<b>Orange Food Festival – overnight trip</b> Sorry, we are fully booked.		
<b>Monday 15<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>Art Gallery of NSW/The Gallery Cafe</b> Nestled in the heart of our vibrant city, this cultural gem beckons art enthusiasts & curious minds alike to explore collections. If you wish, head to the South Building for the free exhibition the 24 <sup>th</sup> Biennale of Sydney 'Ten Thousand Suns'. It recognises how cultures have adapted, persisted and galvanised in potentially world-ending situations. At your leisure make your way to the licenced Gallery Café for lunch. <b>Bus will depart at 2pm.</b>	<b>Bus Cost</b> (subsidised) <b>\$20.00</b> <b>OR</b> \$44 for full cost clients	<b>Lunch at Leisure</b> <b>\$6-\$22</b>  

<b>Tuesday 16<sup>th</sup> April</b>  <b>WEST SIDE</b>	<b>Blue Water Café, Manly</b> Come and enjoy lunch at this café overlooking Manly Beach. Choose off the menu (\$21-\$26) or if you prefer enjoy the \$30 Lunch special that includes a glass wine or beer. After lunch, wander along the foreshore path or look at the shops along The Corso. Perhaps buy an ice-cream for dessert!	<b>Bus Cost</b> (subsidised) <b>\$20</b>  \$44 for full fare clients	<b>Lunch</b> <b>\$21-\$30</b>
			
<b>Thursday 18<sup>th</sup> April</b>  <b>EAST SIDE</b>	<b>Blue Water Café, Manly</b> Come and enjoy lunch at this café overlooking Manly Beach. Choose off the menu (\$21-\$26) or if you prefer enjoy the \$30 lunch special that includes a glass wine or beer. After lunch, wander along the foreshore path or look at the shops along The Corso. Perhaps buy an ice-cream for dessert!	<b>Bus Cost</b> (subsidised) <b>\$20</b>  \$44 for full fare clients	<b>Lunch</b> <b>\$21-\$30</b>
			
<b>Tuesday 23<sup>rd</sup> April</b>  <b>BOTH SIDES</b>	<b>KOKODA TRACK Memorial Pathway / Canada Bay Club</b> A time of reflection as we remember those who fought and lost their lives for Australia. With Anzac Day on Thursday this is a lovely chance to wander down the paved memorial walkway in Concord. Canada Bay Club for lunch afterwards.	<b>Bus Cost</b> (subsidised) <b>\$20</b>  \$44 for full fare clients	<b>Lunch</b> <b>from \$25</b>
			
<b>Wednesday 24<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>St Mary's Band Club</b> Engrossed in history, this venue can be traced back to 1882, when the first band needed a hall to play in. This popular club is great value and has delicious food, with Asian cuisine. Stir fried chicken, roast of the day, yellow curry prawn, battered fish & chips, calamari rings, rissoles, crumbed prawn cuttles.	<b>Bus Cost</b> (subsidised) <b>\$25</b>  \$50.00 for full fare clients	<b>Lunch</b> <b>Special</b>  <b>\$11.90</b>
			
<b>Thursday 25<sup>th</sup> April</b>	<b>ANZAC DAY – Public Holiday – closed.</b>		
<b>Saturday 27<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>Scenic Saturday - Waterside Bistro, Bobbin Head</b> Come away on a scenic drive through the national park to Bobbin Head and have lunch at the Waterside Bistro, overlooking the Empire Marina in the pristine bushland, this location is second to none. If time allows, we'll stop for coffee along the way.	<b>Bus Cost</b> <b>\$30.00</b>  \$61 for full fare clients	<b>Lunch</b> <b>\$28-\$32</b>
			
<b>Monday 29<sup>th</sup> April</b>  <b>BOTH SIDES</b>	<b>North Ryde RSL = Value +</b> Cheap and Cheerful day out at the local. Enjoy a \$15 lunch at the Bistro or dine in the café. The choice is yours. They also have a delightful gift shop with lots of unusual things for sale and an aviary with exotic birds to enjoy.	<b>Free Bus ride</b>	<b>Lunch</b> <b>from \$15</b>
			
<b>Tuesday 30<sup>th</sup> April</b>  <b>WEST SIDE</b>	<b>Bygone Beauty's Treasured Teapot Museum &amp; Tearooms, Leura</b> Nestled in the village of Leura within the Greater Blue Mountains World Heritage Area. The ultimate experience is to enjoy viewing all the beautiful teapots and enjoy a home-made quiche and bread and butter pudding. All served with tea and coffee. Don't miss out on this very special day!	<b>Bus Cost</b> (subsidised) <b>\$25</b>  \$50 for full fare clients	<b>Museum &amp; light lunch</b> <b>\$33</b>
			<b>Long Day</b>  









## MAY SOCIALS

View and book at [www.stryder.org.au/events](http://www.stryder.org.au/events)  
Or call 9816 5000

**9816 5000**

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

Date	Description	Details	
<b>Wednesday 1<sup>st</sup> May</b>  <b>EAST SIDE</b>	<b>Bygone Beauty's Treasured Teapot Museum &amp; Tearooms, Leura</b> Nestled in the village of Leura within the Greater Blue Mountains World Heritage Area. The ultimate experience is to enjoy viewing all the beautiful teapots and enjoy a home-made quiche and bread and butter pudding. All served with tea and coffee. Don't miss out on this very special day!	<b>Bus Cost:</b> (subsidised) <b>\$25</b>  \$60.50 for full fare clients	<b>Museum &amp; light lunch \$33</b>  <b>Long Day</b> ✓
<b>Tuesday 7<sup>th</sup> May</b>  <b>WEST SIDE</b>	<b>The Boatshed, La Perouse</b> Come along and enjoy lunch at The Boatshed, they have a huge selection of the freshest seafood in Sydney. Enjoy the breeze and the view over Botany Bay. The driver will take the time to travel around this historical area. We'll stop for a coffee/comfort stop on the way there.	<b>Bus Cost</b> (subsidised) <b>\$25</b>  \$60.50 for full fare clients	<b>Lunch Cost from \$26</b>  ✓ <b>Accessible WC on ground floor</b>
<b>Wednesday 8<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>Fairfield Museum &amp; Gallery Morning Tea/Smithfield RSL</b> Established in 1983, Fairfield City Museum & Gallery consists of a heritage museum and art gallery. Come along for a morning tour which includes a Devonshire Morning Tea. Then we will venture off to <i>Smithfield RSL's Table 2164</i> for lunch. Choose off the menu or have the Senior's Special, which has a choice of roast, F&C, Chicken Korma, Bangers & Mash, Beef Stroganoff or Grilled Chicken.	<b>Bus Cost:</b> (subsidised) <b>\$20</b>  \$55 for full fare clients	<b>Museum &amp; D/tea (10.30am) \$6.50</b> <b>Lunch Special \$17</b>  <b>Long Day</b> 
<b>Saturday 11<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>Malia's Mystery Trip is back.</b> Come along for a day full of fun and adventure. Malia is looking forward to organising a special day for you. Be assured, it will be a fun day out.	<b>Bus Cost:</b> (subsidised) <b>\$30</b>  \$66 for full fare clients	<b>Lunch from \$20</b>  ✓
<b>Monday 13<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>Drummoyne Sailing Club</b> Today we will be enjoying lunch at Drummoyne Sailing Club. Established in 1913, on the Sydney Harbour, overlooking North Sydney, Balmain, and Woolwich. An oldie but a goodie. As it was Mother's Day on Sunday, we will take time to celebrate the important Women and Mothers in your life.	<b>Bus Cost:</b> (subsidised) <b>\$15</b>  \$44 for full fare clients	<b>Lunch from \$25</b>  <b>Order at the Bistro</b>
<b>Tuesday 14<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>Lake Parramatta Café.</b> A shorter trip today to spend time relaxing and having lunch in the beautiful bush setting of Lake Parramatta, a heritage listed man-made reservoir. Lake Parramatta Café is located at the heart of lake, where they welcome you to bring bread to feed the ducks after lunch.	<b>Bus Cost:</b> (subsidised) <b>\$15</b>  \$44 for full cost clients	<b>Lunch from \$25</b>  <b>Short day</b> ✓

<b>Wednesday 15<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>Mooney Mooney Club</b> The Hawksbury River, located northwest of Sydney is where we will be enjoying our lunch today. With its spectacular coastline dining, you will get lost in its beauty. A special senior's lunch has been organised for \$25.00 per person. When booking, please indicate your choice: Chicken Schnitzel, OR Beer Battered Fish & chips, OR Chicken Caesar Salad. Advise any special dietary need.	<b>Bus Cost:</b> (subsidised) <b>\$25</b>  \$60.50 for full fare clients	<b>Lunch Special</b> <b>\$25.00</b>
			<b>Long Day</b>  ✓
<b>Tuesday 21<sup>st</sup> May</b>  <b>BOTH SIDES</b>	<b>Kirribilli Club.</b> Come dine with us at Sydney's best secret, The Kirribilli Club, where you can enjoy a \$35.00 per person seniors discount lunch. Indulge your senses at Lavender Bay, with wonderful food spectacular views and great company.	<b>Bus Cost:</b> (subsidised) <b>\$20</b>  \$55 for full fare clients	<b>Lunch Special</b> <b>\$35</b>  ✓
<b>Wednesday 22<sup>nd</sup> May</b>  <b>BOTH SIDES</b>	<b>Flower Power morning tea/Glenorie RSL lunch</b> Flower Power and the Anthers! It is time to come with us to the wonderful Flower Power at Glenhaven, where you will explore the nursery, gift shop and enjoy morning tea. Then drive with us through the countryside to have lunch at Glenorie RSL, where will sit for lunch.	<b>Bus Cost</b> (subsidised) <b>\$20</b>  \$55 for full fare clients	<b>Lunch Special</b> <b>\$17</b>
			
<b>Saturday 25<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>Brew and Banter - Eden Gardens</b>  The perfect stop for a Saturday morning cuppa with friends <b>Arrive 9.30am, Depart 11.30am.</b>	<b>Bus Cost</b> (subsidised) <b>\$15</b>  \$44 for full fare clients	Brunch at leisure
			
<b>Monday 27<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>North Ryde RSL = Value +</b> Cheap and Cheerful day out at the local. Enjoy \$15 lunch at the Bistro or dine in the café. The choice is yours. They also have a delightful gift shop with lots of unusual things for sale and an aviary with exotic birds to enjoy.	<b>Bus Trip Free</b>	<b>Lunch Cost from \$26</b>
			✓
<b>Tuesday 28<sup>th</sup> May</b>  <b>EAST SIDE</b>	<b>The Boatshed, La Perouse</b> Come along and enjoy lunch at The Boatshed, they have a huge selection of the freshest seafood in Sydney. Enjoy the breeze and the view over Botany Bay. The driver will take the time to travel around this historical area. We'll stop for a coffee/comfort stop on the way there.	<b>Bus Cost</b> (subsidised) <b>\$25</b>  \$60.50 for full fare clients	<b>Lunch Cost from \$26</b>
			✓ <b>Accessible WC on ground floor</b>
<b>Wednesday 29<sup>th</sup> May</b>  <b>BOTH SIDES</b>	<b>Cumberland State Forest, Castle Hill</b> Cumberland State Forest contains 40 hectares of native forest. Immerse yourself in nature, walk along the accessible path amongst the ancient trees or just sit back and enjoy a wonderful lunch at Café Saligna. Native nursery is next door, so there will be time to wander there also.	<b>Bus Cost</b> (subsidised) <b>\$20</b>  \$55 for full fare clients	<b>Lunch \$20-\$40</b>
			
<b>Thursday 30<sup>th</sup> May</b>  <b>EVENING EVENT</b>	<b>Dinner with Malia at Olivetto's, Rhodes</b> Maximum numbers 15. Malia will commence pickups around 4pm and plan to have you home by 10pm. A lovely way to spend an evening overlooking Brays Bay on the Parramatta River. Italian Cuisine.	<b>Bus Cost</b> (subsidised) <b>\$20</b>  \$55 for full fare clients	<b>Dinner \$35-\$45</b>
			✓

## SHOPPING & SHUTTLE SERVICES

<b>SERVICE</b>	<b>DAY</b>	<b>TIMES</b>
Macquarie Shopping Centre Assisted Service \$15/\$44	<b>TUESDAYS</b>	Arrive 10.00am Depart 12.00 noon
Macquarie Shopping Centre Assisted Service \$15/\$44	<b>FRIDAYS</b>	Arrive 9.30am Depart 12.30pm
Carlingford Court \$15/\$44	<b>WEDNESDAYS</b>	Arrive 11.00am Depart 2.00pm
Cox's Rd, North Ryde Shopping Centre \$15/44	<b>THURSDAYS</b>	Arrive 10.00am Depart 12.00 noon
Gladesville Shopping Centre \$15/\$44	<b>FRIDAYS</b>	Gladesville pickups Arrive 9.25am    Depart 11.30  Hunters Hill pickups Arrive 10.15    Depart 12.30
"Brew & Banter" morning tea/brunch	<b>SATURDAYS</b> <b>6/04 &amp; 25/5</b> <b>Once a month</b>	Arrive 9.30am Depart 11.30am
Lower North Shore Shuttle	<b>MONDAY - FRIDAY</b>	Operates between 8.00am and 5.00pm
North Ryde RSL Shuttle <b>FREE SERVICE</b>	<b>MONDAY - FRIDAY</b>	Operates between 8.00am and 5.00pm  <b>MUST BE PREBOOKED</b>

**Limit of 2 bags per person. No Shopping trolleys.**

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#### Epping Manor

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Tuesday 9 April, 10 - 11am  
Tuesday 7 May, 10 - 11am

#### Northcott Gardens

92 Burns Bay Road, Lane Cove  
Tuesday 9 April, 2 - 3pm  
Tuesday 7 May, 2 - 3pm

#### Wurley Court

8 Passy Avenue, Hunters Hill  
Wednesday 10 April, 10 - 11am  
Wednesday 8 May, 10 - 11am

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- ✓ 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](http://carergateway.gov.au)**

1800 422 737 Monday-Friday 8am-5pm

