

Jubilant June

As Rodgers & Hammerstein's wrote in their wonderful **Carousel** tune: "June is bustin' out all over" So is HKCT's June social program! Pam always works hard to bring variety to you but on this one I think she has excelled. I hope you think so too ...

So much so we've had to summarise some of our usual information. Options with Home pick-ups are noted under the date, and your actual pick-up time will be advised to you the day prior to the outing, as usual. On the few with no home pick-ups, your options of place and time as also shown. There are also two options being offered twice – once for KMC residents, once for HSC residents – but the details are only explained once.

You'll also notice that several of our outings require prepayment. This is because we must guarantee numbers well in advance of the actual event and if you book and change your mind, we can't be sure to fill your seat with late requests or waitlisted clients. We will be happy to refund your transport portion of the cost but not the venue charge. This condition is allowing us to extend our options to you, and something your fellow clients agreed was understandable to those who participated at our last Consumer Meeting.

There are also several outings to venues suggested to us at that same meeting, or on our recent Client Survey. Feedback is crucial to us. Your feedback ensures we are providing services and options that you, our valued consumers, want. Feedback can be in various forms and for numerous reasons. Did one of our team members perform their duties in a way that will make me proud? Or in a manner that could be improved? Was the service arrangement as you asked or expected or do we need to review our provision and consider how to adjust or improve? You will never offend us or need to consider you will be disadvantaged if you give us honest, fair and genuine feedback. Please, your opinion and needs are important and I want to hear from you. Ask your driver for a Feedback form, send an email to info@communitytransport.org.au or telephone 9983 1611 and speak with me directly. Or any of our Client Service team members.

On our survey, 50% of respondents also told us they'd like to attend gentle exercise classes. We've researched this, on your behalf, and are delighted to bring you a fabulous option at Hornsby with 'Local Motion'. I've had several conversations with Natalie, their trained professional who has agreed to run our classes. The one-hour session will be suitable to anyone and everyone, regardless of your mobility, nimbleness or agility. The exercises will be gentle and appropriate to you: 65+ years perfectly aged! If you can get down on to the floor / stand and follow her example, great. You may want to stand yet use a chair back to support yourself. If you want or need to sit in a chair, that is just fine too. Everyone can participate, safely, to their own ability and pace. And everyone will benefit from movement and gentle exercise to get your circulation going and breathing deepened. You'll see there is special pricing for us too, if you prepay for 10 classes, to be used weekly for our first 10 week, or for 10 classes over the weeks to come, if you can't make every class every week. As they say, "use it or lose it" ... We know it will be good for you and know Natalie will make it fun! Please sign up!!!

My June Tune for you all (courtesy of Henri Matisse):

"There are always flowers for those who want to see them"

Lastly, a reminder that our office will be closed on Monday, 14th June being a public holiday. We hope you too will enjoy a piece of cake in belated honour, Australian style, of "Lilibet's" 95th birthday!

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>Tues 1st June</p> <p>Home Pick-ups</p>	<p>Ebenezer Church Tour</p> <p>Located in the historic area of the Hawkesbury, Ebenezer Church is Australia's oldest church, est 1809, and the most popular trips we've ever done. Included in the price an escorted tour and talk about its history, then a VIP BBQ lunch made by the church volunteers. Plus dessert and tea or coffee! Payment required at the time of booking, sorry NO Refunds</p>	 <p>\$40pp / \$70 pc With meal</p>
<p>Est start ... Wed 2nd June</p> <p>Home Pick-ups</p>	<p>Gentle Exercise Session for Seniors ... You asked, HKCT is delivering !!! Every Wednesday for ten (10) weeks, 11am</p> <p>Standing or sitting EVERYONE can participate safely. Come on! Get moving and enjoy the benefits of improved posture & mobility, reduced arthritic pain, improved sleeping patterns. \$12 per class or prepay for 10 weeks and pay only \$8.70. Min 10 HKCT clients req'd – let's make it 20!</p>	 <p>\$15 pp / \$20 pc Transport only</p>
<p>Thurs 3rd June</p> <p>Home pick-ups</p>	<p>Use your NSW Dine & Discover Vouchers at Roseville! Ku-ring-gai residents</p> <p>See Judy Dench in her latest movie "6 Minutes to Midnight" (with open captions for the hearing impaired) followed by lunch at either Roseville Club or Salt Pepper Nutmeg Café. Using NSW vouchers, cost from only \$1 for movie, theatre snack pack, and lunch! – early start, 10.30am movie</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Friday 4th June</p> <p>Home pick-ups</p>	<p>Asquith Golf Club Hornsby Shire residents</p> <p>Enjoy time out of the house before the weekend at this friendly club with lunch at your own expense and choice. Relax at the 19th hole while someone else does all the walking! If time and traffic permit, we will drive through Bobbin Head.</p>	 <p>\$15 pp / \$20 pc Transport Only</p>
<p>Monday 7th June</p> <p>Home pick-ups</p>	<p>Hornsby to Gosford Train / Lunch / Road Trip</p> <p>Your driver will take you to Hornsby Train station and pick you up from Gosford Station, then head to the Central Coast Leagues Club for lunch at your own expense. You will be driven home from the club. The train line takes you right along the Hawkesbury River, past the oyster farms – a completely different view than the highway, and well worth the \$2.50 if you have a seniors Opal Card.</p>	 <p>\$20 pp / \$30 pc Bus Transport Only</p>
<p>Tuesday 8th June</p> <p>Home pick-ups</p>	<p>Royal Motor Yacht Club – Newport</p> <p>Since 1928, the Royal Motor Yacht Club has been operating on the shores of Pittwater: the gateway to Broken Bay and the Hawkesbury River and arguably one of the most beautiful boating waterways in the world. On the menu is roast lamb and veggies, sticky date pudding with tea and coffee. Payment required at the time of booking, sorry NO refunds</p>	 <p>\$55 pp / \$100 pc With meal</p>
<p>Wed 9th June</p>	<p>Week 2: Gentle Exercise Session for Seniors</p> <p>\$12 per class or \$8.70 if 10 weeks prepaid Home pick-ups</p>	<p>\$15 pp / \$20 pc Transport only</p>
<p>Friday 11th June</p>	<p>Asquith Golf Club – it's Ku-ring-gai residents' turn!</p> <p>Home pick-ups</p>	<p>\$15 pp / \$20 pc Transport Only</p>
<p>Saturday 12th June</p> <p>Home pick-ups</p>	<p>Castle Hill Markets and Ettamogah Pub for lunch</p> <p>Back by popular demand! Hawkesbury Harvest's original and best farmer's market where the passionate eater can find artisanal foods, genuine growers, and regional specialities. Saturday phone number for cancellations: 0473 478 890</p>	 <p>\$20 pp / \$30 pc Transport Only</p>

<p>Tuesday 15th June</p> <p>Home Pick-ups</p>	<p>Danny's Seafood – La Perouse</p> <p>Another special request! This restaurant is an icon and a favourite with locals and tourists. With water views across Botany Bay. Note – we will be downstairs this time to have the most affordable day out on our June program.</p> <p>Payment required at the time of booking, sorry NO refunds</p>	 <p>\$35 pp / \$65 pc With meal</p>
<p><input type="checkbox"/> 8.45am Turramurra</p> <p><input type="checkbox"/> 9.00am Willow Pk Hornsby</p> <p><input type="checkbox"/> 9.15am Pennant Hills Library</p>	<p>Wednesday 16th June</p> <p>– Sydney Tramway Museum, Loftus</p> <p>Fingers crossed we can get back to our old favourites again... Sydney's Trams were an important part of everyday life for over 80 years until 1961. We will provide a light picnic lunch from Meals on Wheels. You will need to pay your entrance fee of \$15 at the gate and there will be hot drinks and pies available at their kiosk.</p>	 <p>\$30 pp / \$50 pc Transport + Picnic lunch only</p>
<p>Wed 16th June</p>	<p>Week 3: Gentle Exercise Session for Seniors</p> <p>\$12 per class or \$8.70 if 10 weeks prepaid Home pick-ups</p>	<p>\$15 pp / \$20 pc Transport only</p>
<p>Friday 18th June</p> <p>Home pick-ups</p>	<p>The Art Gallery of NSW - Hornsby Shire residents</p> <p>Take a trip into the city and enjoy free entry into the gallery. There is a café on the lower level overlooking Woolloomooloo Bay or you can take a stroll over the road to the cafe at the Domain. You may wish to purchase tickets to the Archibald Prize exhibition either online or at the gallery.</p>	 <p>\$20 pp / \$30 pc Transport Only</p>
<p>Tuesday 22nd June</p> <p>Home pick-ups</p>	<p>Waterview Restaurant & Lucky Starr Show</p> <p>Sing-a-long to "I've been everywhere" whilst enjoying a 3-course meal with wine, soft drinks, tea and coffee. Go on ... treat yourself! This is one of our favourite restaurants and the drive down to Berowra Waters makes for a magic day out.</p> <p>Payment required at the time of booking, sorry NO refunds</p>	 <p>\$75 pp / \$140 pc With meal & show</p>
<p>Wed 23rd June</p>	<p>Week 4: Gentle Exercise Session for Seniors</p> <p>\$12 per class or \$8.70 if 10 weeks prepaid Home pick-ups</p>	<p>\$15 pp / \$20 pc Transport only</p>
<p>Friday 25th June</p>	<p>The Art Gallery of NSW – Ku-ring-gai residents' turn!</p> <p>Home pick-ups</p>	<p>\$20 pp / \$30 pc Transport Only</p>
<p>Saturday 26th June</p> <p>Home pick-ups</p>	<p>Vanilla Cream Café, Amaroo Park, Annangrove</p> <p>Another client suggestion, thank you Sheila! Get out of the house on the weekend for a country drive and maybe a stop at the Dural Fruit Kiosk on the way home.</p> <p>Saturday phone number for cancellations: 0473 478 890</p>	 <p>\$20 pp / \$30 pc Transport Only</p>
<p><input type="checkbox"/> 8.30am Turramurra</p> <p><input type="checkbox"/> 8.45am Willow Pk Hornsby</p> <p><input type="checkbox"/> 9.00am Pennant Hills Library</p>	<p>Monday 28th June – Eastern Suburbs Adventure</p> <p>Our dynamic duo, Bruce and Barb will take you from La Perouse to Watsons Bay for lunch at your own expense or bring your own picnic. Then a ferry ride to Circular Quay and be entertained by the many buskers. You'll be a tourist in your own city! Bring your Opal Card. Need a Cabcharge home from your pick-up point? Ask for the additional price.</p>	 <p>\$20 pp / \$30 pc Transport Only</p>
<p>Tuesday 29th June</p> <p>Home pick-ups</p>	<p>Time and Tide – Dee Why</p> <p>Take a drive down to the Northern Beaches with us and enjoy one of our favourite hosts, Nimal and his generous hospitality. Being served is salmon, mash and veggies, sticky date pudding with ice-cream and tea or coffee.</p> <p>Payment required at the time of booking, sorry NO refunds</p>	 <p>\$55 pp / \$95 pc With meal</p>

JUNE 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, except 14 th Public Holiday	Within 3km of West Pymble IGA *Special Price \$5*
East Lindfield IGA	<input type="checkbox"/> Monday afternoons except 14 th Public Holiday	Within 3km of East Lindfield IGA *Special Price \$5*
Turramurra IGA	<input type="checkbox"/> Monday mornings, 7 th , 21 st & 28 th Tuesday 15 th (After the Public Holiday)	Within 3km of Turramurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Monday afternoons 7 th , 21 st & 28 th Tuesday 15 th (After the Public Holiday)	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5*
Westleigh Village	<input type="checkbox"/> Every Tuesday morning	Within 3km of Westleigh *Special Price \$5*
THORNLEIGH Marketplace & Aldi	<input type="checkbox"/> Every Tuesday morning	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 17 th June	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