

# Jump for Joy – January 2022



Greetings !

We all seem to have had a year and a half in '21, or so it seems, so your HKCT team has decided we all need to jump into the New Year of 2022 with joy and hope and faith! We need to see the gains in ourselves and others, despite what sort of a year we've just had. We can choose to think we've had enough, done enough and not see effort is necessary ... or we can choose to be confident in knowing we have come so far, that there is good reason to keep on going, keep on trying, giving our best!

Are you with us? Great! How about the following, to prove you are giving your best shot at life ...

- ✓ **Boost your social connections** by jumping on to a new social outing *and* a shopping bus?
- ✓ Remember individual transport is also available to you for **self-care or visiting local friends!** It is not just for trips to your doctor!
- ✓ When was the last time you took time to **appreciate art or go to a museum?** There are always new exhibitions to see!
- ✓ Remember how easy it is to watch the seasons change, or your local area change, from the security of your HKCT bus seat. In air-conditioned comfort!
- ✓ Book a trip to the nearest Services NSW, to learn about the current Dine & Discover NSW program: have you got your six (6) x \$25 vouchers? That's **a lot of free eating & seeing!** And you might learn of other rebates and savings for which you may be entitled.
- ✓ **Give someone a compliment every day!** The Happiness Foundation has proven it not only cheers up the recipient, it will also make you feel good too. Like my nanna always said, "Kindness costs nothing but means everything!"
- ✓ **Make a booking** with your GP or call to enquire about your COVID booster ... it is now recommended (five) 5 months after your second vaccination, so its likely due now or soon!
- ✓ Always **BOOK HKCT TRANSPORT** well in advance, to assist HKCT deliver the **services that keeps you connected!**
- ✓ Feel confident that HKCT is continuing with stringent, C-19 hygiene practices and that **you are always in good hands with us**




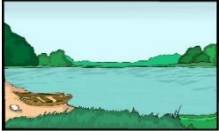



More positive vibes ... please know the many kind and thoughtful words, gestures and deeds extended to the HKCT team at Christmas time were very much appreciated. Totally unnecessary but very much appreciated. Kindness & understanding helps sustain us, especially with a busy year ahead: new aged care reforms being determined for introduction between July this year and next; we've services to grow and new services to devise and introduce. We also have more clients to meet and team members too. Have you driven with Ross, our new driver yet? Or spoken with our new Operations Co-ordinator, Joanne Fraser? More reason to book with us often! We hope you find lots of options to jump in to January on the following pages too and remind you that the happiness of many depends on you being happy. Make a choice to take a journey and practice happiness with HKCT! Let's leave all the 2021 worries behind and count the blessings each new day can bring throughout 2022.

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.

<p><b>Fri</b> <b>7<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Art Gallery of NSW</b> <span style="float: right;"><b>Hornsby LGA residents</b></span></p> <p>Start the year with a bit of “Kultcha”. The entry to the main art gallery is free. You may want to see the exhibition “<b>Matisse: Life &amp; Spirit Masterpieces</b>” from the Centre Pompidou, Paris which is \$30 entrance fee.</p> <p>If you would like to book online, we aim to be at the Art Gallery by 11am. Lunch is <i>at your own expense and choice</i>.</p>	 <p><b>\$20 pp / \$35 pc</b> <b>Transport only</b></p>
<p><b>Tues</b> <b>11<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Long Reef Golf Club</b></p> <p>Enjoy a drive down to the Northern Beaches with lunch <i>at your own expense and choice</i> in the Golf Club with the million-dollar view. On a hot summer day, enjoy the air-conditioned comfort of our buses and watch the world go by!</p>	 <p><b>\$20 pp / \$35 pc</b> <b>Transport Only</b></p>
<p><b>Fri</b> <b>14<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Art Gallery of NSW</b> <span style="float: right;"><b>Ku-ring-gai LGA residents</b></span></p> <p>Start the year with a bit of “Kultcha”. The entry to the main art gallery is free. You may want to see the exhibition “<b>Matisse: Life &amp; Spirit Masterpieces</b>” from the Centre Pompidou, Paris which is \$30 entrance fee.</p> <p>If you would like to book online, we aim to be at the Art Gallery by 11am. Lunch is <i>at your own expense and choice</i>.</p>	 <p><b>\$20pp / \$35pc</b> <b>Transport only</b></p>
<p><b>Fri</b> <b>14<sup>th</sup> Jan</b> <b>EVENING</b></p> <p>Home Pick-ups</p>	<p><b>Sunset Supper – Asquith Bowling Club</b></p> <p>Driver, Rob, will be ‘miene host’ again, especially for those keen to have a crack at the meat tray raffle! You’ll be home soon after 8pm. Dinner and refreshments are at <i>your own expense and choice</i>.</p> <p style="text-align: center;"><b>Asquith, Mt Colah, Berowra (aka Local) Residents only</b></p>	 <p><b>\$15 pp / \$25 pc</b> <b>Transport only</b></p>
<p><b>Sat</b> <b>15<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Annangrove Bunnings &amp; The Australian Brewery</b></p> <p>Come with us for a drive out to the fast diminishing countryside, to try some award winning, hand-crafted brews matched with locally sourced classic pub food. If time permits, we shall browse through Bunnings next door.</p> <p><b>Saturday phone number for cancellations: 0473 478 890</b></p>	 <p><b>\$20 pp / \$35 pc</b> <b>Transport Only</b></p>
<p><b>Mon</b> <b>17<sup>th</sup> Jan</b></p> <p><input type="checkbox"/> 8.00am Turramurra</p> <p><input type="checkbox"/> 8.15am Willow Pk Hornsby</p> <p><input type="checkbox"/> 8.30am Pennant Hills Library</p>	<p><b>Toy &amp; Railway Museum - Leuralla House, Leura</b></p> <p>Set in a lovely stately home of the Evatt family this museum offers much more than a toy and train collection. Much to learn about Evatt senior, (the first Australian to head up the UN) and plenty of interesting photos on the wall illustrating his career. You can sit in the gardens and enjoy the view with your Ploughman’s Lunch supplied by Meals on Wheels.</p> <p style="text-align: center;"><b>For the more active senior ... some stairs and only one toilet in the museum. A comfort and coffee stop at Macca’s in Blaxland</b></p> <p style="text-align: center;"><b>No Home Pickups</b></p> <p>Need a Cabcharge home from your pick-up point? Ask for the additional price on booking</p>	 <p><b>\$45 pp / \$80 pc</b> <b>Transport, Entry Fee &amp; Picnic</b></p>

<p><b>Tues 18<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Café Camino at the Wagstaffe Community Hall</b></p> <p>Our social outings volunteer, Helen, has organised a special event! Join us for a drive up to the Central Coast for a genuine taste of Spain, including a glass of Sangria!</p> <p><i>Main</i> – Choice of seafood or chicken and chorizo paella <i>Dessert</i> – Spanish treats, tea/coffee.</p>	 <p>SPAIN 🇪🇸</p> <p><b>\$65pp / \$125 pc Includes lunch</b></p>
<p><b>Fri 21<sup>st</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Hills Flower Market &amp; Tastebuds Café</b></p> <p>Browse through the Hills Flower Market at Terrey Hills before treating yourself to lunch at this popular café. Home in the early afternoon.</p> <p><i>Lunch at your own expense.</i></p> <p><b>Hornsby LGA residents</b></p>	 <p><b>\$20 pp / \$35 pc Transport Only</b></p>
<p><b>Fri 21<sup>st</sup> Jan Evening</b></p> <p>Home Pick-ups</p>	<p><b>Sunset Supper – The Roseville Club</b></p> <p>Enjoy a Friday night out at your local club with a meal and a drink <i>at your own expense and choice</i>. Mitch has agreed to be your chauffeur for the evening!</p> <p><b>Ku-ring-gai LGA residents</b></p>	 <p><b>\$15 pp / \$25 pc Transport only</b></p>
<p><b>Mon 24<sup>th</sup> Jan</b></p> <p><input type="checkbox"/> 8.15am Uniting Church Turramurra</p> <p><input type="checkbox"/> 8.30am Willow Park Hornsby</p>	<p><b>Bruce's Lake Macquarie Adventure</b></p> <p>Head up the freeway to this picturesque area, north of the Central Coast. What Bruce doesn't know about this area, he will happily make up! Lunch is at the Belmont 16s Club <i>at your own cost and choice</i>.</p> <p><b>No Home Pickups</b></p> <p>Need a Cabcharge home from your pick-up point? Ask for the additional price on booking</p>	 <p><b>\$20 pp / \$35 pc Transport Only</b></p>
<p><b>Tues 25<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>North Richmond Panthers</b></p> <p>Enjoy a scenic drive out to the fast disappearing countryside and tuck into the set menu of <b>Roast and Cake of the Day</b>, with tea and coffee. Air conditioning guaranteed!! On a hot day, this is the place to be.</p>	 <p><b>\$45 pp / \$85 pc Includes lunch</b></p>
<p><b>Fri 28<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Hills Flower Market &amp; Tastebuds Café</b></p> <p>Browse through the Hills Flower Market at Terrey Hills before treating yourself to lunch at this popular café. Home in the early afternoon.</p> <p><i>Lunch at your own expense.</i></p> <p><b>Ku-ring-gai LGA residents</b></p>	 <p><b>\$20 pp / \$35 pc Transport Only</b></p>
<p><b>Sat 29<sup>th</sup> Jan</b></p> <p>Home Pick-ups</p>	<p><b>Parklea Markets</b></p> <p>Calling all shop-a-holics: Parklea Markets is the <b>biggest indoor market</b> in the Southern Hemisphere, featuring fresh fruit, vegetables, meat, bakery goods, and a large selection of clothing and variety stalls. Join us for a fun day out. We may decide to leave early, depending on the weather forecast. Bring a cooler bag and a bottle of water.</p> <p><b>Saturday phone number for cancellations: 0473 478 890</b></p>	 <p><b>\$20 pp / \$35 pc Transport Only</b></p>

# JANUARY'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 Sojourns – each and every week!**

**Door to Door return trip for a One-hour shop**

Shopping Centre	When in January	For Residents ....
<b>West Pymble IGA</b>	<input type="checkbox"/> Monday mornings 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	Within 3km of West Pymble IGA <b>*Special Price \$5*</b>
<b>East Lindfield IGA</b>	<input type="checkbox"/> Mon afternoons 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	Within 3km of East Lindfield IGA <b>*Special Price \$5*</b>
<b>Turramurra IGA</b>	<input type="checkbox"/> Monday mornings 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	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 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights <b>*Special Price \$5*</b>
<b>Westleigh Village</b>	<input type="checkbox"/> Tuesday mornings 11 <sup>th</sup> 18 <sup>th</sup> 25 <sup>th</sup>	Within 3km of Westleigh <b>*Special Price \$5*</b>
<b>THORNLEIGH Marketplace &amp; Aldi</b>	<input type="checkbox"/> Tuesday mornings 11 <sup>th</sup> 18 <sup>th</sup> 25 <sup>th</sup>	Within 3km of Thornleigh <b>*Special Price \$5*</b>

## 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 in December	For Residents living
<b>Carlingford Court</b>	<input type="checkbox"/> Wednesday 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup>	Between Normanhurst to Carlingford
<b>St Ives Village</b>	<input type="checkbox"/> Wednesday 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> Thursday 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	Within the Ku-ring-gai LGA
<b>Macquarie Centre</b>	<input type="checkbox"/> Thursday 13 <sup>th</sup> Jan	between Turramurra - Roseville - Epping
<b>Hornsby Westfield</b>	<input type="checkbox"/> Thursdays	Hornsby Heights, Asquith, Wahroonga, Thornleigh or Normanhurst
<b>Gordon Shops</b>	<input type="checkbox"/> Thursdays	Between Roseville to Pymble
<b>Hornsby Westfield</b>	<input type="checkbox"/> Fridays	Brooklyn to Hornsby Heights plus Turramurra to Normanhurst, and Asquith
<b>Cherrybrook Village</b>	<input type="checkbox"/> Fridays	Cherrybrook, Dural & Pennant Hills

\*\* Prices applicable to CHSP eligible clients of HKCT only. Other client prices on application.

*pp = per person pc = per couple*

**Office reopens: Tue 4<sup>th</sup> Jan Services resume: Wed 5<sup>th</sup> Jan, 2022**

**Office & Services closed: Australia Day: Wed 26<sup>th</sup> January**