

# CITY OF CANADA BAY SENIORS' BUS TRIPS



## Active Adults Program 1 February to June 2022



### Goodbye 2021 and welcome to the first program of the Active Adults bus trips for 2022.

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." *Dr Suess*

"I wish I was a kid again so everyone would be proud of me for taking a long nap." *Anon*

Merry Christmas to you all and we hope you have a very Happy New Year!

We have all had a trying year in 2021, so let's look forward to a wonderful new start in 2022 with exciting bus trip adventures ahead.

The Council Bus Program will still be following the COVID-19 Safety Plan in 2022 (included in this program), which explains how the trips will operate and how to sign in to the lunch venues when required. Due to continued social distancing, we will have eight bus family members on each trip. On each outing, please still bring your official proof of having received both COVID-19 vaccinations in case it is required for entry into scheduled venues next year. We want to make sure that the bus trips are safe for you all. If there are any major changes we will let you know.

### 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.

### Cancellations or bus trip confirmations:

If you need to cancel a scheduled bus outing or have forgotten when your next bus trip is scheduled, please call Nabila on **9121 0005** as soon as you are able to. I am not always at my desk to answer your call and may not get the message. Please be aware that there are people on the waitlist, and they would love to come on the trips if there is a spare seat.

Looking forward to being on the bus with you all very soon!

Kind regards,

Lorna Jarvis



# Seniors' Bus Trips COVID-19 Safety Plan

## Wellbeing of clients and staff

Our staff are here to help and support you through our COVID-19 Safety Plan.

Everyone needs to take responsibility and follow 3 simple steps below to support each other's health and safety while travelling.

### 1. Practice social distancing

- When travelling with CCB 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 cleansed.
  - 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 the Department of 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.
  - Avoiding 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 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 with CCB 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 your own costs individually at venues.

- We have limited passenger capacity to 8 with 1 staff, (9) in total. This will mean each of the Bay Connection client groups will be divided into 2 smaller groups with each smaller group attending fortnightly.
- Social distancing protocols are in place in 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 check in as needed.
- When the bus is running the air conditioning will be on – not recycled.
- When possible the windows will be open.
- NSW Government recommended COVID-19 safe signage will be displayed on the bus (see below).



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.
- Disinfectant will be used on all frequently touched surfaces such as hand rails, headrests, bus seats, window sills and 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 may need to check in to the venues as a way of making it easier for NSW Health to find where people have been and quickly alert people if they have been in contact with a COVID-19 positive person 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 may also find on many items that you 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 'smart' mobile 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 when it appears on your screen.
4. Information from the QR Code will automatically load onto your phone.
5. It will 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 smart phone that will read the QR Code?

Don't worry! Venues have their own computer 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, 10 January 2022 – Trip Preference Forms due**

**Friday, 4 February 2022 – Payment for all allocated trips due**

# Cockatoo Island, Parramatta River Cat and Parramatta Square Dining Precinct

## Thursday, 10 February & Thursday, 24 February



Shipbuilding began on Cockatoo Island in 1870. In 1913, Cockatoo Island was transferred to the Commonwealth Government to become the Naval Dockyard of the Royal Australian Navy. Over a period of several years prior to World War I, five slipways were either upgraded or constructed in the island, with Numbers 1 and 2 still retained by the Sydney Harbour Federation Trust.

The torpedo boat destroyer HMAS *Warrego* was the first naval ship launched at Cockatoo Island, after being built in the United Kingdom, disassembled, then sent to the Australian shipyard for reassembly. During World War I, the dockyard built, repaired and refitted many ships. At its peak during the war, some 4,000 men were employed on the island.

In 1933, Cockatoo Island was leased to the Cockatoo Docks & Engineering Company for 21 years. The lease was renewed in 1954 for a further 20 years and again in 1972 for 21 years.

In 1995, community action played an important role in the preservation of the place. A group called 'Friends of Cockatoo Island' was founded by Jack Clark and his wife Mary Shelley Clark, to fight for the preservation of the Island and other former Defence sites around Sydney Harbour. Their and other groups' campaigns resulted in the Federal Government's decision to establish the Sydney Harbour Federation Trust which aimed to protect many Harbour sites including the Cockatoo Island. You will catch the ferry from Drummoyne wharf today to visit this site, have morning tea at the café there and take a stroll or visit the Information Centre to find out more interesting historical information about the site.

After this visit, you will take a leisurely trip on the Parramatta River Cat in to Parramatta where the bus will meet you at the wharf and transfer you to the heart of Parramatta to the newly opened Parramatta Square dining precinct. You can choose any of the amazing eateries before returning home via a drive through Parramatta Park.

### Bus departs:

<b>9am</b>	Concord Senior Citizens Centre, Cnr Bent and Wellbank Streets, Concord
<b>9:15am</b>	In front of Five Dock Medical Centre, Great North Road, Five Dock
<b>9:30am</b>	City of Canada Bay Civic Centre, 1A Marlborough Street, Drummoyne
<b>Return:</b>	Approx 4pm
<b>Cost:</b>	\$30 for the bus
<b>Additional fee:</b>	<b>\$2.50 using Seniors opal card for the ferry trips</b>

# Mt Penang Gardens & Gosford RSL

## Thursday, 10 March & Thursday, 24 March



Operating for nearly 100 years as a facility for juvenile offenders, Mt Penang Parklands has a rich story to tell. Take a fascinating journey from the days of old when the site was chosen as the Gosford Farm for Boys. It transformed from a tent city to a working farm with prize-winning cattle and a burgeoning trade school. 90 to 100 boys worked on the 681-acre industrial farm, gaining skills in carpentry and agriculture. Many of the buildings seen today were built with the assistance of local builders.

In recent decades, this area has become a wonderful community site. Mount Penang Gardens' distinctive design by Anton James sets it apart from the traditional botanical garden. Individual 'gardens' are set on and around a large sculptural plateau and walled spaces, abstract pergolas, fountains, ponds, cascades and a 35-metre cantilevered steel footbridge.

His 'garden within a garden' design produces an understated landscape that is less manicured and in a constant state of being. It continues to evolve today.

Along with waterways and summer aquatic gardens, over 70 per cent of the plants are native to Australia.

The gardens are also home to the historical Wondabyne Sculptures that were carved from beautiful Gosford sandstone. The sculptures are a unique attraction – visited and enjoyed by thousands of people every year.

Enjoy lunch at the Gosford RSL after your lovely visit.

### Bus Departs:

<b>8:30am</b>	Canada Bay Civic Centre, Marlborough Street, Drummoyne
<b>8:45am</b>	In front of Five Dock Medical Centre, Great North Road, Five Dock
<b>9am</b>	Concord Senior Citizens Centre, Cnr Bent and Wellbank Streets, Concord
<b>Return:</b>	Approx 4pm
<b>Cost:</b>	\$30 for the bus

# Kangaroo Valley - Berry

## Thursday, 7 April & Thursday, 21 April



What a great day ahead! Today's trip takes you on a delightful journey down to Berry via picturesque Kangaroo Valley. The village of Kangaroo Valley is steeped in history with several heritage-listed buildings more than 100 years old. The quaint sandstone Hampden Suspension Bridge, built in 1898, is Australia's oldest suspension bridge.

Berry itself is surrounded by rich dairy farming land and is also known as 'Town of Trees'. Many of Berry's buildings are classified by the National Trust, such as the Berry Museum in Queen Street, which traces the area's history from the days of cedar logging. This delightful village abounds with art and craft, gift shops, boutiques and eating places. You can choose where you would like to have lunch and then meet back at the designated spot for the return journey.

### Bus Departs:

<b>8am</b>	Canada Bay Civic Centre, Marlborough Street, Drummoyne
<b>8:15am</b>	In front of Five Dock Medical Centre, Great North Road, Five Dock
<b>8:30am</b>	Concord Senior Citizens Centre, Cnr Bent and Wellbank Streets, Concord
<b>Return:</b>	Approx 4pm
<b>Cost:</b>	\$30 for the bus

# West Head Scenic Drive, Ba' Hai Temple & North Ryde RSL Thursday, 5 May & Thursday, 19 May



Part of Ku-ring-gai Chase National Park, West Head is one of Sydney's most popular lookout points and is accessed up West Head Road. This road just about spans the length of the park! The lookout area, tastefully designed in stone, provides views over to Palm Beach, Barrenjoey and Lion Island (which resembles a crouching lion), as well as a three-dimensional location map allowing visitors to find their bearings.

You will then drive to the Baha'i House of Worship in Sydney, also known as the Baha'i Temple. It opened in Ingleside in 1961 and is a prominent landmark high above Sydney's northern beaches. This beautiful, nine-sided, domed building is 36-metres high and has some of Sydney's most impressive views from its gallery level. It stands as a symbol of the oneness of humanity and is a place of worship open to people of all beliefs. Baha'i Temples have nine sides symbolising unity and a central dome and there are eight continental Baha'i Temples around the world. The native gardens and natural bushland surrounding the Temple offers a tranquil environment for us to enjoy on your visit.

Journey back to North Ryde RSL for a scrumptious lunch.

## Bus Departs:

<b>9am</b>	Concord Senior Citizens Centre, Cnr Bent and Wellbank Streets, Concord
<b>9:15am</b>	In front of Five Dock Medical Centre, Great North Road, Five Dock
<b>9:30am</b>	Canada Bay Civic Centre, Marlborough Street, Drummoyne
<b>Return:</b>	Approx 4pm
<b>Cost:</b>	\$30 for the bus

# Bilpin Apples & Richmond Club

## Thursday, 2 June and Thursday, 16 June



This trip takes you up through Richmond and along the Bells Line of Road to the first stop – the Bellbird Lookout at Kurrajong Heights. If it is a clear day, you will be able to see all the way to the city! You may hear the Bell Birds in full voice and perhaps take some photos from here to capture this wonderful view before travelling further to Bilpin.

The Bilpin area had been occupied by the Dharug Aboriginal people for an estimated 40,000 years before Europeans arrived. The first confirmed European explorer was Archibald Bell Jr., who in 1823, aged only 19, crossed the mountains moving from Mount Tomah to the Cox's River. His route has become known as Bells Line of Road. Although the Blue Mountains had been crossed some years before, there was not a route through from Richmond, and on his second attempt Bell managed to cross the mountains and join up with Cox's Road. When he returned to Sydney, Bell reported the richness of the soil in the Bilpin area and this attracted settlers eager to grow fruit trees there. He also commented on the rainforest and huge tree ferns around Mount Tomah – anticipating the development of impressive gardens.

Not surprisingly, there are now a number of shops and orchard outlets along Bells Line of Road at Bilpin. They all offer fresh apples, apple juice and apple pies. The Bilpin Fruit Bowl, an establishment that has been in operation since 1985 (it is family owned) and has managed to sneak onto Australia's list of 'Big Things', is one of the destinations today. Their apple pie is out of this world and their apple juice is excellent.

The bus will then drive back down to Richmond and enjoy a lovely lunch at the Richmond Club.

### Bus Departs:

<b>9am</b>	Concord Senior Citizens Centre, Cnr Bent and Wellbank Streets, Concord
<b>9:15am</b>	Infront of Five Dock Medical Centre, Great North Road, Five Dock
<b>9:30am</b>	Canada Bay Civic Centre, Marlborough Street, Drummoyne
<b>Return:</b>	Approx 4pm
<b>Cost:</b>	\$30 for the bus