

Marvellous May

As I write this in April, for May there's still time for you to help defend HKCT's honour and join our "HKCT Honkers" trivia team on 26th April ... if you act now!!! Yet to keep moving on to Marvellous May ... **Happy Mothers' Day, one and all!**

Whether you are a mother, grandmother or aunt to children, pets or plants; or simply had a special mum, nan or auntie; May is a marvellous month to celebrate their contributions to our lives. Every day I become a little bit more like my mother ... and I couldn't be gladder! It is inconceivable to me, that there is such angst and outrage, disrespect and inequality when the majority of us have had loving, strong and successful women help shape our lives or influence our behaviour and attitude.

Back to feeling marvellous. We had such a great Consumer's meeting recently and the ideas and input was invaluable. Many of your ideas have already been implemented in this month's program and the last few suggestions are being researched and shall be introduced where possible. Eg be on the lookout for HKCT exercise & movement classes from (we hope) June on a Wednesday morning. Hope you see the subtle improvements continue. Don't forget, if you give us your email address or that of a friend or family member, you will have our programs in the best time every month.

And for those still interested in having a voice in the Health Network's research into how perfectly aged 70+ year olds access health care, and want to access health and emergency services, HKCT can still provide you with a hard copy of a survey or you can contact Hoda Sanai and her team on phone 9432 8254 or email hsanai@snhn.org.au

Are you not that "IT literate" and know you are missing out on so much? There is a fabulous opportunity for all HKCT clients to receive free, yes, *free training* in small sized classes to become Tech Savvy! We know of two different "digital technology programs" (aka computer, tablet and mobile phone usage training) for seniors available at no cost! Hornsby Ku-ring-gai Community College in Hunter Street Hornsby are NSW Govt & Telstra funded to run training sessions in small class sizes for learners over the age of 60. They have a wide variety of training guides for beginners and intermediate users, starting with introductions to computers, tablets, the internet, email, social media to more detailed sessions on these and They also have a digital library, so learners can borrow a tablet for up to 3 weeks to practice digital skills and get in the habit of staying connected with family and friends. Plus a Be Connected program of one-on-one mentoring support, provided by volunteers.

You don't need to become the next Steve Jobs or whomever is the latest IT genius. But the advantages for safety, communicating, sharing photos or video chatting with family or friends far away will make it worthwhile! Plus, you can be apprised of only specific news that you choose. Such as Scam Alerts. I just learned that some seniors in WA are receiving telephone calls from someone claiming to be from My Aged Care (MAC). The caller asked for \$25 and bank details to register them for MAC. As you know, **this is NOT how MAC operates** – there is no cost to register. Wouldn't knowing how to send an email or receiving information from legitimate government sites be helpful? Please think about it ... and be vigilant in never ever sharing your banking details to callers

My May Mantra for you all (courtesy of Anne Frank):

How wonderful it is that nobody needs wait a single moment before starting to improve the world!

Lastly, a message for the first-time readers of our monthly program ... Let HKCT take you out the world, soon ... even better, why not make it this month!

Cheers,
Helen





We 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.

<p>Saturday 1st May</p>	<p>Annangrove Brewery Enjoy a drive out in the fast disappearing countryside, and try some award winning, hand-crafted brews matched with locally sourced pub classics. If time permits, you can have a browse through Bunnings next door! Home pick-ups - times to be advised Saturday phone number for cancellations: 0473 478 890</p>	 <p>\$20 pp / \$30 pc Transport Only</p>
<p>Monday 3rd May No Home Pickups</p>	<p>Bruce's Richmond / Windsor Tour Priority will be given to those on the waiting list from April for Bruce's new history tour on the trail of Governor Macquarie. Lunch has been booked at the North Richmond Penrith Panther's Club. Pick up locations and time TBA</p>	<p>\$20 pp / \$30 pc Transport Only</p>
<p>Tuesday 4th May</p>	<p>Camden Valley Inn Join us for a trip back in time to the Macarthur region with picturesque views of the Razorback Mountains. We have organised an alternate drop of Guinness Pie and Salmon with veggies, and pavlova, berries and cream for dessert. Prepayment required Home pick-ups – times to be advised</p>	 <p>\$50 pp / \$90 pc With meal</p>
<p>Friday 7th May</p>	<p>Geranium Cottage, Dural – lunch outing Browse through the jam shop and small art gallery before lunch. We've had rave reviews from clients about their homemade fare! Home pick-ups – times to be advised - Hornsby Shire</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Friday 7th May Evening</p>	<p>Sunset Supper - Roseville Club Join us for an early supper of your choosing at the Roseville Club. You'll be home soon after 8pm. Home pick-ups - times to be advised. Turrumurra to Roseville & St Ives - aka Local Residents only</p>	<p>\$15 pp / \$20 pc Transport Only</p>
<p>Tuesday 11th May</p>	<p>Ettalong Diggers Come for a drive up the coast! You'll enjoy beautiful, sweeping views over Broken Bay and Lion Island. You will be served alternate main meals of roast beef or chicken breast, with pavlova, berries and cream for desert with tea and coffee. Prepayment required Home pick-ups – times to be advised</p>	 <p>\$45 pp / \$80 pc With meal</p>
<p>Friday 14th May</p>	<p>Geranium Cottage, Dural – lunch outing Ku-ring-gai Shire residents turn, to return to this popular spot for lunch Home pick-ups – times to be advised – Ku-ring-gai Shire</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Friday 14th May Evening</p>	<p>Sunset Supper – Asquith Bowling Club Driver, Rob, will be your 'mine host' partner, taking you to Asquith Bowling Club for a supper of your choosing. We also believe the meat tray raffle is well worth a ticket or two! Asquith, Mt Colah, Berowra aka Local Residents only Home pick-ups – times to be advised.</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Saturday 15th May</p>	<p>Parklea Markets Parklea Markets boast the biggest, most vibrant and colourful market place in the Southern Hemisphere, a treasure trove of international food, fashion and flair displaying all the best Australia has to offer, all under one roof with thousands of bargains. Home pick-ups - 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 Turramurra <input type="checkbox"/> 8.45am Willow Pk Hornsby <input type="checkbox"/> 9.15am Pennant Hills Library	<p>Monday 17th May – Chatswood to Tallawong Station</p> <p>Have you tried the driverless train yet? Our drivers will get you to Chatswood Station for the train journey and pick you up from Tallawong, to take you to The Fiddler, Rouse Hill for lunch (at your own expense). Return by HKCT bus to your original pick up point. Bring your Opal Card & yes you will be accompanied by one of our wonderful volunteers on the train. Need a Cabcharge home from your pick-up point? Ask for the additional price.</p> <p style="text-align: right;">No Home Pickups</p>	 <p>\$20 pp / \$30 pc Transport Only</p>
<p>Tuesday 18th May</p>	<p>Wakehurst Golf Club</p> <p>Enjoy a scenic drive to the Manly Dam area before lunch of roast ham, chips and salad; and then cake, tea and coffee at this popular venue.</p> <p style="text-align: right;">Home pick-ups – times to be advised</p>	 <p>\$40 pp / \$70 pc Lunch included</p>
<p>Friday 21st May</p>	<p>Pie in the Sky & Austral Water Gardens, Cowan</p> <p>Visit this beautiful Water Lily nursery before heading to the award-winning cafe with a spectacular view of the Hawkesbury.</p> <p style="text-align: right;">Home pick-ups – times to be advised - Hornsby Shire Residents</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Tuesday 25th May</p>	<p>Doyalson RSL Club</p> <p>Let's get out of the city and drive up north to enjoy a great value lunch. Choose from Chicken Schnitzel, Beef sausages or Beer Battered Fish with chips and salad. Dessert and drinks can be ordered and paid for separately.</p> <p style="text-align: right;">Home pick-ups – times to be advised</p>	 <p>\$35 pp / \$60 pc With main meal</p>
<p>Thursday 27th May</p>	<p>Australia's Biggest Morning Tea</p> <p>Join the Hornsby Ku-ring-gai Post for their Cancer Council Fundraiser morning tea at the Turramurra Masonic Hall from 10am. There will be a selection of cakes, muffins, slices and savoury items, as well as guest speakers and a raffle. Tickets at the door - \$10 for seniors.</p> <p style="text-align: right;">Home pick-ups – times to be advised</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Friday 28th May</p>	<p>Pie in the Sky & Austral Water Gardens, Cowan – lunch outing</p> <p>Visit this beautiful Water Lily nursery before heading to the award-winning Pie Shop with a spectacular view of the Hawkesbury.</p> <p style="text-align: right;">Home pick-ups – times to be advised – Ku-ring-gai Shire Residents</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Friday 28th May Evening</p>	<p>Sunset Supper – Glenorie RSL</p> <p>Join us for an early supper of your choosing at this friendly club. You will be home soon after 8pm.</p> <p style="text-align: right;">Home pick-ups – times to be advised - Pennant Hills / Epping / Dural Residents</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Saturday 29th May</p>	<p>Dee Why RSL</p> <p>Let's go out for a drive to the beaches, then enjoy lunch at this club which underwent a major renovation in 2020.</p> <p style="text-align: right;">Home pick-ups – times to be advised</p> <p>Saturday phone number for cancellations: 0473 478 890</p>	 <p>\$20 pp / \$30 pc Transport Only</p>
<input type="checkbox"/> 8.30am Turramurra <input type="checkbox"/> 8.45am Willow Pk Hornsby <input type="checkbox"/> 9.15am Pennant Hills Library	<p>Monday 31st May – McMahon's Point to Manly Ferry Day</p> <p>Our drivers will take you to McMahon's Point for you to catch the ferry to Circular Quay. You will have time for morning tea, before catching another ferry to Manly for lunch (at your own expense and choice). Bring your Opal Card. Yes, you will be accompanied by one of our wonderful volunteers on the ferry. Need a Cabcharge home from your pick-up point? Ask for the additional price.</p> <p style="text-align: right;">No Home Pickups</p>	 <p>\$20 pp / \$30 pc Transport Only</p>

MAY 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 mornings	Within 3km of West Pymble IGA *Special Price \$5*
East Lindfield IGA	<input type="checkbox"/> Monday afternoons	Within 3km of East Lindfield IGA *Special Price \$5*
Turramurra IGA	<input type="checkbox"/> Monday mornings	Within 3km of Turramurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Monday afternoons	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
Macquarie Centre	<input type="checkbox"/> Thurs 13 th May	between Turramurra - 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 Turramurra 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.

pp = per person pc = per couple