

# Bring on Fabulous February!



Hello everyone!

Were you like me, hoping to see some true summer weather and now that it's here, dreaming of cloudier days? Why do we wish our life away I wonder? I really need to remember Thic Nhat Hanh's sage words more often: *"There is no way to happiness – happiness is the way"*

I am so proud of how you are all coping with the ever-changing COVID-19 guidelines. You are proof positive that situations are not usually as bad as we think they may be. When we change the way we see things, the things we see change. Which is why we've forged ahead and designed a fabulously fitting February social program to make the most of hot summer days, regardless of possible disruptions!

Will you join us? Swell the numbers on our outings? Choose to get out and about as we know we all should? If true demand is shown, we will always allocate another bus & driver and show this town we know how to party! Remember, we've got to use it or lose it!

We can also help you participate in other social or educational pursuits. For instance, there's a "DCaf Connections" café for people living with early or mid stages of dementia. Family are welcome too. It's a true opportunity to socialise, relax and discover ways to live well with dementia. Held on Thursdays, 10am-12nn at The Warrawee Club, you could attend and HKCT will provide the transport to and from for you. Call 0402 837 877 for details. Likewise, if you would like to learn tips, tricks or simply more about your iPad, smart phone or computer, there's a "Computer Pals" group helping people just like you at Turramurra's Senior Citizens Centre. Phone 9983 0774 to find out more. Then ring us and make your transport request!

I almost forgot again! Thank you to everyone for your cards, calls and generous gifts of goodies for Christmas. Truly, there was no need yet I assure you they were all very much appreciated and all gifts were shared them amongst the entire team.

Til next month, March, with plans for our own Neighbour Day celebration, introduction of a Sunset BBQ option, the recommencement of our triennial Consumer Meetings and advance advice on Seniors Week in April.

As the proverb says, "The best time to plant a tree was 20 years ago. The second-best time is now!" Come on, with HKCT you can expand your world – safely, securely, with friends.

Cheers, Helen










# Fabulous February

We will do everything possible to go ahead with all outings, however, destinations and/or venues may have to change to meet new NSW Health directions, without notice. Our priority is to keep our community connected SAFELY!

<input type="checkbox"/>	<p><b>Tuesday 2<sup>nd</sup> February – Royal Motor Yacht Club, Newport</b></p> <p>Enjoy your meal choice from their new summer menu whilst overlooking Sydney's magnificent Pittwater. If time permits, we will go for a scenic drive along the beaches before heading home.</p> <p><b>Home pick-ups – times to be advised.</b></p>	 <p><b>\$20 pp / \$30 pc</b> Transport Only</p>
<input type="checkbox"/>	<p><b>Friday 5<sup>th</sup> February – Asquith Golf Club</b></p> <p>One of our crowd favourites! This is a relaxing day out, close to home, great value meals. Join friends and enjoy the lovely view of the fairways.</p> <p><b>Home pick-ups – times to be advised.</b> <b>Hornsby Shire Residents.</b></p>	 <p><b>\$15 pp / \$20 pc</b> Transport Only</p>
<input type="checkbox"/> 	<p><b>Saturday 6<sup>th</sup> February – Mitch's Mystery Tour #1</b></p> <p>Our driver, Mitch, will choose a secret location, dependent on weather and COVID guidelines and keep you laughing all the way. Book early!</p> <p><b>Home pick-ups - times to be advised.</b> <b>Saturday phone number for cancellations: 0473 478 890</b></p>	 <p><b>\$20 pp / \$30 pc</b> Transport Only</p>
<input type="checkbox"/>	<p><b>Tuesday 9<sup>th</sup> February – Wakehurst Golf Club</b></p> <p>Escape the hustle and bustle of the city and enjoy a lunch that suits your own taste, dietary requirements and budget. The Clubhouse has truly magnificent views over Manly Dam and surrounding districts.</p> <p><b>Home pick-ups – times to be advised.</b></p>	 <p><b>\$20 pp / \$30 pc</b> Transport Only</p>
<input type="checkbox"/>	<p><b>Friday 12<sup>th</sup> February – Forestville RSL</b></p> <p>After a scenic drive over the Roseville Bridge, arrive at the club for a good value lunch out. What a relaxing start to the weekend!</p> <p><b>Home pick-ups – times to be advised.</b> <b>Ku-ring-gai Shire Residents.</b></p>	 <p><b>\$20 pp / \$30 pc</b> Transport Only</p>
<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><b>Monday 15<sup>th</sup> February – Bruce's City Tour</b></p> <p>Our singing bus driver, Bruce, has devised a wonderful tour of Sydney's attractions, stop at Centennial Park where you can buy morning tea, followed by lunch at the Canada Bay Club on the way home, at your own expense.</p> <p><b>No Home Pickups.</b></p> <p><b>Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</b></p>	 <p><b>\$20 pp / \$30 pc</b> Transport Only</p>

pp = per person pc = per couple

<input type="checkbox"/>	<p align="center"><b>Tuesday 16<sup>th</sup> February – Club Belrose</b></p> <p>Great service, great value and a lovely drive through our beautiful Sydney bushland. No wonder they call it the “leafy North Shore”! Choose something from the menu to suit your own taste and budget.</p> <p align="center"><b>Home pick-ups - times to be advised.</b></p>	 <p><b>\$20 pp / \$30 pc Transport Only</b></p>
<input type="checkbox"/>	<p align="center"><b>Friday 19<sup>th</sup> February – Sunset Supper</b></p> <p>Try something new! Join us for an early supper of your choosing at the Roseville Club. You’ll be home soon after 8pm.</p> <p align="center"><b>Turrumurra to Roseville &amp; St Ives - aka Local Residents only Home pick-ups - times to be advised.</b></p>	 <p><b>\$15 pp / \$20 pc Transport Only</b></p>
<input type="checkbox"/> 8.15am Uniting Church Turrumurra  <input type="checkbox"/> 8.30am Willow Park Hornsby	<p align="center"><b>Monday 22<sup>nd</sup> February – Bruce’s Lake Macquarie Adventure</b></p> <p>Head up the freeway to this picturesque area north of the Central Coast. What Bruce doesn’t know about this area, he will happily make up. A stop for lunch, at your own cost, at Belmont. Yes, singing too we’re sure!</p> <p align="center"><b>No Home Pickups. Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</b></p>	 <p><b>\$20 pp / \$30 pc Transport Only</b></p>
<input type="checkbox"/>	<p align="center"><b>Tuesday 23<sup>rd</sup> February – Central Coast Leagues Club</b></p> <p>We’re getting out of the city again today, driving up the freeway to Brisbane Waters! Choose something for lunch from Archie’s Brasserie menu to suit your taste and budget.</p> <p align="center"><b>Home pick-ups – times to be advised.</b></p>	 <p><b>\$20 pp / \$30 pc Transport Only</b></p>
<input type="checkbox"/>	<p align="center"><b>Friday 26<sup>th</sup> February – Sunset Supper</b></p> <p>Driver, Rob, will be your ‘mine host’ partner, taking you to Asquith Bowling Club for a supper of your choosing. We believe the meat tray raffle is well worth a ticket or two too! Plus you’ll be home soon after 8pm.</p> <p align="center"><b>Home pick-ups – times to be advised. Asquith, Mt Colah, Berowra aka Local Residents only</b></p>	 <p><b>\$15 pp / \$20 pc Transport Only</b></p>
<input type="checkbox"/> 	<p align="center"><b>Saturday 27<sup>th</sup> February – Mitch’s Mystery tour #2</b></p> <p>Ready for adventure? Our driver, Mitch, will choose a secret location, dependent on weather and COVID guidelines. Book early!</p> <p align="center"><b>Home pick-ups - times to be advised. Saturday phone number for cancellations: 0473 478 890</b></p>	 <p><b>\$20 pp / \$30 pc Transport Only</b></p>



**Do you have urgent appointments to attend?**

**Our cars are in high demand, so book your transport as soon as you have your appointment time and date.**

The more notice you give, the more likely we will be able to provide the transport at your requested time. Plus, it will really help us schedule everyone’s trips.

# February 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!

Door to Door return trip for a One-hour shop

Shopping Centre	When	For Residents ....
<b>West Pymble IGA</b>	<input type="checkbox"/> Monday morning	Within 5km of West Pymble IGA *Special Price \$5*
<b>East Lindfield IGA</b>	<input type="checkbox"/> Monday afternoon	Within 5km of East Lindfield IGA *Special Price \$5*
<b>Turrumurra IGA</b>	<input type="checkbox"/> Monday morning	Within 5km of Turrumurra IGA *Special Price \$5*
<b>Berowra Coles &amp; Aldi, Mt Ku-ring-gai</b>	<input type="checkbox"/> Monday afternoon	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5*
<b>Westleigh Village</b>	<input type="checkbox"/> 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>	<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
<b>Carlingford Court</b>	<input type="checkbox"/> Every Wednesday	Between Normanhurst to Carlingford
<b>St Ives Village</b>	<input type="checkbox"/> Every Thursday	within the Ku-ring-gai LGA
<b>Macquarie Centre</b>	<input type="checkbox"/> Thurs 4 <sup>th</sup> February <input type="checkbox"/> Thurs 18 <sup>th</sup> February	between Turrumurra - Roseville - Epping
<b>Hornsby Westfield</b>	<input type="checkbox"/> Every Thursday	Hornsby Heights, Asquith, Wahroonga, Thornleigh or Normanhurst
<b>Gordon Shops</b>	<input type="checkbox"/> Every Thursday	between Roseville to Pymble
<b>Hornsby Westfield</b>	<input type="checkbox"/> Every Friday	Brooklyn to Hornsby Heights plus Turrumurra to Normanhurst, and Asquith
<b>Cherrybrook Village</b>	<input type="checkbox"/> Every Friday	Cherrybrook, Dural & Pennant Hills

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