

Let's all Make it a Momentous March 2022

Greetings, one and all!

I can't tell you how tempted I was to say "Greetings, Earthlings" instead. I don't know from which childhood TV show it comes, from or why it popped in to my head - probably safer not to ask - just wish it wasn't so often between 11pm and 5am!!! Yet I do find it fascinating how our minds throw things up to us at unpredictable times ...

And how our attitudes and opinions and even our approach to choices can change. At HKCT, we are so pleased to see so many of you deciding that travelling and socialising with HKCT is an acceptable risk. The demand for our outings is returning and, slowly but surely, more of you are returning to your usual frequency of health, lifestyle and shopping regimes. Use it or lose it, as they say. Is it time we consider re-offering fitness outings too? Is there something that we had planned and had to cancel that you haven't seen being re-scheduled? You know we always welcome your ideas and feedback and will make them happen if we can.

I have made a decision in my personal life to do all I can to only take memories, not dreams, with me when I lose my earthling status. I can't say why. Just an illuminating realisation that living every day takes mindful decisions. It is up to me to truly live each day, so as to make a memory. Every day may not be good but there is something good in every day.

Hence why I am asking you to join me in making March a momentous one. A significantly decisive, consequential and meaningful one. A month that we all portentously and wholeheartedly choose to try something different, make an extra effort to do something we haven't or traditionally done, or perhaps something so new it will take us out of our comfort zone.

Being with HKCT, if your comfort zone is being tested, is the very best place to be. We will help you feel comfortable. We Seniors need to take a stance. Recognise that we deserve to have fun, gratefully accept help or assistance or use options that make it easier on us individually, and help us make good memories independent of others. Social isolation is the number one cause of decline in health, vitality and wellbeing at any age. As we age, the repercussions of social isolation are so much more serious and rapid. Let's all get out and about!

March is also Seniors Festival month and our specific offerings during Seniors Week are truly something! Firstly, Ku-ring-gai Council is hosting "Everything for Seniors" where you can come along to see and hear about all the latest services and special offerings for Seniors.

Then, on the 29th, we are hosting a special Hawaiian themed luncheon we've dubbed "Aloha Fun". Chef Tony has perfected Huli Huli chicken for us and a very special welcome drink. Please don't miss out on this event! Let's show this town how to party!

Plus, we have 20 tickets to the Premier's Gala Concert at Darling Harbour. 18 of our 20 tickets will require agile attendees. To be fair to all, we are taking requests and will draw just 20 names on 23rd March. Yet do not despair. No one misses out! Kur-ring-gai Council is hosting us to watch the concert from the Seniors Centre. It is always a fabulous concert. Please register now for both or either.

Yes, a program of marvellous options, worthy of participation and guaranteed to make a momentous month. Thanks for marching with us and living, as described by Faust author, Johann W von Goethe:

"Knowing is not enough; we must apply. Willing is not enough; we must do."

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 Mar Home Pick-ups</p>	<p>Time and Tide, Dee Why Take a leisurely drive down to the Northern Beaches and enjoy one of the most generous meals we have experienced! Your menu: Salmon, Chips and Veggies, <i>Dessert</i> – Sticky date pudding with a complimentary Piccolo of Champagne</p>	 <p>\$55 pp / \$105 pc Includes lunch</p>
<p>Fri 4th Mar Home Pick-ups</p>	<p>Birkenhead Point or Drummoyne Sailing Club Shop 'til you drop at this famous outlet, or just enjoy the views & service at one of our favourite clubs, with lunch <i>at your own expense & choice.</i> Hornsby LGA residents only this week</p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p>Sat 5th Mar Home Pick-ups</p>	<p>Bell's Line of Road Mystery Tour Join us for a day trip to explore the lower Blue Mountains town of Kurmond. Enjoy the wonderful views of Sydney from the lookout. We will pass through Richmond where we may stop for coffee and comfort! Saturday phone number for cancellations: 0473 478 890</p>	 <p>\$20pp / \$35pc Transport only</p>
<p><input type="checkbox"/> 8.30am Turramurra <input type="checkbox"/> 8.45am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library</p>	<p>Monday 7 March – Stanwell Tops & Sea Cliff Bridge Drive, with lunch at Coledale RSL Explore the rugged coastline south of Sydney with a drive over this spectacular bridge. You'll see why Stanwell Tops is a favourite spot for hang gliders. <i>Lunch is at your own expense on the club's new deck!</i> No Home Pickups. Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <p>\$20 pp / \$35 pc Transport only</p>
<p>Tues 8th Mar Home Pick-ups</p>	<p>Club Palm Beach Let's go to this famous beach where celebrities holiday and the TV show, <i>Home and Away</i> is filmed. And enjoy a day out at this friendly club. <i>Menu – Choice</i> of Schnitzel, Tempura Fish or Roast Lamb <i>Dessert</i> – Dessert of the day. Tea and coffee is an extra charge</p>	 <p>\$40 pp / \$75 pc Includes lunch</p>
<p>Fri 11th Mar Home Pick-ups</p>	<p>Drummoyne Sailing Club or Birkenhead Point Shop 'til you drop at this famous factory outlet complex, or just enjoy the views and service at one of our favourite sailing clubs It's our Ku-ring-gai LGA residents turn</p>	<p>\$20 pp / \$35 pc Transport Only</p>
<p>Sat 12th Mar Home Pick-ups</p>	<p>Brooklyn Day Out Fish and Chips by the river, anyone? Or just a relaxing day out. Aren't we so lucky to live in this part of the world. Bring an insulated shopping bag, just in case the wind and tides take us to the Hawkesbury River Oyster Shed. <i>Lunch is at your own expense.</i> Saturday phone number for cancellations: 0473 478 890</p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p><input type="checkbox"/> 8.30am Turramurra <input type="checkbox"/> 8.45am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library</p>	<p>Monday 14th March – Manly Ferry Day Out How long is it since you went from McMahons Point to Circular Quay, had a snack, saw free busking entertainment, then took the ferry to Manly? Me too. There will be time to <i>have lunch at your own expense</i>, before our bus takes you back to your pick-up point. You will need is your Opal Card and a sense of adventure. No Home Pickups. Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <p>\$20 pp / \$35 pc Bus Transport Only</p>

<p>Tues 15th Mar Home Pick-ups</p>	<p>Doyalson Wye Club Take a scenic drive up the north to “The Doylo” and tuck into roast pork with apple sauce, crackling, veggies; then pavlova with seasonal fruit and chantilly cream ... it’s all gluten free. Yummy!</p>	 \$50pp / \$90pc Includes meal
<p>Fri 18th Mar Home Pick-ups</p>	<p>Waterview Café, Bicentennial Park Within the picturesque Bicentennial Park, this cafe combines unsurpassed hospitality with tranquil park and lake views. <i>Lunch is at your own expense.</i> Hornsby LGA residents only this week</p>	 \$20 pp / \$35 pc Transport Only
<p>Sat 19th Mar Home Pick-ups</p>	<p>Edogawa Commemorative Garden, Gosford This gift from Edogawa City in Japan, designed in accordance with the original principles of the Japanese Heian (700AD) period, was officially opened in September 1994. There is a café in the gardens and if time permits, we may stop at the Chocolate and Nougat Factory on the way home. <i>Lunch is at your own expense.</i> Saturday phone number for cancellations: 0473 478 890</p>	 \$20 pp / \$35 pc Transport Only
<p><input type="checkbox"/> 8.30am Turrumurra <input type="checkbox"/> 8.45am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library</p>	<p>Monday 21st March - “The Riverboat Postman” Cruise and Lunch, departing from Brooklyn A cruise with a difference: you’ll be delivering the mail to settlements of Dangar & Milson Islands and Kangaroo Point, while enjoying Morning Tea of percolated coffee, tea, and a home-made ANZAC biscuit with a Ploughman’s style plate for lunch. No Home Pickups. Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 \$65 pp / \$120 pc Cruise, lunch & HKCT transport
<p>Tues 22nd Mar Home Pick-ups</p>	<p>Royal Motor Yacht Club, Newport What a lovely way to spend a Tuesday! Being chauffeured to the Northern Beaches and be served old fashioned hot pot pie, with chips and salad, sticky date pudding with tea / coffee and million-dollar views... who said life wasn’t meant to be easy?</p>	 \$55 pp / \$105 pc Includes lunch
<p>Wed 23rd Mar Home Pick-ups</p>	<p>Everything for Seniors Day Discover lots of fun and interesting things to do in Ku-ring-gai. Useful and informative talks throughout the day. 'Come and Try' dancing, sport or exercise classes. Join a club, find help-at-home services or sign up to volunteer, delicious morning tea and lunch available.</p>	\$15 pp / \$20 pc transport to Turrumurra Uniting Church Hall
<p>Fri 25th Mar Home Pick-ups</p>	<p>Waterview Café, Bicentennial Park Come for a drive and try this café, which combines unsurpassed hospitality with tranquil park and lake views. <i>Lunch is at your own expense.</i> It’s our Ku-ring-gai LGA residents turn</p>	\$20 pp / \$35 pc Transport Only
<p>Tues 29th Mar Home Pick-ups</p>	<p>Aloha Fun for Seniors Week Join us wearing your brightest, loudest and most colourful clothes – let’s leave drab behind! Sip on a senior savvy Hawaiian slurpy while mixing and mingling at a C-19 safe, outdoor luncheon. Be transported to our Turrumurra Tropical Paradise of colour, fresh food and welcoming smiles. Even hula or hum to tunes made famous in the 50’s and 60’s, as brought to you by ‘<i>Absolutely Elvis</i>’.</p>	 \$30 pp / \$55 pc Includes lunch
<p>Wed 30th Mar Home Pick-ups</p>	<p>Seniors Gala Concert: Two ways to enjoy! We have 20 FREE tickets to the show at Darling Harbour, or you can see the virtual concert and enjoy afternoon tea with us and Meals on Wheels, Gilroy Rd, Turrumurra. Ring our office for more information.</p>	\$20 pp / \$35 pc to Darling Harbour \$15 pp / \$25 pc to Virtual Concert

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	Regular Day & Time	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"/> Mon afternoons	Within 3km of East Lindfield IGA *Special Price \$5*
Turrumurra IGA	<input type="checkbox"/> Monday mornings	Within 3km of Turrumurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Monday afternoon	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights *Special Price \$5*
Westleigh Village	<input type="checkbox"/> Tuesday mornings	Within 3km of Westleigh *Special Price \$5*
THORNLEIGH Marketplace & Aldi	<input type="checkbox"/> Tuesday mornings	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	Regular Day	For Residents living
Carlingford Court	<input type="checkbox"/> Wednesday	Between Normanhurst to Carlingford
St Ives Village	<input type="checkbox"/> Wednesdays & Thursdays	Within the Ku-ring-gai LGA
Macquarie Centre	<input type="checkbox"/> Thursday 17 th March	Between Turrumurra - Roseville - Epping
Hornsby Westfield	<input type="checkbox"/> Thursdays	Hornsby Heights, Asquith, Wahroonga, Thornleigh or Normanhurst
Gordon Shops	<input type="checkbox"/> Thursdays	Between Roseville to Pymble
Hornsby Westfield	<input type="checkbox"/> Fridays	Brooklyn to Hornsby Heights plus Turrumurra to Normanhurst, and Asquith
Cherrybrook Village	<input type="checkbox"/> Fridays	Castle Hill to Galston, Cherrybrook & Pennant Hills

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

pp = per person pc = per couple