



## Jolly July 2022 !



Greetings!

Winter is well and truly with us, the trees are almost bare, but the winter blooms are increasing in many gardens on the numerous streets we traverse ... Polyanthus, Snow Drops, Luculia and Cyclamen to name just a few. I'd say Daphne too, my second favourite floral scent, but I haven't seen much around of late. Flowers always lift my spirits and when the weather is chilly or the days are dull, perhaps we all need to look out for blooms to keep us joyous if not jolly!

Speaking of jolly, as July's program hits the streets, over 70 friends and faithfuls are celebrating our 35<sup>th</sup> anniversary. We so wish many more of you would have joined us but we know you were there in thought if not deed. Maybe a reason not to miss out on our ever-popular "Christmas In July" luncheon and show. No time like the present to get out and about, and remain jolly!

It is so tempting to stay inside when it's cold, isn't it ... Yet why? We only tend to become bears if we hibernate and become anti-social. Especially when our drivers keep the vehicles toasty warm, have big bright umbrellas if needed, and we are offering you door-to-door transport! It is also easy to blame the weather on aches and pains, and not look after ourselves, as we should. For instance ...

When was the last time you had a hearing check? I saw a presentation by Hearing Australia just recently and learned that 1 in 6 Australians over 15 years of age have hearing loss. And that almost half of childhood and over one-third of adult hearing loss is preventable. There is also a lot of research being done as hearing loss and dementia seem to be regrettably linked. Hearing Aids and assistive listening devices can help. So, if you have never had one or not had one for a while (understandable due to several lockdowns and restrictive access to public health domains of late) please accept this as a friendly reminder to look after yourself, do something for yourself, and be proactive in your health and wellbeing. Speak with your GP for their recommendation, or call Hearing Australia on 131 797

Attention all Shoppers to Hornsby Westfield. There's a very obliging new Manager at this shopping precinct and he is keen to ensure all HKCT shoppers are looked after. We're discussing mobility scooters, coffee cards and who knows what might end up being possible to enrich your weekly or fortnightly or monthly visit to Hornsby Westfield. Stay tuned! And if you haven't been in a while, it sounds like a perfect time to return ..

Lastly, a reminder that a cancellation charge will occur if you cancel any outing booking within 3 working days of the outing date. Also, our venues are requiring a guarantee of diners and/or prepayment more frequently. We have no choice but to pass these costs on to those who are cancelling at short notice.

Have a great month, everyone, thanks for joining us in making July as jolly as possible and considering as Robert H Schuller does:

*"Possibility-thinking" is the long sought-after Fountain of Youth!*

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.

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| <p><b>Fri<br/>1<sup>st</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   | <p><b>Mooney Mooney Club on the Hawkesbury</b><br/><br/>Nestled on the shores of the Hawkesbury River, with views across to Brooklyn, enjoy a tranquil lunch <i>of your choice and cost</i>, with friends old and new!<br/><b><i>Ku-ring-gai LGA residents</i></b></p>  | <br><p><b>\$15 pp / \$25 pc<br/>Transport Only</b></p>                              |
| <p><b>Sat<br/>2<sup>nd</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   | <p><b>Annangrove Bunnings &amp; The Australian Brewery</b><br/><br/>Come with us for a drive out to the fast-developing 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.<br/><b><i>Saturday phone number for cancellations: 0473 478 890</i></b></p>  | <br><p><b>\$20 pp / \$35 pc<br/>Transport only</b></p>                              |
| <p>8.45 am<br/>Turramurra<br/><br/>9.00 am<br/>Willow Park,<br/>Hornsby<br/><br/>9.15 am<br/>Pennant Hills<br/>Library</p> | <p><b>Monday 4<sup>th</sup> July – Sydney Jewish Museum (as requested)</b><br/><br/>Australia is home to the highest population of Holocaust survivors– second only to Israel. We will have a guided one-hour tour and then some time to explore and check out the gift shop. Bring some coins for the coffee machine at the museum. The Roseville Memorial Club is our lunch destination<br/><b>No Home Pickups.</b> Need a Cabcharge home from your pick-up point?<br/>Ask for the additional price on booking.</p>   | <br><p><b>\$35 pp / \$65 pc<br/>Transport &amp; Tour<br/>Lunch at your cost</b></p> |
| <p><b>Tues<br/>5<sup>th</sup> July</b><br/><br/>Home<br/>Pick-ups</p>  | <p><b>Time and Tide, Dee Why</b><br/><br/>Anyone hungry? A scenic drive down to the Northern Beaches to enjoy a generous serve of salmon, mash and veggies. Then sticky date pudding and ice-cream for dessert, plus tea and coffee.<br/>Just what the doctor ordered!</p>  | <br><p><b>\$50 pp / \$95 pc<br/>Includes meal</b></p>                              |
| <p><b>Fri<br/>8<sup>th</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   | <p><b>Mooney Mooney Club, on the Hawkesbury</b><br/><br/>Nestled on the shores of the Hawkesbury River, with views across to Brooklyn, enjoy a tranquil lunch <i>of your choice and cost</i>, with friends old and new!<br/><b><i>Hornsby LGA residents</i></b></p>   | <br><p><b>\$15 pp / \$25 pc<br/>Transport Only</b></p>                            |
| <p><b>Tues<br/>12<sup>th</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   | <p><b>The Vintage Pantry, Galston</b><br/><br/>Remember the old Greenshades Café at the roundabout in Galston? Let's check out the new version after a scenic drive through our fast disappearing countryside. Enjoy alternate serves of Fish n Chips or Pumpkin Soup with sourdough, then scones with jam &amp; cream, tea &amp; coffee...Yum!</p>   | <br><p><b>\$45 pp / \$85 pc<br/>Includes meal</b></p>                             |
| <p>8.15 am<br/>Turramurra<br/><br/>8.30 am<br/>Willow Park,<br/>Hornsby<br/><br/>9.00 am<br/>Pennant Hills<br/>Library</p> | <p><b>Friday 15<sup>th</sup> July - Vacluse House &amp; Rose Bay</b><br/><br/>Due to popular demand, we will take a trip back to the 1830's to the home of Sarah &amp; William Wentworth and their 10 children. Explore their grand house with its many staircases, visit the nursery to see what toys the Wentworth children would have played with, and hunt for the hidden toilet in each bedroom! <i>Museum entry is \$12 payable only online or by card on the day.</i> Afterwards, Club Rose Bay for lunch at your own cost and choice.<br/><b>No Home Pickups.</b> Need a Cabcharge home from your pick-up point?<br/>Ask for the additional price on booking.</p> | <br><p><b>\$20 pp / \$35 pc<br/>Transport only</b></p>                            |
| <p><b>Sat<br/>16<sup>th</sup> July</b><br/><br/>Early Home<br/>Pick-ups</p>  | <p><b>Bells Line of Road – Archibald Hotel</b><br/><br/>This Kurrajong hot spot was named for Archibald Bell who opened the way through to Mount Tomah. The Archibald Hotel provides restaurant quality foods, peaceful location, breathtaking views of Sydney. History fused with modern dining and relaxation. Lunch at your own cost.<br/><b><i>Saturday phone number for cancellations: 0473 478 890</i></b></p>  | <br><p><b>\$20 pp / \$35 pc<br/>Transport Only</b></p>                            |

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|---|---|--|
| <p>8.15am<br/>Turrumurra</p> <p>8.30 am<br/>Pennant Hills<br/>Library</p> <p>8.45am<br/>Willow Park<br/>Hornsby</p> | <p><b>Monday 18<sup>th</sup> July - 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 at the Belmont 16s Club <i>is at your choice and cost.</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>   |  <p><b>\$20 pp / \$35 pc<br/>Transport Only</b></p>                                       |
| <p><b>Tues<br/>19<sup>th</sup> July</b><br/>Home<br/>Pick-ups</p>   | <p><b>North Richmond Panthers</b></p> <p>Jump in our warm bus, leave winter behind and head up the Windsor Road to the Hawkesbury Valley at the foot of the Blue Mountains. Then, tuck into their Roast of the Day, with alternate serves of chocolate brownie or carrot cake for dessert, with a tea or coffee from their T+C station.</p>   |  <p><b>PANTHERS<br/>NORTH RICHMOND</b><br/><b>\$50 pp / \$95 pc<br/>Includes meal</b></p> |
| <p><b>Fri<br/>22<sup>nd</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   | <p><b>Birkenhead Point / Sydney Fish Markets</b></p> <p>Winter is a fantastic time to enjoy Australian seafood. Firstly, many species put on fat in response to colder waters, and are therefore juicier and more flavoursome than in other seasons. Secondly, reduced demand in winter means you have the chance to score yourself a deal. Or maybe just visit Birkenhead Point and shop. Bring your insulated shopping bags.</p> <p style="text-align: right;"><i>Hornsby LGA residents</i></p>     |  <p><b>\$20 pp / \$35 pc<br/>Transport only</b></p>                                       |
| <p><b>Tuesday<br/>26<sup>th</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   |  <p><b>Christmas in July ... at the Fiddler</b></p> <p>Be welcomed with a drink on arrival, enjoy a two-course traditional Christmas luncheon, and a one-hour show featuring Nikki Bennet.</p> <p>We have a lot of celebrating to catch up on, and this is the time to treat yourself!</p>  |  <p><b>\$70pp / \$135 pc<br/>Includes Xmas<br/>Lunch &amp; Show!</b></p>                  |
| <p><b>Thursdays</b><br/><br/>with transport</p>   | <p>Have you heard about “<b>D-Caf Connections</b>” café for people living with early or mid-stages of dementia? It's a true opportunity to socialise, relax and discover ways to live well with dementia. Held each Thursdays, 10am-12 noon at The Warrawee Club, family members are welcome too.</p> <p><b>Call Fiona on 0402 837 877 to book your place. Then, call our office on 9983 1611 to book individual transport.</b></p>   |  <p><b>\$15 pp / \$25 pc<br/>Transport Only</b></p>                                     |
| <p><b>As of Mon<br/>20<sup>th</sup> June</b></p>  | <p><b>Hooray... Ku-ring-gai's Libraribus is BACK</b></p> <p>Call Phil B on 0401 972 461 Monday – Wednesday to book your seat</p>  |   |
| <p><b>Fri<br/>29<sup>th</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   | <p><b>Birkenhead Point / Sydney Fish Markets</b></p> <p>Winter is a fantastic time to enjoy Australian seafood. Firstly, many species put on fat in response to colder waters, and are therefore juicier and more flavoursome than in other seasons. Secondly, reduced demand in winter means you have the chance to score yourself a deal. Or maybe just visit Birkenhead Point and shop. Bring your insulated shopping bags.</p> <p style="text-align: right;"><i>Ku-ring-gai LGA residents</i></p> |  <p><b>\$20 pp / \$35 pc<br/>Transport only</b></p>                                     |
| <p><b>Sat<br/>30<sup>th</sup> July</b><br/><br/>Home<br/>Pick-ups</p>   | <p><b>Brooklyn – always a great day out!</b></p> <p>It's always a fun day with our weekend warriors, so set road-sail and see where the wind and sunshine take you! So much choice for morning tea &amp; then lunch at this lovely, old-fashioned fishing village, even if you don't drink tea or eat fish!</p> <p><b>Saturday phone number for cancellations: 0473 478 890</b></p>   |  <p><b>\$15 pp / \$25 pc<br/>Transport</b></p>  |

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

**Cancellations within 3 working days of any outing now incurs a cancellation charge**

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 ....   |
|---|--|--|
| <b>West Pymble IGA</b>                          | <input type="checkbox"/> Monday mornings   | Within 3km of West Pymble IGA <b>*Special Price \$5*</b>                       |
| <b>East Lindfield IGA</b>                       | <input type="checkbox"/> Monday afternoons | Within 3km of East Lindfield IGA <b>*Special Price \$5*</b>                    |
| <b>Turrumurra IGA</b>                           | <input type="checkbox"/> Monday mornings   | Within 3km of Turrumurra IGA <b>*Special Price \$5*</b>                        |
| <b>Berowra Coles &amp; Aldi, Mt Ku-ring-gai</b> | <input type="checkbox"/> Monday afternoons | Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights <b>*Special Price \$5*</b> |
| <b>Westleigh Village</b>                        | <input type="checkbox"/> Tuesday mornings  | Within 3km of Westleigh <b>*Special Price \$5*</b>                             |
| <b>THORNLEIGH Marketplace &amp; Aldi</b>        | <input type="checkbox"/> Tuesday afternoon | 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            | Regular Day   | For Residents living  |
|----------------------------|---|---|
| <b>Carlingford Court</b>   | <input type="checkbox"/> Wednesday                      | Between Normanhurst to Carlingford                                      |
| <b>St Ives Village</b>     | <input type="checkbox"/> Wednesdays & Thursdays         | Within the Ku-ring-gai LGA  |
| <b>Macquarie Centre</b>    | <input type="checkbox"/> Thursday 14 <sup>th</sup> July | Between Turrumurra - 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 Turrumurra to Normanhurst, and Asquith |
| <b>Cherrybrook Village</b> | <input type="checkbox"/> Fridays                        | Castle Hill to Galston, Cherrybrook & Pennant Hills                     |

*pp = per person pc = per couple*

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