

# Optimistic October



The weather is warming, the winds not so cutting, the gardens are awakening ... and so can we! We've followed the rules and had limited cases in our community ... we do have a lot for which to be grateful, don't we? My mum used to say 'if wishes were horses, beggars would ride' so while I could rant or focus on the deep, personal impacts lockdown has had on me, I am remembering mum's approach and realigning my thoughts. Nor will we fully enjoy International Champagne Day on 22<sup>nd</sup> October if we don't!

We are delighted a few of you asked for our transport to enjoy the social bubble visitations, and now that picnics for up to five (5) people are allowed, I assure you we are busy putting procedures and plans and protocols in place to allow frequent gatherings in local areas. Would you be interested in a morning tea, lunch or afternoon tea picnic style? If so, please phone Deb, Julie, Karen or Sharon now and register your interest and *confirm you have been double vaccinated*, so we can mobilise our picnic buses without delay!

We also expect the opportunity to re-commence socialising in hospitality venues, if not by end October at least in November. Yet this too has proviso's ... the need to be able to prove our individual vaccination status. This applies to every HKCT client who wishes to participate in any social program activity arranged where you will be eating or socialising outdoors or in a club, a hotel, a restaurant or a café. Therefore, when you make a booking with us, we will be asking whether you have had your two vaccine doses and how you will be able to prove this to our host venue: printed vaccination certificate or e-certificate on your mobile phone. This will ensure you can participate as we want you to

This is not an HKCT imposed restriction – it is a Public Health Order. If you don't already have a printed copy of your vaccination certificate, perhaps your doctor or where you went for your vaccine could help (mine could not)? If you have a my.gov account that is linked to your Medicare records, you can get one from here AND can download a copy of your e-certificate on to your phone. It is a process and I freely admit I needed assistance to do mine! (Thank goodness for Julie!) And if all of this sounds too hard, you can telephone the Australian Immunisation Register on 1800 653 809 between 8am and 5pm Monday thru Friday and ask them to post you your immunisation history statement ... this will take up to 14 days to arrive so call now! We don't want you not to be able to socialise because of missing paperwork! We've waited too long not to enjoy a meal out with family or friends or HKCT!!!

Speaking of vaccines, it is with pleasure that I brag to you: *every* HKCT team member is double vaccinated and did so without any hesitancy or request to do so. I am so proud ...

At the time of writing, we do not envision our AGM will go ahead on 1<sup>st</sup> November. We've NSW Fair Trading permission to delay it, and I promise we will have a celebratory luncheon and meeting when we can ... maybe a combined AGM and Christmas gathering?

Let's make the most of spring, of sunshine, of hope. Let's be a part of positive change and recovery. My month's mantra is from Noam Chomsky:

***“ Optimism is the strategy for making a better future.  
Because unless you believe that the future can be better,  
you are unlikely to step up and take responsibility for making it so.”***

I hope you will share in my optimism. Or at least apply optimism to aspect of your life. We will soon have you out with us for more than shopping or essential appointments ...

Cheers, Helen

## October's WEEKLY SOCIAL 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.**

**Social 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 mornings	Within 3km of West Pymble IGA <b>*Special Price \$5*</b>
<b>East Lindfield IGA</b>	<input type="checkbox"/> Monday afternoons	Within 3km of East Lindfield IGA <b>*Special Price \$5*</b>
<b>Turramurra IGA</b>	<input type="checkbox"/> Monday mornings	Within 3km of Turramurra IGA <b>*Special Price \$5*</b>
<b>Berowra Coles &amp; Aldi, Mt Ku-ring-gai</b>	<input type="checkbox"/> Monday afternoons	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights <b>*Special Price \$5*</b>
<b>Westleigh Village</b>	<input type="checkbox"/> Every Tuesday morning	Within 3km of Westleigh <b>*Special Price \$5*</b>
<b>THORNLEIGH Marketplace &amp; Aldi</b>	<input type="checkbox"/> Every Tuesday morning	Within 3km of Thornleigh <b>*Special Price \$5*</b>

## 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 Wednesday and Thursday	Within the Ku-ring-gai LGA
<b>Macquarie Centre</b>	<input type="checkbox"/> Thurs 14 <sup>th</sup> October	between Turramurra - 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 Turramurra 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.

*pp = per person pc = per couple*

**PICNIC ANYONE? Phone us now to register your interest: 9983 1611**