

# Owning October ...



Greetings, everyone!

It is with pleasure I invite you to 'own October' just as the team at HKCT is doing. We are tired of hearing sad or bad Covid-19 news, and have decided that warmer weather should herald a warmer approach to embracing life as it is and not as we may wish it to be.

So: we've started with launching our slightly new look together with a new affirmation of our purpose: taking you to the world! We first considered 'your world' but decided that was too limiting. We are proud to be able to take you where you need to go, as well as encourage you to get out and about with us to where you might *like* to go!

Our **Annual General Meeting Monday, 26<sup>th</sup> October** at midday is 'to be confirmed'. This is the date set down for and the Board of Directors is as keen as I am to hold the meeting, especially as we've drafted a new Constitution that we will be asking members to approve. We aren't prepared to confirm the event until next month – we don't jinx any new public health orders restricting the number of people at social gatherings! We sincerely hope our AGM will go ahead and look forward to updating members soon. Members will be invited, at no charge, and guests will be welcome at \$40 per person for lunch and transport to/from Hornsby RSL Club.

Our social program is also renewed, taking advantage of the Spring temperatures as well as incorporating participants' feedback.

All our drivers have undertaken their annual defensive driving training too. I know they always make you feel safe and secure but I won't be surprised to receive your feedback that their confidence is renewed. They truly are the best ambassadors for community transport, aren't they? And when they deliver the numerous sweet treats from you to our Service Co-ordinators, I know they are not alone in being appreciated by you. Thank you for acknowledging the team that are always willing to assist in any little extra way they can.

Our shopping shuttle options warrant reading and we've sourced some excellent tips on fitness and mask safety for you.

'til next month,

## TUESDAYS & WEDNESDAYS in October

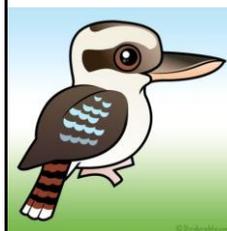
Enjoy a lunch out with old friends and new! - Home Pick up and return

*Spring has sprung, the grass has riz, I wonder where the birdie is.  
They say the bird is on the wing but that's absurd, the wing is on the bird!*

Please join us on our variety of outings, all of which are subject to change as we abide by Department of Health daily guidelines!

We are helping you support the local clubs, cafes and nurseries. You choose to eat what you wish, from their menus, to suit your taste and budget. And our picnics continue, due to popular demand. The price of \$25 is inclusive of your transport and a sandwich, cake and juice.

**\*\*Limited Space due to COVID-19 safe distancing rules – book early\*\***



**\$15 per person  
Transport  
+  
Choice of  
Meal at Venue  
at own Cost**

For residents of:	Date	BOOK ME!	Destination
St Ives, North Turramurra and North Wahroonga	<b>Tuesdays</b>		
	6 <sup>th</sup> October		The Plant Bug, Mt Colah
	13 <sup>th</sup> October		Hornsby RSL
	20 <sup>th</sup> October		St Ives Wildflower Garden - Picnic incl \$25
	27 <sup>th</sup> October		Club Belrose
Roseville to Waitara, North Shore Line	<b>Tuesdays</b>		
	6 <sup>th</sup> October		The Greengate Hotel Terrace, Killara
	13 <sup>th</sup> October		Forestville RSL
	20 <sup>th</sup> October		The Plant Bug, Mt Colah
	27 <sup>th</sup> October		Davidson Park - Picnic included \$25
Castle Hill to Dural, Epping to Normanhurst	<b>Tuesdays</b>		
	6 <sup>th</sup> October		Frankie's Food Factory, Glenhaven
	13 <sup>th</sup> October		Glenorie Bakery
	20 <sup>th</sup> October		Heritage Park, Castle Hill - Picnic incl \$25
	27 <sup>th</sup> October		Fig Coffee House, Kenthurst
Wahroonga & Normanhurst to Brooklyn	<b>Wednesdays</b>		
	7 <sup>th</sup> October		Hornsby RSL
	14 <sup>th</sup> October		Berowra Waters Fish Cafe
	21 <sup>st</sup> October		King Tide Café, Brooklyn
	28 <sup>th</sup> October		Barnett's Lookout, Berowra Valley views - Picnic included \$25
Roseville to Waitara, North Shore Line	<b>Wednesdays</b>		
	7 <sup>th</sup> October		Roseville Club
	14 <sup>th</sup> October		Davidson Park - Picnic included \$25
	21 <sup>st</sup> October		Forestville RSL
	28 <sup>th</sup> October		The Greengate Hotel Terrace, Killara

Get out and about on a regular basis. Get to know other seniors in your local area.

## Shopping Shuttles – each and every week!

Door to Door return trip for a One hour shop

Shopping Centre	Dates	For Residents ....
<b>West Pymble IGA</b>	Every Monday morning	Within 5km of West Pymble IGA *Special Price \$5*
<b>East Lindfield IGA</b>	Every Monday afternoon	Within 5km of East Lindfield IGA *Special Price \$5*
<b>Turramurra IGA</b>	Every Monday morning - with an option to go to Coles & Chemists	Within 5km of Turramurra IGA *Special Price \$5*
<b>Berowra Coles &amp; Aldi, Mt Ku-ring-gai</b>	Every Monday afternoon	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5*
<b>Westleigh Village</b>	Every Tuesday morning - with an option to Pennant Hills Shops instead	Within 5 km of Westleigh *Special Price \$5*
<b>THORNLEIGH Marketplace &amp; Aldi</b>	Every Tuesday afternoon - with an option: Pennant Hills Shops	Within 5 km of Thornleigh *Special Price \$5*

## More Time at More Comprehensive Centres

Door to Door return trip for a Three hour shop

\$10 per person or \$15 for you and a companion/carer

<b>Carlingford Court</b>	Every Wednesday	Between Normanhurst to Carlingford
<b>St Ives Village</b>	Every Wednesday	Assistance with shopping may be provided through Ku-ring-gai Neighbourhood Centre. Ku-ring-gai LGA residents
<b>St Ives Village</b>	Every Thursday	
<b>Macquarie Centre</b>	Thurs 8 <sup>th</sup> & 22 <sup>nd</sup> October	Between Turramurra - Roseville - Epping
<b>Hornsby Westfield</b>	Every Thursday	Hornsby Heights, Asquith, Wahroonga, Thornleigh or Normanhurst
<b>Gordon Shops</b>	Every Thursday	Between Roseville to Pymble
<b>Hornsby Westfield</b>	Every Friday	Brooklyn to Hornsby Heights plus Turramurra to Normanhurst, and Asquith
<b>Cherrybrook Village</b>	Every Friday	Cherrybrook, Dural & Pennant Hills

## Safe Exercise at Home

There's a wonderful set of resources on-line, developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations. The website is: <https://www.safeexerciseathome.org.au/> The information on the "Safe exercise at home" website is not intended to replace individual health professional care. If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.

In case you are not computer savvy, here is a brief excerpt on how strenuous you should exercise .....

Aim to do at least 30 minutes of physical activity most days of the week. This can be a single 30 minute session, or several shorter episodes of activity (eg 3 x 10 minute sessions). Each week, you should also include several types of exercises:

- **Fitness (cardiovascular) exercise**

You should feel a little out of breath, but still be able to talk. If you are too out of breath to talk, you are working too hard.

- **Strength exercise**

If you haven't done an exercise before, start with either no weight or a light weight that you can use comfortably. (This could be a rolled up newspaper or 100g can of food! Focus on doing the exercise correctly before increasing the weight. You should be able to do each exercise 8 – 12 times (called the number of repetitions), then rest, and repeat each set of repetitions another 1-2 times. If you are doing 12 repetitions easily, it may be time to increase the weight.

- **Balance exercise**

Stay safe! Make sure you have a bench / table / wall close by for support. These exercises work your balance, so you *should* feel a little unsteady, but still in control. If you feel you might overbalance, the exercise is too challenging. If so, try an easier version. One way you can make standing balance exercises easier is by increasing the distance between your feet.

More exercise tips next month!

### **Mask Up and Look Down**

Anything that interferes with vision may increase your risk of falls, particularly walking outdoors. Your lower peripheral vision (the things you can see without moving your head to look down) is restricted when you wear a mask. This means you may not be able to see the ground and your feet without looking down when you have a face covering on. In addition, if you wear glasses, they may fog up when you are wearing a face covering such as a mask.

To stay safe while walking outdoors with a mask we recommend you:

- tilt your head to look down at the ground regularly when walking, and always when you are walking on an uneven surface or approaching a curb or step;
- when going up or down a curb or step, tilt your head to look down and use a support such as a handrail to assist with balance if available;
- if wearing glasses, try the following to help prevent them fogging up:
- ensure firm fit over your nose, with glasses over the top of the fabric (if your mask has a wire, mould it over your nose; or use tape that is designed to be used on skin to hold down the top of your mask);
- place a small piece of folded paper towel or tissue on the bridge of your nose between the mask and your face to help absorb moisture;
- cleaning glasses with a small amount of dishwashing liquid;
- use single lens glasses (in preference to bifocal or multifocal glasses) for walking outside if you have them.

### **Remember: Mask Up and Look Down!**