

Here's to enjoying January ...



Welcome to 2021, everyone!

The silly season is over for another year, we've time to write a new wish list or revisit how to get on either the naughty or nice list for next Christmas! I don't think I am alone in reflecting on time passing, that another year has gone or that I've another year to make a difference.

So, let's embrace 2021 enthusiastically! Let's not consider what we might have missed or lost but what intervention might improve our lot. Let's greet each day with a deep breath and decide to live better! Even if we make one small change there will be a personal benefit to us. I am going to make a conscious choice to leave my chair once an hour and walk around the office. I am going to take a walk outside, around the building, once a day. What walking could you *consciously do* every day? The adage of "use it or lose it" is absolutely true!

Which is why we are repeatedly encouraging you to join us on our shopping shuttles and social outings. The indisputable research on the hierarchy of age-related functional decline means we can all improve, reverse or slow down decline, or maintain function – when we consciously choose to not give in or give up. The associated benefits of being more engaged and active, results in a higher quality of life and significantly reduced health care. Thus, I am taking a walk, deliberately, just a little way, despite a sore knee, arthritic ankles – will you take a walk too?

Or come shopping with us and have a conversation with someone new? Or pick a destination and journey out with us for lunch? Come on: practice those admirable social skills you have, try something new to eat, and rediscover something you might not have seen for a while!

Before I forget: **Services resume from Tuesday, 5th January.** **There will be no services on Australia: Tuesday, 26th January.** Lastly, very soon we will be distributing our annual Client Survey. By completing and returning the survey to us, we will learn what we are doing well, what we might do better, and get your input on what outing destinations and venues you'd like to see included. It is through your feedback that we will continue to improve and exceed your expectations.








From all the team: Andrew, Axel, Barbara, Bruce, Deborah, Edward, Gregg, John, Julie, Daren, Lynette, Martin, Michael, Mick, Mike, Mitch, Noel, Pam, Paul, Peter, Philip, Rick, Rob, Sharon, Sharon D, Stewart and Tim ... Happy New Year.

May the Year 2021 be kind to us all.










Cheers! Helen

January JOURNEYS

Remember ... to stay safe:
 remain seated and seat belted until the HKCT vehicle is at a full stop!

| | | |
|--|---|--|
| <input type="checkbox"/> | <p>Tuesday 5th January – Central Coast Leagues Club</p> <p>We're getting out of the city, driving up the freeway to Brisbane Waters! Choose something for lunch from Archie's Brasserie menu to suit your taste and budget. What a relaxing way to start the new year!</p> <p>Home pick-ups – times to be advised.</p> |  <p>\$20 per person \$30 per couple Transport Only</p> |
| <input type="checkbox"/> | <p>Friday 8th January – Art Gallery of NSW</p> <p>Travel in air-conditioned comfort into the city for a stroll around the Gallery. Enjoy a bit of "kulchar" before lunch, at your own expense, at their café overlooking the Woolloomooloo Finger Wharf. Or bring your own picnic for the park if you prefer</p> <p>Home pick-ups – times to be advised. Ku-ring-gai Shire Residents.</p> |  <p>\$20 pp / \$30 pc Transport Only</p> |
| <input type="checkbox"/>  | <p>Saturday 9th January – Mitch's Mystery Tour #1</p> <p>Ready for adventure? Our driver, Mitch, is a keen fisherman and knows all the local water ways. He will choose a secret location, dependent on weather. Book early!</p> <p>Home pick-ups – Hornsby Shire - times to be advised. Saturday phone number for cancellations: 0473 478 890</p> |  <p>\$20 pp / \$30 pc Transport Only</p> |
| <input type="checkbox"/> 8.30am Uniting Church Turramurra <input type="checkbox"/> 8.45am Willow Park Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library | <p>Monday 11th January – Bruce's Northern Beaches Tour</p> <p>Our driver, Bruce, hails from this area so be sure to ask a lot of questions! He might even sing his favourite songs. There will be a lunch break at Pittwater RSL, at your own expense so as to suit your own taste and budget. For the more active senior</p> <p>No Home Pickups. Need a Cabcharge home from the pick up Point? Ask for the additional price on booking.</p> |  <p>\$20 pp / \$30 pc HKCT Transport Only</p> |
| <input type="checkbox"/> | <p>Tuesday 12th January – Time and Tide Cafe</p> <p>Celebrate the new year with a drive to the Dee Why. Our host, Nimal, is always pleased to see you!</p> <p><i>Main – Salmon, mash and veggies, and enjoy a piccolo of bubbly! Dessert – Sticky date pudding and ice-cream, tea/coffee</i></p> <p>Home pick-ups – times to be advised.</p> |  <p>\$55 pp / \$100 pc</p> |
| Book me <input type="checkbox"/> | <p>Friday 15th January – Art Gallery of NSW</p> <p>Travel in air-conditioned comfort into the city for a stroll around the Gallery. Enjoy a bit of "kulchar" before lunch (at your own expense) at their café overlooking the Woolloomooloo Finger Wharf. Or bring your own picnic for the park if you prefer.</p> <p>Home pick-ups – times to be advised. Hornsby Shire Residents.</p> |  <p>\$20 pp / \$30 pc Transport Only</p> |

pp = per person pc = per couple

| | | |
|--|---|--|
| <input type="checkbox"/> 8.15 am Uniting Church Turramurra <input type="checkbox"/> 8.30am Willow Park Hornsby | <p align="center">Monday 18th January – “The Riverboat Postman” Cruise and Lunch, departing from Brooklyn</p> <p>A cruise with a difference: you will actually be delivering the mail to the settlements of Dangar & Milson Islands and Kangaroo Point, while enjoying Morning Tea (percolated coffee, tea, & home-made ANZAC biscuit) and a Ploughman's style plate for lunch.</p> <p align="center">No Home Pickups. Need a Cabcharge home from your pick up point? Ask for the additional price on booking.</p> |  \$65 pp / \$120 pc Cruise & HKCT |
| <input type="checkbox"/> | <p align="center">Tuesday 19th January – Geranium Cottage, Dural</p> <p>Browse through the jam shop and small art gallery before lunch. We've had rave reviews from clients about the home style cooking! <i>Main – Salmon Cakes and veggies</i> <i>Dessert – Meringue with fruit and cream, plus tea/coffee</i></p> <p align="center">Home pick-ups - times to be advised.</p> |  \$40 pp / \$70pc |
| <input type="checkbox"/> | <p align="center">Friday 22nd January – Friday Lunch Club</p> <p>Join us for a 2-course lunch plus tea/coffee in the <i>Meals on Wheels Dining Room</i>, Gilroy Road, Turramurra. Meal cost is \$20 per person or \$10 per person if you are a Meals on Wheels client. Not a MoW client? <i>Ask how to become one on the day!!</i></p>  <p align="center">Home pick-ups – times to be advised. Ku-ring-gai Shire Residents.</p> |  \$15 pp / \$20 pc Transport Only |
| <input type="checkbox"/>  | <p align="center">Saturday 23rd January – Mitch's Mystery tour #2</p> <p>Ready for adventure? Our driver, Mitch, is a keen fisherman and knows all the local water ways. He will choose a secret location, dependent on weather. Book early!</p> <p align="center">Home pick-ups – Ku-ring-gai Shire - times to be advised. Saturday phone number for cancellations: 0473 478 890</p> |  \$20 pp / \$30 pc Transport Only |
| <input type="checkbox"/> 8.15am Uniting Church Turramurra <input type="checkbox"/> 8.30am Willow Park Hornsby <input type="checkbox"/> 8.45am Pennant Hills Library | <p align="center">Monday 25th January – Bruce and Barb's Eastern Beaches Extravaganza</p> <p>Our singing bus driver, Bruce, and admin helper, Barb, have planned a tour from La Perouse to Watson's Bay where you will lunch at your own expense. Then catch the Watson Bay Ferry with Barb to Circular Quay, where Bruce will be waiting with the bus to take you home.</p> <p align="center">No Home Pickups. Need a Cabcharge home from your pick up point? Ask for the additional price on booking.</p> |  \$20 pp / \$30 pc HKCT Transport Only ** Bring your Opal Card ** |
| <input type="checkbox"/> | <p align="center">Friday 29th January – Friday Lunch Club</p> <p>Join us for a 2-course lunch plus tea/coffee in the <i>Meals on Wheels Dining Room</i>, Gilroy Road, Turramurra. Meal cost is \$20 per person or \$10 per person if you are a Meals on Wheels client. Not a MoW client? <i>Ask how to become one on the day!!</i></p>  <p align="center">Home pick-ups – times to be advised. Hornsby Shire Residents.</p> |  \$15 pp / \$20 pc Transport Only |



For individual transport booking:

When you have your appointment, request your transport booking with us that same day! The more notice you give, the more likely we will be able to provide the transport. Plus, it will really help us schedule everyone's trips.

January SHOPPING

You can book your place for the entire Month ...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!

Services recommence on Tuesday, 5th January, 2021

Door to Door return trip for a One-hour shop

| Shopping Centre | When | For Residents |
|---|---|---|
| West Pymble IGA | <input type="checkbox"/> Monday morning 11,18 & 25 Jan | Within 5km of West Pymble IGA *Special Price \$5* |
| East Lindfield IGA | <input type="checkbox"/> Monday afternoon 11,18 & 25 Jan | Within 5km of East Lindfield IGA *Special Price \$5* |
| Turrumurra IGA | <input type="checkbox"/> Monday morning - 11,18 & 25 Jan | Within 5km of Turrumurra IGA *Special Price \$5* |
| Berowra Coles & Aldi, Mt Ku-ring-gai | <input type="checkbox"/> Monday afternoon 11,18 & 25 Jan | Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5* |
| Westleigh Village | <input type="checkbox"/> Every Tuesday morning Except Australia DAY 26 th January - 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 Except Australia DAY 26 th January - 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 7 th January <input type="checkbox"/> Thurs 21 st January | 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 |

** Prices applicable to CHSP eligible clients of HKCT only. Other client prices on application. **