

Amazing April

Hello all!

Ahhhh, there's something about the turn of seasons and Autumn is my second favourite! Makes me want to curl up by a window with a view, after a walk, to watch and ponder Nature at its best! Yet no time for pondering now, we've so much to share!

Firstly, a reminder that HKCT will not be open or taking calls during the Easter weekend public holidays of Friday 2nd April (being Good Friday) nor on Easter Monday, 5th April. Another key reminder for you all: Day Light Savings ends in NSW at 3am on Easter Sunday, 4th April. So, don't forget to put all your clocks backward by 1 hour before going to bed on Easter Saturday. I do hope the Easter Bunny has factored this time zone change into his delivery schedule! And, in case you were wondering, ANZAC Day 25th April falls on a Sunday this year and there is no other public holiday day declared so we will be operating at full strength on Monday 26th April.

26th April ... the day our honour is being defended! I hope you are all clamouring to be on the "HKCT Honkers" trivia team. We are counting on you! We need 20 trivia buffs and boffins!!

Regular readers will know I've been promoting movement, activity, even exercises of late. Here are just a few options for you to explore further and make up your own mind. Please remember, 'use it or lose it' and HKCT will happily take you to and from your exercise or activity programs!

- Catholic Healthcare's range of wellness options include Korean and Lebanese specific programs. Call 1800 225 474
- Activities for over 55's in the Hornsby Shire are also available on-line, for the computer savvy: https://www.hornsby.nsw.gov.au/data/assets/pdf_file/0003/80085/HSC01936-Leisure-and-Recreational-Activities-for-over-55s-V4.pdf
- There's a group at the Gordon Centre, "Active Seniors Health Centre". Call 9499 4344 or visit <https://www.activeseniors.net.au/>
- My last plug is for the Ku-ring-gai Fitness & Aquatic Centre who offer tailored exercise programs for people over 60 to improve heart health, bone density, flexibility and strength. They are really keen to get us seniors and senior seniors to not only improve our fitness and health but our social connections too, which is why they suggest staying on for a coffee or chat after your class. Call them on 9687 6233 and ask about their "prYme" options.

The following pages have some truly special outing options for you and our shopping journeys are returning to pre C-19 programs, eg stay on and have a cuppa & cake while you're out & about! Which leads me to an important request of all our clients ... please, please, *please*:

- ✓ make your individual transport request as early as possible. 48 hours' notice let alone 24-hour requests, are not able to be met due to a sharp increase in demand for transport. Unless it is a true emergency, we know you are planning your treatments and appointments in advance. Or that you like to shop every week or every fortnight. So, please, help us help you by giving us your trip requests with lots of notice! We hate saying no ... yet we are having to do so now.
- ✓ being so well organised, we also know changes and cancellations can occur. As soon as you know of a change or cancellation, please let us know. Regrettably, we have had to start implementing cancellation charges and we don't like doing that ...
- ✓ When you go through the outing options now, please think carefully about booking everything so as not to miss out and then cancelling several once you've really planned your month. Doing so often means others miss out. And personally, it is an operational nightmare for the team.

See you soon, out and about with HKCT !



Cheers, Helen



We will do everything possible to go ahead with all outings, however, destinations and/or venues may have to change to meet any new NSW Health directions.

<input type="checkbox"/> 	<p align="center">Easter Saturday 3rd April – Mystery Tour</p> <p>This tour will be tinged with Easter Magic with pickups from 8.30am and returns from 4pm, so a long day to enable many mysterious moments!</p> <p align="center">Home pick-ups - times to be advised Saturday phone number for cancellations: 0473 478 890</p>	 \$20 pp / \$30 pc Transport Only
<input type="checkbox"/>	<p align="center">Tuesday 6th April – Forestville RSL</p> <p>Enjoy your own meal choice at this great value, friendly club. Our drivers will choose a scenic route over the Roseville Bridge and Middle Harbour Creek. Aren't we lucky to live amongst so many parks and waterways?</p> <p align="center">Home pick-ups – times to be advised</p>	 \$20 pp / \$30 pc Transport Only
<input type="checkbox"/>	<p align="center">Friday 9th April – Sunset Supper</p> <p>Driver, Rob, will be your 'mien host' for a supper of your choosing Asquith Bowling Club. 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">Home pick-ups – times to be advised Asquith, Mt Colah, Berowra (aka Local) Residents only</p>	 \$15 pp / \$20 pc Transport Only
<input type="checkbox"/> 8.15am Turramurra <input type="checkbox"/> 8.30am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library	<p align="center">Monday 12th April – Bruce's City Tour</p> <p>Our singing driver, Bruce, will take you on a wonderful bus tour of our city attractions, stopping at Centennial Park for morning tea, followed by lunch at Canada Bay Club at one's own expense and choice.</p> <p align="center">No Home Pickups Need a Cabcharge home from your pick-up point? Ask for the additional price.</p>	 \$20 pp / \$30 pc Transport Only
<input type="checkbox"/>	<p align="center">Tuesday 13th April – Wiseman's Ferry Bowling Club</p> <p>In less than one hour's drive from the last pick up, you'll be in a country village surrounded by National Parks. There are beautiful water views of the Hawkesbury River and the area's sandstone escarpments are an impressive sight. Enjoy the Roast of the Day, sticky date pudding with tea and coffee.</p> <p align="center">Home pick-ups – times to be advised</p>	 \$45 pp / \$80 pc With meal
<input type="checkbox"/>	<p align="center">Wednesday 14th April – Seniors Mexican Fiesta</p> <p>Celebrate Seniors' Week at the Seniors' Centre, Turramurra, for Fiesta Fun with The Mariachi Fiesta Viva Musical Trio and games to play. For lunch, there will be various tortilla options and more to tempt your taste buds and a Seniors Sangria, of course.</p> <p align="center">Home pick-ups – times to be advised</p>	 \$30 pp / \$50 pc Includes lunch & entertainment!
<input type="checkbox"/>	<p align="center">Friday 16th April – Sunset Supper</p> <p>Join us for an early dinner out at Cascade Dining, Club Belrose. There's plenty of choice on their new menu. You'll be home soon after 8pm.</p> <p align="center">Home pick-ups – times to be advised Turramurra to Roseville aka Local Residents only</p>	 \$20 pp / \$30 pc Transport Only
<input type="checkbox"/> 	<p align="center">Saturday 17th April – Mystery Tour</p> <p>Our drivers have chosen a secret location for lunch and perhaps an activity (dependent on weather and COVID guidelines) and will, as always, keep you laughing all the way.</p> <p align="center">Home pick-ups - times to be advised Saturday phone number for cancellations: 0473 478 890</p>	 \$20 pp / \$30 pc Transport Only

<input type="checkbox"/> 8.15am Turramurra <input type="checkbox"/> 8.30am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library	<p align="center">Monday 19th April – Stanwell Tops & Sea Cliff Bridge Drive Day with lunch at Scarborough Hotel</p> <p>Explore the rugged coast line south of Sydney with a drive over this spectacular bridge. You can see why Stanwell Tops is a favourite spot for hang gliders. <i>Lunch is at your own expense at the hotel with views out to sea.</i></p> <p align="center">No Home Pickups Need a Cabcharge home from your pick-up point? Ask for the additional price.</p>	 <p align="center">\$20 pp / \$30 pc Transport only</p>
<input type="checkbox"/>	<p align="center">Tuesday 20th April – Dural Country Club</p> <p>Autumn is such a lovely time to take a scenic drive out to Dural! Enjoy our set menu of Chicken Schnitzel and Veggies, plus Cake and Tea or Coffee.</p> <p align="center">A great value day out! Home pick-ups – times to be advised</p>	 <p align="center">\$40 pp / \$70 pc Lunch included</p>
<input type="checkbox"/>	<p align="center">Wednesday 21st April – Everything for Seniors</p> <p>Let us transport you to Ku-ring-gai Council's annual Seniors' Expo at Turramurra Uniting Church. Discover lots of fun and interesting things to do in Ku-ring-gai plus informative talks throughout the day. Morning tea is available and HKCT will be sizzling some snags for \$2.50!</p> <p align="center">Home pick-ups – times to be advised</p>	 <p align="center">\$15 pp / \$20 pc Transport only</p>
<input type="checkbox"/>	<p align="center">Friday 23rd April – Frankie's Food Factory</p> <p>Enjoy browsing around Flower Power Garden Centre, Glenhaven before choosing something from the menu to suit your taste & budget at the café.</p> <p align="center">For Hornsby Shire Residents only Home pick-ups – times to be advised</p>	 <p align="center">\$15 pp / \$20 pc Transport only</p>
<input type="checkbox"/> 8.15am Turramurra <input type="checkbox"/> 8.30am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library	<p align="center">Monday 26th April – Bruce's Richmond / Windsor Tour</p> <p>Bruce's new history tour is on the trail of Governor Macquarie Lunch has been booked at the North Richmond Penrith Panther's Club where you can choose something to suit your taste and budget!</p> <p align="center">No Home Pickups Need a Cabcharge home from your pick-up point? Ask for the additional price.</p>	 <p align="center">\$20 pp / \$30 pc Transport Only</p>
<input type="checkbox"/>	<p align="center">Monday 26th April – Trivia Competition at North Ryde RSL</p> <p>Defend our honour! HKCT is gathering the brains trust of Hornsby and Ku-ring-gai Shires to battle it out with our neighbouring Community Transport organisations. Most importantly you will enjoy the lunch and comradery and yes let's try to BRING HOME THE TROPHY</p> <p align="center">Home pick-ups – times to be advised</p>	 <p align="center">\$50 pp / \$90 pc Lunch included</p>
<input type="checkbox"/>	<p align="center">Tuesday 27th April – Northbridge Golf Club</p> <p>A scenic drive, a gorgeous view and a roast chicken lunch with pavlova and a choice of tea or coffee... and best of all, you don't have to wash up!</p> <p align="center">Home pick-ups – times to be advised</p>	 <p align="center">\$50 pp / \$90 pc Lunch included</p>
<input type="checkbox"/>	<p align="center">Friday 30th April – Frankie's Food Factory</p> <p>Enjoy browsing around Flower Power Garden Centre, Glenhaven before choosing something from the menu to suit your taste & budget at the café.</p> <p align="center">For Ku-ring-gai Council Residents only Home pick-ups – times to be advised</p>	 <p align="center">\$15 pp / \$20 pc Transport only</p>

April 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
West Pymble IGA	<input type="checkbox"/> Monday afternoon except Easter Monday 5 th April	Within 3km of West Pymble IGA *Special Price \$5*
East Lindfield IGA	<input type="checkbox"/> Monday afternoon except Easter Monday 5 th April	Within 3km of East Lindfield IGA *Special Price \$5*
Turrumurra IGA	<input type="checkbox"/> Monday afternoon except Easter Monday 5 th April, this run will be offered on Tuesday 6 th April	Within 3km of Turrumurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Monday afternoon except Easter Monday 5 th April, this run will be offered on Tuesday 6 th April	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 3km of Westleigh *Special Price \$5*
THORNLEIGH Marketplace & Aldi	<input type="checkbox"/> Every Tuesday morning - with an option: Pennant Hills Shops	Within 3km 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 Wednesday and Thursday	Within the Ku-ring-gai LGA
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 except Easter Friday, when we offer Thursday 1 st April	Brooklyn to Hornsby Heights plus Turrumurra to Normanhurst, and Asquith
Cherrybrook Village	<input type="checkbox"/> Every Friday except Easter Friday, when we offer Thursday 1 st April	Cherrybrook, Dural & Pennant Hills

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

** *pp = per person pc = per couple*