

Momentous May, 2022 !

Good day, one and all!

I chose this month's descriptive. Whether it's a premonition or a hope, I feel it might be a month we remember. May hosts an eclectic list of celebratory days: Bee Day, Turtle Day, Tuna Day; Tea, Hummus, Baking, No Diet Days; Global Love Day, Naked Gardening Day; Geek Pride, Being You and Living Together in Peace Days. As well as some serious ones: Red Cross Day, Nurses' Day and my favourite, Mother's Day. To all the mums, grandmas, mother-figures and off-spring who miss theirs; we thank them for sharing their life and life lessons with passion, compassion, humour & style.

In case your friends or family would like an idea for your gift this Mother's Day, we have introduced a "Dedicate or Donate" program. Anyone can purchase a gift certificate of any value over \$5 and dedicate it to you. If \$40 is 'dedicated' to you, we will credit your account with us and you can use that value toward or to pay for your next few outings, shopping or individual trips. Similarly, if your friends or family would like to make a donation, we will quarantine all donated amounts and apply them to contribution fees for clients less fortunate, or those we know are in need of financial assistance to be able to enjoy an outing with us or meet their extensive medical transports costs. As HKCT is a registered charity, all donations over \$2 are tax deductible.

As you know, we welcome feedback on all our services. Of late, there has been feedback that some clients are requesting priority return home because of unspecified appointments. We must ask that you all understand the scheduled journey is planned and provided to your Driver on the day for fairness and operational efficiency for all.

We are also having to vote for our next Federal Parliament member on (or before) 21st May. Firstly, if you would like to "pre-poll" next month, please phone and register your interest with us. Once we know the volume of interest, we can schedule some pre-poll voting trips either with our shopping shuttles or specific voting trips.

Secondly, I mentioned last month that I have several concerns about the new aged care program itself and the speed at which reforms are being slated. I am simply keeping you informed of multiple and significant changes being planned to your aged care services. And presuming that you may wish to know your preferred candidate's opinion on what reforms should occur to your access to aged care services. Thirdly and lastly, I assure you I am not expressing any political opinion or party preference or wishing to influence you in any way! Just informing you.

As an aged care sector provider, Community Transport organisations are voicing our opinions and (more importantly) offering an alternative, through our NSW state peak body. Our peak body is collaborating with six other peak bodies to advocate to the Commonwealth Dept of Health. To keep you apprised of these efforts, a consumer information leaflet is available. The government's "Support at Home Program Overview summary is online at <https://www.health.gov.au/resources/publications>

Enough seriousness! Let's look to the bright side of the road ...

The long-range weather forecast for May shows more days with a  than a cloud or rain icon beside it so maybe a spot of naked gardening is feasible although, if you do want to try it, might I recommend you do so by tending to your indoor pot plants! Mandarins return to our grocer shelves at a better price, Dahlias and Chrysanthemums will soon grace our gardens or flower shops, and the Downton Abbey "A New Era" movie is screening. See? Lots of reasons to smile, even if there is no change to the mandate that masks must be worn in all community transport or public transport vehicles, at all times.

Remember: " *You are never too old to set a new goal or dream a new dream*"

Cheers, Helen



Outings, destinations and/or venues may have to change to meet any new NSW Health directions. **Proof of vaccination may still be required at venues. A client on an outing may not be fully vaccinated, however, it is their responsibility to pre-check with the venue whether they shall be granted entry. Masks mandatory!**

<input type="checkbox"/> 8.30 am Turramurra <input type="checkbox"/> 8.45am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library	<p>Monday 2nd May – Cruising Palm Beach</p> <p>Take a trip to the home of ‘Home & Away’ TV soapie. Enjoy a relaxing day with friends cruising the beautiful Pittwater for 45 minutes before your choice of Roast of the Day; Fish & Chips or Chicken Schnitzel with chips & salad at Club Palm Beach.</p> <p>No Home Pickups. Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <p>\$50 pp / \$95 pc Lunch & ferry included</p>
<p>Tues 3rd May</p> <p>Home Pick-ups</p>	<p>High Tea at The Fiddler ... for Mothers’ Day</p> <p>You will be welcomed with a glass of sparkling wine on arrival, and then enjoy high tea with lucky door prizes. Entertainment is by Lisa Budin, who will sing and tell stories during the event.</p> <p>We are always looked after at The Fiddler!</p>	 <p>\$70 pp / \$135 pc All inclusive</p>
<p>Fri 6th May</p> <p>Home Pick-ups</p>	<p>King Tide Café, Brooklyn</p> <p>Enjoy a lovely drive to this historic fishing town on the Hawkesbury River, where the fish is always fresh.</p> <p><i>Ku-ring-gai LGA residents</i></p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p>Sat 7th May</p> <p>Home Pick-ups</p>	<p>Six Strings Brewery, Erina</p> <p>We have tour & tasting booked for 11am. Please pay \$25 to the venue. Lunch is also at your own choice and cost. It’s <i>always a fun day with our weekend warriors.</i></p> <p>Saturday phone number for cancellations: 0473 478 890</p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p>Mon 9th May</p> <p>Early Home Pick-ups</p>	<p>Sydney’s newest zoo, near Blacktown, is home to over 4,000 animals, 5 iconic precincts, and Australia’s largest Reptile and Nocturnal house. Book your own tickets online or buy at the gate & thus an opportunity to use your <i>Dine & Discover Vouchers</i>. We aim to arrive at 11am. (Wet weather alternate: Ettamogah Pub!)</p> <p>Lots of walking involved! <i>Hornsby LGA residents</i></p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p>Tues 10th May</p> <p>Home Pick-ups</p>	<p>Ebenezer Church Tour</p> <p>Located in the historic area of the Hawkesbury, Ebenezer Church is Australia’s oldest church, established in 1809. You will be treated to a tour & talk, then a BBQ lunch made by the church volunteers: award-winning gluten-free sausages, potato salad, various other salads, apple, pie & cream, plus tea or coffee!</p>	 <p>\$45pp / \$85 pc With meal & tour</p>
<p>Fri 13th May</p> <p>Home Pick-ups</p>	<p>King Tide Café, Brooklyn</p> <p>Enjoy a lovely drive to this historic fishing town on the Hawkesbury River, for lunch where the fish is always fresh.</p> <p><i>Hornsby LGA residents</i></p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p>Mon 16th May</p> <p>Early Home Pick-ups</p>	<p>Sydney’s newest zoo, near Blacktown, is home to over 4,000 animals, 5 iconic precincts, and Australia’s largest Reptile and Nocturnal house. Book your own tickets online or buy at the gate & thus an opportunity to use your <i>Dine & Discover Vouchers</i>. We aim to arrive at 11am. (Wet weather alternate: Ettamogah Pub!)</p> <p>Lots of walking involved! <i>Ku-ring-gai LGA residents</i></p>	 <p>\$20 pp / \$35 pc Transport Only</p>

<p>Tues 17th May Home Pick-ups</p>	<p>Ken Duncan Gallery & Kew Dining, Erina Heights</p> <p>Take a leisurely drive up to the Central Coast to one of the largest privately-owned photographic galleries in Australia. Your lunch will be chicken breast on pea risotto, with a sourdough roll & dukkha butter, with alternate serves of passion curd tart with stewed rhubarb ice cream / chocolate mousse with cream & shaved walnuts, plus tea or coffee.</p>	 <p>\$70 pp / \$135 pc Meal included</p>
<p>Fri 20th May Home Pick-ups</p>	<p>Bobbin Inn Cafe</p> <p>Take an adventure into the wilderness on Sydney's northern fringe and enjoy a meal in this historic 1930's building that is home to the National Park's information centre with local info, maps and souvenirs.</p> <p><i>Ku-ring-gai LGA residents</i></p>	 <p>\$15 pp / \$25 pc Transport only</p>
<p>Sat 21st May Home Pick-ups</p>	<p>Auburn Botanical Gardens & Dooley's Waterview</p> <p>Discover their magnificent range of environments from a riverside ecosystem, Australian rainforest and native garden, rose garden, fauna reserve and the Ryoan-ji style Japanese Garden, before going on for lunch (at your cost) at Dooleys Club.</p> <p><i>Saturday phone number for cancellations: 0473 478 890</i></p>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p><input type="checkbox"/> 8.15 am Turramurra</p> <p><input type="checkbox"/> 8.30 am Pennant Hills</p> <p><input type="checkbox"/> 8.45 am Willow Park</p>	<p>Monday 23rd May – Bruce's Central Coast Tour</p> <p>Our driver, Bruce, will provide a commentary whilst showing you the hidden gems of the beautiful Central Coast. There will be a comfort stop somewhere in the morning before lunch at Caves Beach Coastal Bar. And a sing-a-long on the way home!</p> <p>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 24th May Home Pick-ups</p>	<p>Harbord Diggers</p> <p>Have you seen the amazing renovations to this wonderful club overlooking Freshwater & Curl Curl Beaches? We visited just before COVID hit and finally have a chance to return! Enjoy roast & cake of the day. Hot and cold drinks are your own choice & at your cost.</p>	 <p>\$40pp / \$80 pc Includes main course & cake</p>
<p>Fri 27th May Home Pick-ups</p>	<p>Bobbin Inn Cafe</p> <p>Take an adventure into the wilderness on Sydney's northern fringe and enjoy a meal in this historic 1930's building that is home to the National Park's information centre with local info, maps and souvenirs.</p> <p><i>Hornsby LGA residents</i></p>	 <p>\$15 pp / \$25 pc Transport only</p>
<p>Sat 28th May Home Pick-ups</p>	<p>Bell's Line of Road Mystery Tour</p> <p>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 and make a coffee and comfort stop!</p> <p><i>Saturday phone number for cancellations: 0473 478 890</i></p>	 <p>\$20pp / \$35pc Transport only</p>
<p>Tuesday 31st May</p>	<p>Yarra Bay Sailing Club</p> <p>Take a drive to historic shores of Botany Bay and lunch whilst enjoying the view of Yarra Bay. Your menu will be alternate service of grilled fish & chicken schnitzel, plus dessert of the day and ice cream. Hot and cold drinks are at your own cost.</p>	 <p>\$40pp / \$75 pc Includes main course & cake</p>

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"/> 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"/> Tuesday mornings	Within 3km of Westleigh *Special Price \$5*
THORNLEIGH Marketplace & Aldi	<input type="checkbox"/> Tuesday afternoon	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 19 th May	Between Turramurra - 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 Turramurra 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