

# Noteworthy November

It is a novo or new month, noisy with options now we can get out & about more normally... hence us considering November is a noteworthy month in which we bring you lots of social and shopping options to help make it so!



We humans really are designed to socialise, aren't we? Whether you personally prefer to partake of a social event once a month or once a week, I believe our latest lockdown has proven just how vital it is that we all make an effort to do something different, experience something with someone different. It is why the team at HKCT goes to such efforts to offer you a variety of social outings.



Please remember, you must be fully vaccinated to join us on any of our group outings and carry proof of your vaccination. 3 ways to get the proof required:

1. A COVID-19 digital certificate can be accessed through the [Express Plus Medicare mobile app](#) or Medicare online account through [myGov](#). The COVID-19 digital certificate can be saved to your mobile phone. Visit [Services Australia](#) for instructions.
2. Visit your nearest Medicare office or
3. Phone the Australian Immunisation Register [1800 653 809](#) Monday to Friday 8 am to 5 pm and they can post it out to you, however, this might take up to 14 days

To make a booking request for individual transport and shopping shuttles, we really need your help in giving us as much advance notice as possible. As a guide - for us to be able to help we need a minimum three-days' notice. The last few months we have been able to be more flexible, yet greater demand means we do need your help with advance notice!

We also hate saying we can't help you with transport and always act fairly to everyone. We understand that plans can change, but if a change does occur, we ask that you ring us without delay. This will ensure we do not have to impose our cancellation charges or worse, our no-show charges, when our driver arrives to take you to your appointment only to learn you no longer need our transport. Advance notice of bookings and minimum changes mean we can do more for everyone.

Service NSW has saved over \$38 million for NSW residents aged over 60 years since their 'Cost of Living' program was introduced. To find out what you may be able to arrange and save, you can search on line for rebates at <https://www.service.nsw.gov.au/campaign/cost-living> or make an appointment with Service NSW on 13 77 88 to hear of the possibilities in person now that face to face appointments are available for the fully vaccinated. They can help explain rebates on household bills, options for assistance with medical technology, how to search for unclaimed money from old bank accounts, shares, super funds or government credits. If you are a full pensioner, you may be eligible for a free pair of glasses! And yes, we can help you get to your closest Service NSW centre

One last HKCT update. Our Annual General Meeting is now confirmed for Monday, 6<sup>th</sup> December. Members shall receive their personal invitation to lunch and notice of meeting in due course. Non-members are welcome to attend the luncheon portion of the day, with details and cost to be shown our December program. Being 6<sup>th</sup> of December, the lunch will be a Christmas celebration too.

Because the best time for new beginnings, is now, this noisy month's mantra for me is from Meister Eckhart:

***“ and suddenly you know: it's time to start something new  
and trust the magic of beginnings ”***

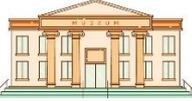
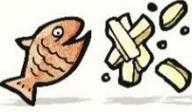
Let's shake off the shackles of mindless habits, remember we are responsible for the choices we make and therefore the consequences of our choices. Positive choices will bring about positive results. Let's make our vaccinated freedom count for a new beginning, let HKCT take you to the world, and enjoy making noise!

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.

Please reconfirm your vaccination status at the time of booking and remember to bring proof of your vaccination status to show the venue on the day!

<input type="checkbox"/> 8.30am Turramurra Uniting Church  <input type="checkbox"/> 8.45am Willow Pk Hornsby  <input type="checkbox"/> 9.00 am Pennant Hills Library	<p><b>Monday 1<sup>st</sup> November – Day Out in Springwood</b></p> <p>Enjoy a trip to the lower Blue Mountains with a stop at Macca’s Blaxland on the way. We will have time for a scenic drive and a wander around the shops of this lovely village before lunch at the Sports Club or a café of your choice.</p> <p><b>No Home Pickups.</b> Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <b>\$20pp / \$35pc Transport only</b>
<p><b>Tues 2<sup>nd</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Melbourne Cup Day at Time &amp; Tide Bistro - Dee Why</b></p> <p>You will arrive at 1pm and receive a complimentary glass of champagne to set the mood of the “Race that Stops a Nation” day. Watch the race at 3pm before heading home to watch the replay. Please wear your favourite hat !!</p> <p><i>Main</i> – Salmon, mash and veggies, chips and salad to share <i>Dessert</i> – Sticky date pudding, cream and ice cream</p>	 <b>\$60 pp / \$115 pc</b>
<p><b>Fri 5<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Australia Museum</b> <span style="color: green;"><b>Hornsby Shire residents</b></span></p> <p>We’ve had many requests for this trip, postponed from July! Dinosaurs and so much more! The transformed Australian Museum has something for everyone and General Admission is now free. There is a café on level 2 as well as the Rooftop Restaurant.</p>	 <b>\$20 pp / \$35 pc Transport Only</b>
<p><b>Sat 6<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Fish ‘n Chips at Brooklyn</b></p> <p>Before it gets too busy with summer holidays, let’s get ahead of the crowds and go for an early lunch <i>at your own expense and choice</i>, and maybe a walk along the pier. If time permits, we can call in somewhere on the way home for a bit of weekend shopping.</p> <p><b>Saturday phone number for cancellations: 0473 478 890</b></p>	 <b>\$15 pp / \$25 pc Transport only</b>
<p><b>Tues 9<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Club Palm Beach</b></p> <p>We are off to this famous beach where celebrities holiday and the TV show, Home and Away is filmed. Enjoy a day out and this friendly club.</p> <p><i>Menu</i> – Choice of Schnitzel, Tempura Fish or Roast of the Day <i>Dessert</i> – Dessert of the day. <b>NB: Tea or coffee is an extra charge.</b></p>	 <b>\$40 pp / \$70 pc Includes lunch</b>
<p><b>Fri 12<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Australia Museum</b> <span style="color: green;"><b>Ku-ring-gai Council residents</b></span></p> <p>The Australian Museum is the oldest museum in Australia, and the fifth oldest natural history museum in the world, with an international reputation in the fields of natural history and anthropology. After a year of renovation, and months of COVID restrictions, the Museum is open again. Entry is free. There is a café on Level 2 as well as the Rooftop Restaurant.</p>	 <b>\$20 pp / \$35 pc Transport Only</b>
<p><b>Sat 13<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Annangrove Bunnings &amp; The Australian Brewery</b></p> <p>Enjoy a drive out to the fast diminishing countryside to try some award winning, hand-crafted brews matched with locally sourced pub classic food. If time permits, we can have a browse through Bunnings next door!</p> <p><b>Saturday phone number for cancellations: 0473 478 890</b></p>	 <b>\$20 pp / \$35 pc Transport Only</b>

<input type="checkbox"/> 8.15 am Turramurra Uniting Church  <input type="checkbox"/> 8.30am Willow Park Hornsby	<p><b>Monday 15<sup>th</sup> November - “The Riverboat Postman” Cruise and Lunch, departing from Brooklyn</b></p> <p>A cruise with a difference: you will actually be delivering the mail to the settlements of Dangar &amp; Milson Islands and Kangaroo Point, while enjoying Morning Tea (percolated coffee, tea, &amp; home-made ANZAC biscuit) and a Ploughman's style plate for lunch.</p> <p><b>No Home Pickups.</b> Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <b>\$65 pp / \$120 pc</b>  <b>Cruise, lunch &amp; HKCT transport</b>
<p><b>Tues 16<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Doyalson RSL Club</b></p> <p>Let's get out of the city and drive up north to enjoy a great value lunch and venue.</p> <p><i>Main</i> – Roast Pork with apple sauce &amp; crackling, with baked veggies  <i>Dessert</i> – Alternate pavlova &amp; sticky date pudding, tea/coffee.</p>	 <b>\$50 pp / \$90 pc</b> <b>Meal included</b>
<p><b>Fri 19<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Geranium Cottage, Dural</b> <span style="color: green;"><b>Hornsby Shire residents</b></span></p> <p>Browse through the jam shop and small art gallery before lunch <i>of your own choice</i>. We've had rave reviews from clients about their homemade fare! Get a head start on your Christmas Shopping.</p>	 <b>\$15 pp / \$25 pc</b> <b>Transport only</b>
<input type="checkbox"/> 8.15am Turramurra Uniting Church  <input type="checkbox"/> 8.30am Willow Pk Hornsby  <input type="checkbox"/> 9.15 am Pennant Hills Library	<p><b>Monday 22nd November - Bruce's City Tour</b></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 <i>one's own expense and choice</i>.</p> <p><b>No Home Pickups.</b> Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <b>\$20 pp / \$35 pc</b> <b>Transport Only</b>
<p><b>Tues 23<sup>rd</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Xmas Lunch &amp; Show, The Fiddler at Rouse Hill</b></p> <p>This package includes a welcome drink on arrival, 2-course sit down Christmas lunch with tea/coffee in a themed dining room plus a one-hour show featuring Dorothy Cooper and Xmas Hits from Yesteryear. Let's get into the Christmas Spirit early!</p>	 <b>\$70 pp / \$130 pc</b> <b>Includes lunch</b>
<p><b>Fri 26<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Geranium Cottage, Dural</b> <span style="color: green;"><b>Ku-ring-gai Council residents</b></span></p> <p>Browse through the jam shop and small art gallery before lunch <i>of your own choice</i>. We've had rave reviews from clients about their homemade fare! Get a head start on your Christmas Shopping.</p>	 <b>\$15 pp / \$25 pc</b> <b>Transport only</b>
<p><b>Sat 27<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Parklea Markets</b></p> <p>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.</p> <p><b>Saturday phone number for cancellations: 0473 478 890</b></p>	 <b>\$20 pp / \$35 pc</b> <b>Transport Only</b>
<p><b>Tues 30<sup>th</sup> Nov</b></p> <p>Home Pick-ups</p>	<p><b>Vanilla Cream Café, Annangrove</b></p> <p>We visited this new café one Saturday just before lockdown and it was a big hit. Not only is the food and service great, you can buy bikkies and gifts to fill those Christmas stockings.</p> <p><i>Main</i> – Choice of 4 dishes, including a vegetarian option  <i>Dessert</i> – Choice of Lemon Meringue Pie, Chocolate Brownie or Vanilla Cream Sponge, tea/coffee.</p>	 <b>\$50 pp / \$90 pc</b> <b>Meal included</b>

# NOVEMBER'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 *Special Price \$5*
<b>East Lindfield IGA</b>	<input type="checkbox"/> Monday afternoons	Within 3km of East Lindfield IGA *Special Price \$5*
<b>Turramurra IGA</b>	<input type="checkbox"/> Monday mornings	Within 3km of Turramurra IGA *Special Price \$5*
<b>Berowra Coles &amp; Aldi, Mt Ku-ring-gai</b>	<input type="checkbox"/> Monday afternoons	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5*
<b>Westleigh Village</b>	<input type="checkbox"/> Every Tuesday morning	Within 3km of Westleigh *Special Price \$5*
<b>THORNLEIGH Marketplace &amp; Aldi</b>	<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- or 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"/> Thursday 18 <sup>th</sup> Nov	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*