

Jovial June, 2022 !

Greetings!

Break out the candles! Bring on the champagne! June 2nd this year marks our 35th year of being an Incorporated Association, formally certified by the (then) NSW Corporate Affairs Commission. It's a considerable milestone for any not for profit organisation, let alone one that started with a single employee and recognised as worthy of recurrent government funding for the last 35 years! Hence a perfect reason to host a consumer gathering so we can celebrate our milestone and review our history and provide a service update. As well as hear from you. Maybe Tim, our longest serving team member and HKCT's second ever employee, will share some of his memories with us. Mark your calendars now! Monday, 20th June, 2022. As the traditional gift for a 35th anniversary is coral, we ask that you try and wear something that tone, or at least your brightest party clothes!

More good news ... By the time our first outing occurs in June we should know the outcome of the Federal election, and I might be brave enough to start watching the evening news again, in the hope that there *is* news and not just a series of biased and dramatic interpretations of doubtful facts and second-rate opinions!

I have been reading a series of articles from McKinsey & Co in the US and analysis from the McKinsey Health Institute. Apparently, 73 is the new 30! In 1800 life expectancy was 30 and in 2017 it was 73 years. A longbow to confirm what we older Aussie residents know? That good health is the foundation for leading a productive and enjoyable life, and a key determinant of life satisfaction that underpins social development and economic growth. I also agree with the definition the WHO proposed back in 1948: that good health is not the absence of disease but a state of physical, mental and social well-being. I also remain hopeful that governments view health not as an expense but as an investment, and that we individuals take better stewardship of our own health. And safety.

Winter weather means more use of stoves & ovens as we replace salads and cold cuts with warming comfort food. We will also have a greater reliance on heaters, electric blankets and clothes dryers. So, home safety considerations and working smoke alarms are a must for us all! Did you know that NSW Fire + Rescue will conduct a safety visit at your home if you are over 65 years young, have limited mobility or sight/hearing impairments, or anyone with English as a second language? Our fabulous fire-ies can be booked to check your smoke alarms are in good working order and installed in suitable areas and, if you agree, will give you personalised fire safety information on cooking, bedroom heating and common electrical safety. Even advice on a fire escape plan in the event of a fire. Yes, who doesn't like a guy or a gal in uniform but that's not why I am recommending this to you! It's a great service, at no charge to you, and your safety is always top of mind with us. You can call your closest Fire Station to organise a time for a visit or go on-line to find out more and/or to book: <https://www.fire.nsw.gov.au/page.php?id=9316>

Lastly, a reminder that HKCT is funded to provide these services to Commonwealth Home Support Program recipients, as qualified via My Aged Care. Pricing for our Home Care Package (HCP) clients and other assistance programs, will be confirmed at the time of booking. In closing:

Do you remember when Charlie Brown said, "*We only live once, Snoopy*" and what Snoopy replied? "*Wrong, we only die once. We live every day!*"

Here's to living every day! Cheers, Helen





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 are still mandatory!

Outings, destinations and/or venues may have to change to meet any new NSW Health directions.

<p>Wed 1st June</p> <p>Home Pick-ups</p>	<p>VIVID - an evening trip from Manly Ferry</p> <p>After two years of C-19 restrictions, the Vivid Light Festival is back. Your drivers will take you to the Manly Ferry, where you will sail to Circular Quay, have a quick snack then return to Manly. Bring your Opal Card and a warm coat.</p>	 <p>\$20 pp / \$35 pc Bus Transport Only</p>
<p>Fri 3rd June</p> <p>Home Pick-ups</p>	<p>Bunnings Super Store, Pymble</p> <p>Come with us to the new \$80 million Pymble store & cafe. Our drivers are fighting over who gets to drive this day!! This outing has been 10 years in the planning.</p> <p style="text-align: right;"><i>Ku-ring-gai LGA residents</i></p>	 <p>\$15 pp / \$25 pc Transport Only</p>
<p>Sat 4th June</p> <p>Home Pick-ups</p>	<p>Henry Kendall Cottage, West Gosford</p> <p>The cottage was built by Peter Fagan, using convict labour, between 1836-1840. Poet Henry Kendall called the cottage home in 1873-1874. \$5 entry to be paid to museum, lunch too at your own cost at Gosford RSL. It's always a fun day with our weekend warriors.</p> <p style="text-align: right;"><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 Turrumurra</p> <p><input type="checkbox"/> 8.30 am Willow Park, Hornsby</p> <p><input type="checkbox"/> 9.00 am Pennant Hills Library</p>	<p>Monday 6th June – Tour of the Central Coast Marine Discovery Centre, Terrigal</p> <p>This educational, interactive and fun marine research & education centre is a collaboration of local council, tourism and environmental education bodies to raise awareness about the marine habitats of the central coast. There is a café on site and will be time afterward to explore the shops at Terrigal.</p> <p>No Home Pickups. Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <p>\$35 pp / \$65 pc Transport & Entry Fee</p>
<p>Tues 7th June</p> <p>Home Pick-ups</p>	<p>Central Coast Leagues Club</p> <p>Enjoy a scenic drive to Gosford with us, and treat yourself to Roast of the Day, baked and steamed veggies with gravy, and alternative serves of pavlova with Chantilly cream & berry compote or warm sticky chocolate cake with ice-cream. Order and pay for tea / coffee separately. YUM!!</p>	 <p>\$50pp / \$95 pc With main meal and dessert</p>
<p>Fri 10th June</p> <p>Home Pick-ups</p>	<p>Bunnings Super Store, Pymble</p> <p>Instead of the traditional green warehouse style, this building boasts some unique architectural features, including the shape and design of the roof, coloured exterior glass and extensive landscaping such as a boardwalk around part of the site.</p> <p style="text-align: right;"><i>Hornsby LGA residents</i></p>	 <p>\$15 pp / \$25 pc Transport Only</p>
<p>Sat 11th June</p> <p>Early Home Pick-ups</p>	<p>Concord "Mystery Tour"</p> <p>Join our weekend warriors for an early morning drive around the Canada Bay - Concord area with an early lunch at the "Backyard" mystery venue... <i>Do you dare book this trip ???</i></p> <p style="text-align: right;"><i>Saturday phone number for cancellations: 0473 478 890</i></p>	 <p>\$20 pp / \$35 pc Transport Only</p>

<p>Tues 14th June</p> <p>Home Pick-ups</p>	<p>Bayview Golf Club, Mona Vale</p> <p>Take a leisurely drive on Mona Vale Road to the Northern Beaches and have lunch <i>at your own expense and choice</i> at this friendly golf club. We will take a scenic drive if traffic and time permit.</p>	 <p>\$20 pp / \$35 pc Transport only</p>
<p>Fri 17th June</p> <p>Home Pick-ups</p>	<p>Art Gallery of NSW, Archibald Exhibition</p> <p>Entry to the Art Gallery is free, and you can choose to have lunch downstairs overlooking Woolloomooloo, or in the Domain. You can purchase tickets to The Archibald Exhibition, maybe use your Discover Vouchers? We aim to arrive at 11.15am <i>Ku-ring-gai LGA residents</i></p>	 <p>\$20 pp / \$35 pc Transport only</p>
<p>Mon 20th June</p> <p>Home Pick-ups</p>	<p>HKCT's Anniversary Party</p> <p>To mark the 35th anniversary of our incorporation, we ask that no one schedule any appointments this day so you can join us for lunch at the Turramurra Uniting Church Hall from 11.45am til 2pm. The formalities will be brief, as will our service update, to ensure you've time to mix and mingle and party with all the team. Being a 35th occasion, please wear coral tones if you can, or anything bright and festive!</p>	 <p>\$15 pp / \$25 pc Transport</p>
<p>Tues 21st June</p> <p>Home Pick-ups</p>	<p>Waterfall Café, Kariong</p> <p>Waterfall Cafe is nestled over the cascading ponds of the Mount Penang Gardens, the gateway to the Central Coast. <i>Main</i> – Grilled chicken avocado & white wine cream sauce <i>Dessert</i> – Carrot Cake served with ice cream & cream, tea / coffee</p>	 <p>\$50 pp / \$95 pc Includes meal</p>
<p>Fri 24th June</p> <p>Home Pick-ups</p>	<p>Art Gallery of NSW, Archibald Exhibition</p> <p>Entry to the Art Gallery is free, and you can choose to have lunch downstairs overlooking Woolloomooloo, or in the Domain. You can purchase tickets to The Archibald Exhibition, maybe use your Discover Vouchers? We aim to arrive at 11.15am <i>Hornsby LGA residents</i></p>	 <p>\$20 pp / \$35 pc Transport only</p>
<p>Sat 25th June</p> <p>Home Pick-ups</p>	<p>Edogawa Commemorative Garden, Gosford</p> <p>This gift from Edogawa City in Japan, was designed in accordance with the original principles of the Japanese Heian (700AD) period and 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>	 <p>\$20 pp / \$35 pc Transport Only</p>
<p><input type="checkbox"/> 8.15am Turramurra <input type="checkbox"/> 8.30am Willow Pk Hornsby <input type="checkbox"/> 9.00am Pennant Hills Library</p>	<p>Monday 27th June – Bruce's Richmond / Windsor Tour</p> <p>Bruce's history tour is on the trail of Governor Macquarie. Lunch has been booked at the North Richmond Penrith Panther's Club where you can choose something to suit your taste and budget!</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>Tuesday 28th June</p> <p>Home Pick-ups</p>	<p>Kirribilli Club</p> <p>Join us on a drive down to the Harbour Bridge, just recently celebrated 90 years of service to Sydney. Then on to the Club to enjoy a main course with alternate serves of Chicken Parmigiana / Grilled John Dory, followed by Sticky Date / Crème Brûlée. Hot and cold drinks will be at your own choice and expense.</p>	 <p>\$45pp / \$85 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 6 th , 20 th & 27 th	Within 3km of West Pymble IGA *Special Price \$5*
East Lindfield IGA	<input type="checkbox"/> Monday afternoons 6 th , 20 th & 27 th	Within 3km of East Lindfield IGA *Special Price \$5*
Turrumurra IGA	<input type="checkbox"/> Monday mornings 6 th , 20 th & 27 th Tuesday 14 th	Within 3km of Turrumurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	<input type="checkbox"/> Monday afternoons 6 th , 20 th & 27 th Tuesday 14 th	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 16 th June	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

pp = per person pc = per couple

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