

November Notions ...

Hello all!

November is sometimes considered a nothing month, wedged between our delight of warmer weather and the prospect of the festive season. It is also known for its celebration of the moustache and nickname “Movember” to highlight men’s health, and World Vegan Month, so watch out for new veg recipes that might inspire you!

November also hosts “National Others Week” where we are all encouraged to find ways to help someone through either a random act of kindness or a considered action.

So while we all encourage the men in our lives to look after themselves and eat more veggies - I will be eating mine with cheese or cream and probably meat – what can we do to consider others and ourselves because, as the ol’ adage says: “No one is useless in this world who lightens the burdens of another.”

One simple way comes to mind: why not come out with us, on a shopping shuttle or an outing (or both), and strike up a conversation with someone new? Maybe all any of us need sometimes is someone new to take the time to speak with us? Plus, you get an enjoyable sojourn out!

Thanks to the members of HKCT for coming to the AGM. Thanks also to those who have been spoiling the team of late ... the packet of biscuits, block of chocolate or a single bloom from a garden brought in to the office by the drivers is always appreciated. Absolutely and totally unnecessary but very much appreciated, well shared and always brings a smile.

Also time for you to think about your end of year needs. Any health appointments you need to make before the silly season shutdown? Book them, and your transport with us, as early as possible to help us maximize our ability to confirm your trip. And your shopping list? I am sure you don’t know anyone on a naughty list ... what gifts to you want to get for family members, friends and (more importantly) for yourself? We will be here to help yet ask for help by starting to plan your needs and booking early.

Read on, and practice by notching your November bookings with us for! Cheers



November SHOPPING

Did you know, you can book these
 Shuttles for up to four weeks in advance?

**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	When	For Residents
West Pymble IGA	<input type="checkbox"/> Every Monday morning	Within 5km of West Pymble IGA *Special Price \$5*
East Lindfield IGA	<input type="checkbox"/> Every Monday afternoon	Within 5km of East Lindfield IGA *Special Price \$5*
Turrumurra IGA	<input type="checkbox"/> Every Monday morning - with an option to go to Coles & Chemists	Within 5km of Turrumurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Every Monday afternoon	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5*
Westleigh Village	<input type="checkbox"/> Every Tuesday morning - with an option to Pennant Hills Shops instead	Within 5 km of Westleigh *Special Price \$5*
THORNLEIGH Marketplace & Aldi	<input type="checkbox"/> Every Tuesday afternoon - with an option: Pennant Hills Shops	Within 5 km of Thornleigh *Special Price \$5*

Need More Time at More Comprehensive Centres?

Door to Door return trip for a Two-Three hour shop

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

Shopping Centre	When	For Residents living
Carlingford Court	<input type="checkbox"/> Every Wednesday	Between Normanhurst to Carlingford
St Ives Village	<input type="checkbox"/> Every Thursday	within the Ku-ring-gai LGA
Macquarie Centre	<input type="checkbox"/> Thurs 5 th November <input type="checkbox"/> Thurs 19 th November	between Turrumurra - Roseville - Epping
Hornsby Westfield	<input type="checkbox"/> Every Thursday	Hornsby Heights, Asquith, Wahroonga, Thornleigh or Normanhurst
Gordon Shops	<input type="checkbox"/> Every Thursday	between Roseville to Pymble
Hornsby Westfield	<input type="checkbox"/> Every Friday	Brooklyn to Hornsby Heights plus Turrumurra to Normanhurst, and Asquith
Cherrybrook Village	<input type="checkbox"/> Every Friday	Cherrybrook, Dural & Pennant Hills

NB: Prices applicable to CHSP eligible clients of HKCT only. Other prices on application.
 Cancellation fee may apply for any confirmed bookings cancelled within 24 hours of service date.

November OUTINGS

TUESDAYS & WEDNESDAYS in November

November's outings have a sporting theme - if you class shopping as a sport! We have permission for 30 people at the Time and Tide for Melbourne Cup fun. The price includes grilled salmon with veggies plus sticky date pudding and a piccolo bottle of champagne. We can take ten guests to our other venues, so book early to enjoy the 19th hole at these picturesque clubs.



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

**Limited Space due to COVID-19 safe distancing rules **

For residents of:	Date	BOOK ME!	Destination
St Ives, North Turramurra and North Wahroonga	Tuesdays		
	3rd November		Melbourne Cup at Time and Tide, Dee Why \$55 single \$105 couple (transport & lunch)
	10th November		Wakehurst Golf Club
	17th November		Asquith Golf Club
	24th November		Long Reef Golf Club
Roseville to Waitara, North Shore Line	Tuesdays		
	3rd November		Melbourne Cup at Time and Tide, Dee Why \$55 single \$105 couple (transport & lunch)
	10th November		Long Reef Golf Club
	17th November		Wakehurst Golf Club
	24th November		Asquith Golf Club
Castle Hill to Dural, Epping, Beecroft to Normanhurst	Friday 6 th November		Join the campaign for toilets at Hazlewood Rose Park, \$10 transport - Grab a sandwich from Carlingford Court first.
	Tuesdays		
	3rd November		Melbourne Cup at Time and Tide, Dee Why \$55 single \$105 couple (transport & lunch)
	10th November		Asquith Golf Club
	17th November		Long Reef Golf Club
Hornsby Shire	Wednesdays		
	4th November		Birkenhead Point / Drummoyne Sailing Club
	11th November		DAMART stop before Belrose Hotel
	18th November		Glenorie Bakery & Dural Fruit Kiosk
	25th November		Ettamogoah Pub & Lindt Factory Outlet
Ku-ring-gai Shire	Wednesdays		
	4th November		DAMART stop before Belrose Hotel
	11th November		Birkenhead Point / Drummoyne Sailing Club
	18th November		Ettamogoah Pub & Lindt Factory Outlet
	25th November		Glenorie Bakery & Dural Fruit Kiosk

We read lots of articles to stay current and www.helpguide.org is new to us and although a US independently funded non-profit organisation, it has lots of evidence-based resources. Their tips for mental health & ageing well is food for thought.

Learn to cope with change

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

Focus on the things you're grateful for. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.

Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

Accept the things you can't change. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humour.

Look for the silver lining. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

Take daily action to deal with life's challenges. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

Stay healthy through humour, laughter, and play

Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humour helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.

Rumour has it ... remember days of old and the Friday Meals on Wheels Lunch Club? Where lunch was served and a glass of sherry or wine was offered? With transport to and from your home to the Meals on Wheels Dining Room at Gilroy Road, Turrumurra provided for an all-inclusive price?

Stay tuned! We are confident they will soon be back!