

Juicy July

Our heading this month comes courtesy of a regular client. Thank you, Ruth O, we were so glad to receive your suggestion! And July's juicy fruits: grapefruit & lemons, mandarins & oranges are truly flavoursome; my favourite pear – the Beurre Bosc - and oh for winter strawberries! There's no excuse not to keep up our intake of vitamin C is there?

Thank you to everyone for embracing our need for prepayment on Tuesday outings where meals at venues are prearranged. You are really helping our processing and obligations to partnering venues, as well as fairness to fellow travellers by reducing the number of cancellations that too often precluded others from participating. Prepayment also reduces the stress on our drivers. As always, our ever-wonderful client services team can explain the refund procedure if you cancel your booking at least 4 working days in advance.

We have also included an evening outing. Our apologies for treating you like marshmallows, thinking you might prefer not to go out on winter nights when so many of you do! And if you travel with a partner on our outings, you will notice that the price has increased modestly. This was from feedback asking for fairness to those without a partner and managing all costs on a single pension and is the first of a review of all pricing. Regrettably, costs do increase for HKCT as for all businesses and there has been no increase in our service contribution fees for over two years. We will keep you informed, yet I assure you they will be vigorously assessed by the team and thereafter scrutinised intensely for fairness and equity by our Board, before we put it to you, our valued travellers.

A friend shared with me food purchasing tips from "Healthy & Active for Life". Before buying anything manufactured, we should read its nutrition guide in the per 100g column and aim for items with: less than 10g of total Fat and 3g of Saturated Fat per 100g, less than 15g of Sugars, 120mg or less of Sodium and foods with 3g or more per serve of Fibre. Not lingering in the chocolate aisle, biscuit aisle or buying a 5-day supply of frozen meals are apparently other tips ...

Likewise, don't forget to soak up every day's sun's rays to maintain your vitamin D levels. It is so easy to hibernate like the bears, stay inside near a heater and not think about the importance of fresh air, sunshine or socialising. So, consider this your health alert! We've worked extra hard again to bring you an array of outings to deny winter blues! And yes, the exercise classes are continuing and with great interest and Natalie is already a new favourite friend. "Use it or lose it" as the pundits say ...

Speaking of "losing it" I would like to lose the name "shopping shuttles" as I don't believe it represents what our shuttles really offer you. HKCT shopping shuttles don't just take you to the supermarket, although it is something we all need to do whether for a little or a lot. Our programmed journeys are an opportunity to visit a café and catch up with friends or simply people watch. Visit the hairdresser or browse a community board or stroll through the stores for a reason or no reason at all. You get to see changes occurring in your local area and truly be part of your community for an hour or two. So, what should we call this vital service option? 'Community Coach', 'My Time Trip', 'Out n About Bus' or ... Do you have an idea? We'd love to hear it! All suggestions welcome so please help. The chosen suggestion will reward the suggester with a prize! Entries close by June 30th so we've time to select the winner and start using the new name in our August Newsletter. And if you've a monthly newsletter title to give for any month, don't forget to tell me!

My promise for July is inspired by a Japanese proverb:

"One kind word can warm up three winter months"


May there be sunshine in your soul this month too. See you out and about!





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>Friday 2nd July evening Home Pick-ups</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</p>	 <p>\$15 pp / \$25 pc Transport only</p>
<p>Tuesday 6th July Home Pick-ups</p>	<p>Club Palm Beach Let’s go to this famous beach where celebrities holiday and the TV show, Home and Away is filmed. Enjoy a day out at this friendly club. <i>Menu</i> – Choice of Schnitzel, Tempura Fish or Roast of the Day <i>Dessert</i> – Dessert of the day. NB: Tea or coffee is an extra charge. Prepayment required at the time of booking</p>	 <p>\$40 pp / \$75 pc Includes lunch</p>
<p>Wed 7th July Home Pick-ups</p>	<p>Gentle Exercise Session for Seniors ... You asked, HKCT is delivering !!! Wednesdays commencing 11am WEEK 4 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 is pension price or buy a season ticket for 10 weeks and its cheaper Join on any week!</p>	 <p>\$15 pp / \$25 pc Transport only</p>
<p>Friday 9th July Home pick-ups</p>	<p>Australian Museum Ku-ring-gai residents We’ve had many requests for this trip. From dinosaurs to rooftop dining, the transformed Australian Museum has something for everyone and General Admission is now free. There is a café on level 2 as well.</p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p>Saturday 10th July Home pick-ups</p>	<p>St Ives Flower Markets & Tastebuds Café Brighten up your winter weekend with a bunch of flowers, lunch at your own choice with friends and a scenic drive in our cosy community buses! Saturday phone number for cancellations: 0473 478 890</p>	<p>\$20 pp / \$35 pc Transport Only</p>
<p><input type="checkbox"/> 8.45am Turramurra <input type="checkbox"/> 9.00am Willow Pk Hornsby <input type="checkbox"/> 9.15am Pennant Hills Library</p>	<p>Monday 12th July - Penrith to Springwood Station Enjoy a day out in the lower Blue Mountains. Our driver Bruce will deliver you to Penrith station, where our bus volunteer, Barb will travel with you to Springwood. After a stroll around the town and lunch of your own choice, our driver will take you back to your original pick up point. Ask for the additional price of a Cabcharge home from your pick-up point.</p>	 <p>\$20 pp / \$35 pc Bus Transport Only</p>
<p>Tuesday 13th July Home Pick-ups</p>	<p>Xmas in July at The Fiddler with Roland Storm Travel with us to Rouse Hill, for a traditional 2 course Xmas lunch and welcome drink, whilst enjoying all your favourite Rock and Country songs from the 60’s 70’s and 80’s. Roland's formal classical vocal and piano training includes seven years in the Sydney Conservatorium of Music, equipping him with the essential skills for his dynamic stage performances. Prepayment required at the time of booking</p>	 <p>\$70 pp / \$130 pc Includes lunch & show</p>
<p>Wed 14th July</p>	<p>Week 5: Gentle Exercise Session for Seniors Pensioner price is \$12 per class or \$8.70 if you buy a session pass for 10 classes Join in on any week Home pick-ups</p>	<p>\$15 pp / \$25 pc Transport only</p>
<p>Friday 16th July Home pick-ups</p>	<p>Australian Museum Hornsby Shire residents turn After a year of renovation, the Museum is open again. Entry is free. There is a café on Level 2 as well as the rooftop restaurant.</p>	<p>\$20 pp / \$35 pc Transport Only</p>

Friday 16th July evening Home Pick-ups	Sunset Supper – The Roseville Club Due to popular demand, we are returning to Roseville for a night out with your own designated driver! Turrumurra to Roseville & St Ives - aka Local Residents only	 \$15 pp / \$25 pc Transport only
Tuesday 20th July Home Pick-ups	Dooleys Waterview Club, Silverwater Let's go west for a change, over the Parramatta River to this friendly club. Makes you hungry just thinking about the Tempura Battered Saltwater Barramundi, with steak chips, rocket and parmesan salad. Enjoy tea, coffee and sienna cake before a relaxing drive home! Prepayment required at the time of booking	 \$50 pp / \$95 pc With meal
Wed 21st July	Week 6: Gentle Exercise Session for Seniors Pensioner price is \$12 per class or \$8.70 if you buy a session pass for 10 classes Join in on any week Home pick-ups	\$15 pp / \$25 pc Transport only
Thurs evening 22nd July Home Pick-ups	Sunset Supper – West Pennant Hills Sports Club Try something different with WPHS new menu and your own designated driver! You'll be home before 9pm. Normanhurst / Epping / Dural Residents - aka Local Residents only	 \$15 pp / \$25 pc Transport only
Friday 23rd July Home Pick-ups	King Tide Café – Brooklyn Ku-ring-gai residents Enjoy a drive to the Hawkesbury River Marina through Muogamarra Nature Reserve. You can order your lunch and look at the boats for sale... maybe buy a lottery ticket first!	 \$15 pp / \$25 pc Transport only
Saturday 24th July Home Pick-ups	Annangrove Bunnings & Brewery Enjoy a drive out to the fast disappearing countryside, and try some award winning, hand-crafted brews matched with locally sourced pub classics. If time permits, we can have a browse through Bunnings next door! Saturday phone number for cancellations: 0473 478 890	 \$20 pp / \$35 pc Transport Only
<input type="checkbox"/> 8.45am Turrumurra <input type="checkbox"/> 9.00am Willow Pk Hornsby <input type="checkbox"/> 9.15am Pennant Hills Library	Monday 26th July – Bruce's Northern Beaches Tour Our singing bus driver, Bruce, has devised a wonderful tour of Sydney's Northern beaches, with a lunch stop at the Bayview Golf Club. You might even drive past Bruce's childhood home. Ask for the additional price of a Cabcharge home from your pick-up point.	 \$20 pp / \$35 pc Transport Only
Tuesday 27th July Home pick-ups	High Tea at Kew Dining + Ken Duncan Gallery This will be a real treat! Superb location, wonderful service, with settings that will remind you of your mum or nan. Hot & cold savoury items and the sweet plates are just right. Not to mention a glass of bubbles as well as tea or coffee. Wander around Ken Duncan's gallery next door before the trip home. Prepayment required at the time of booking	 \$75 pp / \$145 pc With meal
Wed 28th July	Week 7: Gentle Exercise Session for Seniors Pensioner price is \$12 per class or \$8.70 if you buy a session pass for 10 classes Join in on any week Home pick-ups	\$15 pp / \$25 pc Transport only
Friday 30th July Home Pick-ups	King Tide Café Hornsby Shire residents turn Take a trip back in time to Brooklyn, a quaint fishing village, and order lunch whilst looking at the boats.	\$15 pp / \$25 pc Transport only

JULY WEEKLY OUTINGS

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.**

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	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 15 th July	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