

Delightful

December ...



Greetings everyone!

I love December! The weather is warm, summer fruits are abundant, and a conscious priority is arranging to see my family and friends. Regardless of our individual spiritual beliefs, in December we are more likely to be conscious of those not as well placed as ourselves, are without family or friends, or seemingly have little to celebrate. I therefore want to share some insights from the “Look Up” movement ...

When was the last time you stood in a supermarket or coffee line and instead of looking at your phone, in your purse or at your groceries, you looked up? Scientists have discovered looking up is good for our brains, our bodies, our relationships, and our shared experience of the world. So, I invite you to consciously add another joy this month: look up, look out, look at others. It’s a moment, one glance, one breath, to connect with the world around us and each other.

When you look up and out, your brain forms connections, insights, creative ideas and aha! Moments. When you look up you change your brain and others too ... when you look at someone in the eyes you light up each other’s brain and build empathy, trust, hope and belonging. You shift your horizon, you start to develop fresh thoughts and ideas, you unearth insights, intuition, broaden your viewpoint. The science behind this practice is amazing. (www.lookup.org.au/report) Looking up and out is for everyone.

I am looking up and out more. Noticing more. Smiling at others more. By letting my brain enjoy this type of daydreaming space, it is said to improve the capacity to maintain a focused state of mind. It certainly can’t hurt! Want to try it too?

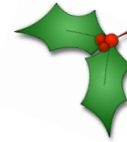
Speaking of trying, please remember that HKCT is more than just a trip or a journey. It is about making connections and helping you care for yourself. Let us take you shopping for your groceries and messages. Let us take you to someplace new or familiar for some time out with others. Why not start this December ... we’ve lots of seasonal activities planned to delight! I can’t decide if I am more excited about gingerbread cookie decorating or the Christmas Lights road trip ...

As 2020 comes to a close, the now normal doesn’t appear to be reverting to our old normal so please remember how remarkable you are to us. You’ve handled the pandemic with aplomb and carried on regardless. From all of us at HKCT, we remain at your service and look forward to taking you to the world this month and in the new year.

Season’s greetings all. Stay safe and don’t forget to look up!



December 2020 Outings and Shopping



Tuesday 1st December	<p>Christmas Feast & Show Waterview Restaurant, Berowra Waters</p> <p>That's right, a Show! To see how they are managing such a treat, you'll have to come along and enjoy a festive feast!</p> <p>Main – Roast Pork Belly, crackling, turkey and roast vegetables Dessert – Pavlova with mulled berries and cream, plus tea/coffee</p> <p>Home pick-ups – times to be advised.</p>	 \$65 pp / \$120 pc
Friday 4th December	<p>Decorate Gingerbread Cookies</p> <p>Join us at our Seniors Centre in Turramurra and decorate Chef Tony's Xmas cookies to give as gifts or share with family and friends. Light lunch included.</p> <p>Home pick-ups Ku-ring-gai Shire residents</p>	 \$30 pp / \$45 pc
Monday Night 7th December	<p>Tour of Local Christmas Lights</p> <p>We will collect you for dinner at a friendly venue where you can order a discount meal <i>at your own expense</i> and then head off to see some local streets with lovely Christmas light displays before dropping you home.</p> <p>You must be confident to arrive home in the dark.</p> <p>Venues: Berowra Tavern, West Pennant Hills Sports Club or Forestville RSL</p> <p>Home pick-ups – times to be advised.</p>	 \$15 pp / \$20 pc <i>Transport only</i>
Tuesday 8th December	<p>Geranium Cottage, Dural</p> <p>Browse through the jam shop and small art gallery before lunch. We've had rave reviews from clients about their homemade fare!</p> <p>Main – Salmon fish cakes with veggies Dessert – Meringue with fruit and cream, tea/coffee</p> <p>Home pick-ups – times to be advised.</p>	 \$40 pp / \$70 pc
Friday 11th December	<p>Decorate Gingerbread Cookies</p> <p>Join us at our Seniors Centre in Turramurra and decorate Chef Tony's Xmas cookies to give as gifts or share with family and friends. Light lunch included.</p> <p>Home pick-ups Hornsby Shire residents</p>	 \$30 pp / \$45 pc
Tuesday 15th December	<p>Pittwater RSL</p> <p>Enjoy a scenic drive to the Northern Beaches and lunch at <i>your own expense</i> at the bistro that suits your own budgets and tastes.</p> <p>Home pick-ups – times to be advised.</p>	 \$20pp / \$25 pc <i>Transport only</i>

Extra Christmas Shopping Opportunities

	Destination	Collection Areas
Monday 21st December	Hornsby Westfield	Throughout all Ku-ring-gai Shire
Tuesday 22nd December	Hornsby Westfield	Between Turramurra and Brooklyn
	Cherrybrook	Normanhurst – Pennant Hills – Dural – Castle Hill
	Castle Towers	Normanhurst – Pennant Hills – Dural – Castle Hill
Wednesday 23rd December	Gordon	Roseville to Pymble
	Carlingford Court	West Pennant Hills to Carlingford
	St Ives Village	Throughout all Ku-ring-gai Shire

Office Closes 23rd December. Office Reopens 4th January. Services resume Tuesday 5th January.

December SHOPPING

Did you know, you can book
for up to a month in advance?



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

Shopping Shuttles – during DECEMBER!

Door to Door return trip for a One hour shop

Shopping Centre	When	For Residents *Special Price
West Pymble IGA	<input type="checkbox"/> Mon 7 th , 14 th , 21 st morning	Within 5km of West Pymble IGA \$5*
East Lindfield IGA	<input type="checkbox"/> Mon 7 th , 14 th , 21 st afternoon	Within 5km of East Lindfield IGA \$5*
Turramurra IGA	<input type="checkbox"/> Mon 7 th , 14 th , 21 st morning with an option to go to Coles & Chemists	Within 5km of Turramurra IGA \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Mon 7 th , 14 th , 21 st afternoon	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights \$5*
Westleigh Village	<input type="checkbox"/> Tues 8 th , 15 th , 22 nd morning with an option to Pennant Hills Shops instead	Within 5 km of Westleigh \$5*
THORNLEIGH Marketplace & Aldi	<input type="checkbox"/> Tues 8 th , 15 th , 22 nd afternoon with an option to Pennant Hills Shops	Within 5 km of Thornleigh \$5*

More Time, More Dates for your Christmas Shopping?

Door to Door return trip for a 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"/> Wed 2 nd , 9 th 16 th , 23 rd	Between Normanhurst to Carlingford
St Ives Village	<input type="checkbox"/> Thurs 3 rd , 10 th , 17 th	Within the Ku-ring-gai LGA
Macquarie Centre	<input type="checkbox"/> Thurs 3 rd , 17 th	Between Turramurra - Roseville - Epping
Hornsby Westfield	<input type="checkbox"/> Thurs 3 rd , 10 th , 17 th	Hornsby Heights, Asquith, Wahroonga, Thornleigh or Normanhurst
Gordon Shops	<input type="checkbox"/> Thurs 3 rd , 10 th , 17 th	Between Roseville to Pymble
Hornsby Westfield	<input type="checkbox"/> Fri 4 th , 11 th , 18 th	Brooklyn to Hornsby Heights plus Turramurra to Normanhurst, and Asquith
Cherrybrook Village	<input type="checkbox"/> Fri 4 th , 11 th , 18 th	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.



Did you know ... There is a free 24-hour telephone health advice telephone line? The **healthdirect** helpline **1800 022 222** operates seven days a week. It is staffed by registered nurses who provide expert health advice. You can call for advice if you or a member of your family are feeling ill and are unsure what to do, or for health information on a particular condition.



Very helpful, especially on Public Holidays!



Remember, if your health concern is of an urgent nature, call 000

Did you know ... that Community Transport is funded under the Commonwealth Home Support Programme known as CHSP. Under this programme eligible clients' transport is subsidised.

If you are a client who is receiving a home care package, we are required to charge you the full cost for your social outings. This is because clients on a package receive their funding directly. Our team can happily provide you with these costs at the time of booking.

Gingerbread House Workshop - Community Event - Saturday, 12th December

Ku-ring-gai Meals on Wheels and HKCT are hosting a joint community fund raising event in the Senior Citizens Hall at 7 Gilroy Lane, Turramurra. Bookings essential: 9983 1611

Chef Tony is making the VERY tasty and truly edible gingerbread pieces and icing, I am in charge of lolly selection! Anyone is welcome, help will be available to those who need it and the results will be a work of art – perfect for an end of year thank you gift or sharing on Christmas Day with children aged 5-105!

HKCT team Update

Bonnie, currently on parental leave, has decided not to return to work. Her resignation was regrettably accepted and understood – we couldn't compete with such a gorgeous little girl! - so we welcome our new Operations Co-ordinator, Paul Sheldon to lead the driving team made up of Andrew (resident wizard of Scheduling) and our remarkable drivers. Deb Harvey, Senior Client Services Co-ordinator, continues to lead the merry band of booking angels: Julie, Karen, Sharon and Barb. Pam Drysdale, Business Services Co-ordinator, keeps our administration, accounts and credit in order and vehicle maintenance regime with Tim's help. Me, Helen, as GM, has the privilege of facilitating the team to help you.

At our AGM on October 26th, our Board is now made up of Corinne Attard as Chairperson and Joanne Crumpton as Treasurer, together with Angela Bollard, Michelle Chan, Robert Macey, David Newman, Katelin Organ; and Robin Hall as a welcome ex officio.

Our Contact Details, at a glance:

Telephone 9983 1611 Email: info@communitytransport.org.au www.communitytransport.org.au

Client Hotline 0473 478 890 – for use on the day of travel to advise any changes or for weekend contact.

To become a client, you will need to request a "Community Transport Referral Code" from My Aged Care, telephone: 1800 200 422 and ask for a referral to our service.



myagedcare