

CITY OF CANADA BAY SENIORS BUS TRIPS



Active Adults Program 1 February to June 2021



Welcome to the first program for the 2021 Active Adults bus trips

We are off to a brand new start this year. I'm sure we will all be glad to be out and about, and be with our bus family again.

In order to keep the service running and ensure everyone is kept safe and well, there are a few essential changes to the operation of the bus program. We sent you a letter mid-year advising of this year's fees which have been approved by Council for the programs. We are sure you understand the need for us to abide by a COVID Safe Plan (following current NSW Health Guidelines) and some of the new requirements are listed below.

Due to the current distancing restrictions of 1.5 metres apart on buses, we can only have eight bus family members and our driver on each trip until further restrictions are lifted. Rest assured we will be updating and revising this plan as things change next year. We are still offering two bus trips each month and it is important to return the Trip Preference Form by the due date.

Please read through the COVID-19 Safe Plan included in this program, which will explain how the trips will operate and how we will be able to sign into lunch venues.

If you have any questions, please call and we will be very happy to explain it all to you.

Active Adults contact details update

As many of you have been participants in our Active Adults program for more than a year, we ask that you complete the Members Details Update Form included with this program. It is important for Council to maintain and update your contact details in case of an emergency, as well as ensure we have your current address and information regarding any medical requirements. If there is any other information you think we should know, please include this on the form. You can complete and return this form with your Trip Preference Form if any of your details have changed.

Entry fee costs

For each trip there is a standard bus fee and, at times, there are additional fees on an outing such as entry fees. Please be aware when you are allocated a seat for any trip that includes additional fees, you must pay the additional fee in person on the day. Please check the program. The standard bus fee is to be paid to Council.

Seniors Bus Trips COVID Safe Plan

Wellbeing of clients and staff

Our staff are here to help and support you through our COVID Safe Plan.

Everyone needs to take responsibility and follow 3 simple steps below to ensure everyone's health and safety while travelling.

1. Practice social distancing

- When travelling on seniors bus trips, leave a 1.5 metre gap between you and others when possible by:
 - Standing away from others when waiting to get on the bus
 - Loading the bus with people from the rear to the front
 - Leaving a space between each person and the person in front of you as you enter the bus
 - Staying in your designated seats for the entire day
 - Sitting away from other people in the allocated seating spaces
 - Sitting in seats where the belt buckle is open and has been sanitised
 - Sitting in alternating seats and not in a seat where the buckle is closed
 - Ensuring only people from the same household can sit together.

Follow staff advice and seek assistance if you need it – we are here to help.

2. Follow hygiene advice

- Follow NSW Health's guidelines regarding good hand and respiratory hygiene, including:
 - Staying home if you're unwell
 - Cleaning hands with soap and water or alcohol-based hand rubs
 - Covering your nose and mouth with a tissue or flexed elbow when coughing or sneezing
 - Avoid contact with anyone who has symptoms such as fever, a cough, sore throat, fatigue, and shortness of breath
 - If you are sick, call and cancel ahead of the bus trip
 - An enclosed rubbish bin will be provided on the bus for disposal of used gloves, face masks and cleaning equipment as well as used tissues. The rubbish will be disposed of in a safe manner at the end of each trip.

3. Follow the measures we've have introduced to help stop the spread of COVID-19.

- Our staff are equipped with PPE (personal protective equipment) including face masks and gloves. You must also wear a face mask when travelling and you will be offered gloves to use when necessary. Extra face masks will be available on the bus if needed.
- We will maintain the usual time required for regular trips but access bigger venues and more open space for your safety and enjoyment.

- There will be no cash-handling as you prepay or post pay your accounts with Council as usual and pay for own costs individually at venues.
- We have limited passenger capacity to seven participants and two staff, nine people in total. This will mean each of the Bay Connection client groups will be divided into two smaller groups with each smaller group attending fortnightly.
- Social distancing protocols are in place on the bus so that clients are not in close contact.
- Temperature testing will be required for all staff and clients before boarding the bus.
- Hand sanitiser is available on the bus and will be used by all clients and staff when boarding and disembarking.
- Clients will be required to sign in on every bus trip for our records.
- A list of bus trip clients (names and phone numbers) will be given to each venue attended.
- All clients must bring photo ID to enter venues.
- Staff will use QR codes at venues and assist clients to sign-in as needed.
- When the bus is running the air conditioning will be on – not recycled.
- When possible the windows will be open.
- NSW Health recommended COVID Safe signage will be displayed on the bus (see below).



To maintain physical distancing, this area is **limited to ___ people.**

**Only one person per 4 square metres of space.
Keep 1.5 metres apart.**





Treat our staff and your fellow clients with respect – we are all in this together

In addition to these steps we will be introducing a comprehensive bus clean for your safety and ours.

Cleaning

- The bus will undergo a thorough clean before pick-up and after drop off after every bus trip.
- Disinfectant will be used on all frequently touched surfaces such as hand rails, headrests, bus seats, window sills, belts and the floor will be mopped.
- The staff will clean and disinfect frequently touched surfaces in the vehicle between morning tea stops and lunch every bus trip.

Frequently asked questions

What do I now need to do to check in at venues on the bus trips?

People who visit businesses and public locations need to check into the venues as a way of making it easier for NSW Health to find where people have been and quickly alert people if they may have been in contact with a person with COVID-19 while visiting the same venue. It is mandatory for certain types of businesses to use electronic check-in methods to collect patron and staff details. These businesses and locations use what is called a QR code to do that and it looks a bit like this:



What is a QR code?

A QR code is a machine-readable barcode matrix that you would also find on many items that you may buy at the supermarket. QR stands for the words 'Quick Response'.

How do I check in at a venue using the QR code?

Using your smartphone phone:

1. Open the camera on your phone and point the device at the QR code shown to you by the staff at the venue (don't take a photo!)
2. Wait for the camera to recognise and scan the code
3. Click the banner notification at the top of the screen when it appears on your screen
4. Information from the QR code will automatically load onto your phone
5. It will automatically prompt you to add your details – your name and phone number
6. A green tick will then appear on your phone screen which you can show to the venue staff before entering.

What if I need help completing this check-in using the QR code?

Staff at the venues are more than happy to help you with this procedure.

What if I don't have a mobile or smartphone that will read the QR code? How do I then check in to the venue?

Don't worry! All venues have their own computer or laptop to help you check in at the door. They will just need you to tell them your address and phone number and they will check you in.

Important notes

Please complete the enclosed Trip Preference Form, return to Council and note the following:

- Please use the Trip Preference Form by listing your preference from 1 to 5. If you do not wish to attend any particular trip listed in the program, do not place a preference number beside the listed trip. Remember to choose your preferred date.
- Return your Trip Preference Form by the due date.
- You will be allocated to your preferred trips subject to availability. Placement on all of your preferred trips cannot be guaranteed. If there are no spaces, you will be placed on the waiting list and notified if a position becomes available. No over-the-counter or phone bookings will be accepted.
- You will be notified by mail of your acceptance for allocated trips.
- Remember that payment for your allocated trips can only be made after you have received a letter confirming your bookings.
- You must pay for **all the trips** you are allocated by the due date to secure your bookings. Your bookings will not be confirmed if you have not paid and preference will then be given to those on the waiting list. If you are paying in person, you can pay at:

Civic Centre: 1A Marlborough St, Drummoyne. **Monday to Friday** 8:30am–4pm.

If you wish to pay by credit card, please complete the Trip Payment Form. Cheques must be made payable to City of Canada Bay and may be posted to:

City of Canada Bay
Locked Bag 1470
Drummoyne NSW 1470

This does not include additional costs as these are paid on the day unless specified in the program.

- Due to the high demand of people wishing to attend the bus trips, we have a waiting list for all of our outings. In order for us to provide an opportunity for those on the waiting list to attend, please ensure you inform us at the earliest convenience if you are unable to attend. Please note you must give at least **48** hours' notice to receive a refund from Council for any cancellations.
- Most trips will go ahead despite the weather. Please consider this when booking.
- In the event of adverse weather conditions or unforeseen circumstances the scheduled trip may be subject to change. Advanced notice may not be possible.
- If a scheduled outing is cancelled by Council, you will be issued a refund.
- If you have questions regarding the Active Adults bus trips please contact **Community Services Administration** on **9121 0005**.

Monday 11 January 2021 – Trip Preference Forms due

Thursday 4 February 2021 – Payment for all allocated trips due

Palm Beach Ferry to Ettalong and Ettalong Memorial Club

Thursday, 11 February & Thursday, 25 February



With the wind in your hair and the smell of the ocean breeze you will enjoy a delightful ferry ride across to Ettalong today.

The ferry leaves at 10:30am and arrives at Ettalong around 11am. You will have plenty of time to have a leisurely stroll around the town centre, a short distance from the wharf, before enjoying a delightful lunch at the Ettalong Memorial Club. The driver will meet you with the bus in Ettalong.

On the return journey, the bus will veer off the M1 and drive along the old Pacific Highway where you will stop at Pie in the Sky. Here you may wish to have some afternoon tea, enjoy the magnificent view and perhaps purchase some pies to take home with you.

Bus departs:

8am Concord Senior Citizens Centre, cnr Bent and Wellbank St, Concord

8:15am 7-Eleven carpark, Great North Road, Five Dock

8:30am City of Canada Bay Civic Centre, 1A Marlborough St, Drummoyne

Return: Approx 4pm

Cost: \$30 for the bus

Additional fee: **\$6.30 concession for the ferry ticket, to be paid in person on the day. PLEASE NOTE that as on January 2021, no cash transactions will be accepted. You can use credit or debit card to pay for the ferry.**

Wiseman's Ferry and St Albans

Thursday, 11 March and Thursday, 25 March



You will journey north today with the first scheduled stop at Wiseman's Ferry for morning tea and to stretch your legs. The bus will then take the punt across the river and drive on further to St Albans which is located 21km north of Wiseman's Ferry on the Macdonald River.

Not so much a town as a fascinating historic relic on the banks of the Macdonald River, the quaint, historic village was established in the 1820s at the highest point up the Macdonald Valley that could be reached by shallow drafted boats (hence Wharf Road). The village soon became an important stopping point for people wanting to ship their goods down the Hawkesbury River, but its days as a port ended in the 1860s when sandbars were deposited by floods.

St Albans has many historic buildings including the ruins of St Joseph's Catholic Church (1843) and the St Albans Cemetery which contains the graves of several First Fleeters.

The Settlers Arms Inn is an iconic pub and the town's most well-known feature. It was constructed at a cattle drover's camp on the limit of navigation on the Macdonald River in 1848 and the small village virtually grew around it. The two-story sandstone building has been largely unaltered, is full of genuine charm and is an ideal place for lunch today before commencing the return journey.

Bus departs:

8:30am	City of Canada Bay Civic Centre, 1A Marlborough St, Drummoyne
8:45am	7-Eleven carpark, Great North Road, Five Dock
9am	Concord Senior Citizens Centre, Cnr Bent and Wellbank St, Concord
Return:	Approx 4pm
Cost:	\$30 for the bus
Lunch:	Own choice

Blue Mountains: the Three Sisters and Leura

Thursday, 8 April and Thursday, 22 April



Enjoy the Blue Mountains in autumn on this outing. Stop at delightful Mountain Blue Café at Glenbrook for morning tea then journey further to Katoomba to enjoy the wonderful views of the Three Sisters.

The Three Sisters is the Blue Mountains' most spectacular landmark. Located at Echo Point Katoomba, around 2.5km from the Great Western Highway, this iconic visitor attraction is experienced by millions of people each year.

The Three Sisters is essentially an unusual rock formation representing three sisters who, according to Aboriginal legend, were turned to stone.

The Aboriginal dream-time legend has it that three sisters, Meehni, Wimlah and Gunnedoo lived in the Jamison Valley as members of the Katoomba tribe.

These beautiful young ladies had fallen in love with three brothers from the Nepean tribe, yet tribal law forbade them to marry.

The brothers were not happy to accept this law and so decided to use force to capture the three sisters causing a major tribal battle.

As the lives of the three sisters were seriously in danger, a witchdoctor from the Katoomba tribe took it upon himself to turn the three sisters into stone to protect them from any harm. While he had intended to reverse the spell when the battle was over, the witchdoctor himself was killed. As only he could reverse the spell to return the ladies to their former beauty, the sisters remain in their magnificent rock formation as a reminder of this battle for generations to come.

The character of the Three Sisters changes throughout the day and throughout the seasons as the sunlight brings out the magnificent colours. Each of the Three Sisters stand at 922, 918 and 906 metres tall, respectively.

After visiting Katoomba, enjoy a leisurely lunch at Leura, a national trust-classified village with a leafy mall lined by many stylish shops, galleries, restaurants, cafes and boutiques (be sure to check where to meet and what time the bus is due to leave after lunch).

Bus departs:

8:30am	City of Canada Bay Civic Centre, 1A Marlborough St, Drummoyne
8:45am	7-Eleven carpark, Great North Road, Five Dock
9am	Concord Senior Citizens Centre, Cnr Bent and Wellbank St, Concord
Return:	Approx 4pm
Cost:	\$30 for the bus
Lunch:	Own choice

E.G Waterhouse National Camelia Gardens, Caringbah, Tradies Gymea and Bonsai South Nursery Thursday, 6 May and Thursday, 20 May



In March 2014 E.G. Waterhouse National Camellia Gardens was named by the International Camellia Society as an International Camellia Garden of Excellence. It is one of only 40 International Camellia Gardens of Excellence in the world and the only such garden in New South Wales.

Located in Caringbah and overlooking the beautiful Yowie Bay, Camellia Gardens is a favourite with visitors from all around Sydney and is our destination today. The Gardens began as a project under the 1970 Captain Cook Bicentenary program, and the first plantings were made in 1969. They are named after the late Professor E.G. Waterhouse, a leading world authority on camellias who lived in Sydney. The gardens are a magnificent array of colour all year round. The camellias are in season during autumn and winter. *Camellia sasanqua* blooms in early spring followed by *Camellia japonica* in February, with *Camellia reticulata* in bloom from mid-winter to September/October. Enjoy a leisurely walk through the gardens on this outing.

Tradies Gymea is the lunch destination today.

On your return journey, the bus will call into the Bonsai South Nursery in Caringbah. This nursery was established in 1998 and houses extensive varieties of bonsai. They also supply bonsai Australia-wide. Bonsai is a Japanese art form using cultivation techniques to produce small trees in containers that mimic the shape and size of full size trees. Similar practices exist in other cultures, including the Chinese tradition of *penzai* or *penjing* from which the art originated, and the miniature living landscapes of Vietnamese *hon non bo*. The Japanese tradition dates back over a thousand years. The purposes of bonsai are primarily for the observer and the pleasant exercise of effort and ingenuity for the grower. Bonsai is not intended for production of food or medicine but focuses on the long term cultivation and shaping of one or more small trees growing in a container. This practice uses cultivation techniques such as pruning, root reduction, potting, defoliation and grafting to produce small trees.

Bus departs:

8am	Concord Senior Citizens Centre, cnr Bent and Wellbank St, Concord
8:15am	7-Eleven carpark, Great North Road, Five Dock
8:30am	City of Canada Bay Civic Centre, 1A Marlborough St, Drummoyne
Return:	Approx 4pm
Cost:	\$30 for the bus

Gosford Regional Gallery and Edogowa Commemorative Gardens Thursday, 3 June and Thursday, 17 June



The Gosford Regional Gallery is located on the shores of Caroline Bay in East Gosford. It is part of a complex that also includes the Gosford/Edogawa Commemorative Garden, the Arts Centre and the Caroline Bay Brassiere, Cafe and Function Centre. The Gallery offers a diverse and stimulating exhibition program consisting of a range of local, national and international exhibitions of various media including painting, photography, sculpture, textiles, ceramics and works on paper. A tea house and fish feeding pavilion overlook the main body of the lake.

The garden was a gift to the people of Gosford as a symbol of cultural exchange and friendship by its Sister City, Edogawa (near Tokyo in Japan). It is designed in accordance to the original principles of Japanese design of the Heian (700AD) period. The gardens were officially opened in September 1994 by the Mayor of Gosford and the Mayor of Edogawa. This garden is now one of the most popular tourist attractions on the NSW Central Coast. It is based on a traditional Shuyu (strolling style) garden, and covers an area of approximately 4000m².

Enjoy a cuppa at the café before taking a stroll through this amazing garden.

After working up an appetite, enjoy a lovely lunch at the Central Coast Leagues Club in Gosford.

Bus departs:

9am	Concord Senior Citizens Centre, cnr Bent and Wellbank St, Concord
9:15am	7-Eleven carpark, Great North Road, Five Dock
9:30am	City of Canada Bay Civic Centre, 1A Marlborough St, Drummoyne
Return:	Approx 4pm
Cost:	\$30 for the bus