

# Majestic May

## Hello friends.

The days are cooler and the nights chilly, yet the glorious autumn colours remind us not to waste an opportunity to be outside in the season's final glory. We trust your increased movement is serving you well?

Fear not if you missed our movement classes, due to popular demand they're back! Yes, you may be challenged and register a muscle stretch the next day, but we must (must, must) keep moving. Our 45-min yoga sessions (done with the aid of a chair) on Wednesday mornings are just the tonic. Please book and join us.

And be sure to phone or apply on-line for your 'Exercise Snack' guide – it's free from the Centenary Institute. I know attendees of our recent Consumer Meeting are keen to sign up. And yes, our visit to the SES depot is arranged for May too, so please enjoy a movement-filled, majestic month.

We also look forward to the King's Coronation and Mothers' Day (even if not a mum in the literal sense or still having mum around, it's still a day to celebrate them).

With a new state government and the Federal one due to announce further decisions on reforms to aged care (specifically the **Support at Home** program) my hope is for a 'majestic' display of understanding, kindness and civility.

HKCT's magnificent May moment will be the arrival of two more vehicles (courtesy of the NSW

Government Community Building Partnership grant).

With demand growing continually, pleasingly our operational tweaks have made more trips possible which has seen our recent busiest month ever!

A bigger fleet means we can say 'yes' more often and reduce our taxi use.

And judging from the continued good feedback and compliments, we know our office and driving team are meeting the surge with magnanimity.

Before I close, two things: residents of Ku-ring-gai Council, please take advantage of their **free Libraribus**, offering a round trip to your nearest KRG library and 45 minutes browsing time. Fortunately, Hornsby Shire residents can rely on HKCT for their

local library visits. **Secondly**, our bi-annual team meeting is on Wednesday 31 May so only trips that return you home by 2pm are available on that day.

Enjoy the month, keep moving and do more. As has been said: "Everything that is beautiful and noble is the product of reason and calculation, and majesty is a thing of beauty to behold, whatever the particular enterprise".

*Cheers, Helen*

### New vehicles

Even with our expanded fleet please book early and correctly (we can't bear having to decline a request)



**Ku-ring-gai residents: be sure to get aboard your free Libraribus**

Mondays, Tuesdays, Wednesdays • 9am–4:30pm • Booking: 0401 972 461



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## MONDAY 1 MAY

### Taronga Zoo



Meet Kobe, the seal pup making a big splash, along with delightful squirrel monkey babies and a newly opened Australian animal precinct. For our more mobile clients, so comfortable shoes please as there is a fair amount of walking.

**Pickups:** 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

**\$55 per person • \$105 per couple**  
Transport + zoo entrance

## SATURDAY 6 MAY

### SES Ku-ring-gai Depot



Learn about the SES's remarkable emergency skills while inspecting their equipment, offices and incident room—with morning tea on site. Later, we'll take you for lunch at North Turramurra for your choice of lunch venue (and yes, you'll be back home for King Charles' Coronation). **Saturday cancellations must phone 0473 478 890.**

Home pickups

**\$30 per person • \$55 per couple**  
Transport, Morn. Tea, SES Donation

## FRIDAY 12 MAY

### Innovations and Damart, with Lunch



**Need to bolster your winter wardrobe?** Grab this opportunity for a bargain or just a coffee at the café. We will then take you to Forestville RSL to choose and pay for your own lunch—it's perfect weather for their roast of the day.

**Pickups: Ku-ring-gai residents**

**\$20 per person • \$35 per couple**  
Transport only

## TUESDAY 2 MAY

### Mother's Day High Tea at The Fiddler



Join us for a special **Mother's Day celebration**. You will enjoy a welcome drink on arrival, a substantial and delicious high tea, entertainment, and there's a lucky door prize.

*Always such a lovely outing*  
DORIS T

Home pickups

**\$70 per person • \$135 per couple**  
Transport + High Tea included

## MONDAY 8 MAY

### The Coal Loader, Willoughby



Join us for a **Heritage Tour** and discover the site's secrets, past and present. Today is also an opportunity to learn about sustainability. Lunch at North Ryde RSL to enjoy a roast-of-the-day (your choice and cost).

**Pickups:** 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

**\$20 per person • \$35 per couple**  
Transport + tour included

## MONDAY 15 MAY

### Balmoral and Middle Harbour Tour



**Rick's new outing:** Sit back and enjoy being in his safe hands. We stop off at Balmoral Beach for a walk, coffee and to soak up the views. But the rest of the tour is a surprise, finishing at Norths Cammeray for lunch (at your selection and cost).

**Pickups:** 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

**\$20 per person • \$35 per couple**  
Transport only

## FRIDAY 5 MAY

### Innovations and Damart, with Lunch



**Need to bolster your winter wardrobe?** Grab this opportunity for a bargain or just a coffee at the café. We will then take you to Forestville RSL to choose and pay for your own lunch—it's perfect weather for their roast of the day.

**Pickups: Hornsby residents**

**\$20 per person • \$35 per couple**  
Transport only

## TUESDAY 9 MAY

### Ettalong Diggers, Central Coast



Fancy a relaxing drive for lunch at one of our favourites? Bistro 51's menu lets you choose from four delectable offerings at only \$16. You can select and pay for your own meal on the day.

*Count me in—last one was a magic day out*

PETER J

Home pickups

**\$20 per person • \$35 per couple**  
Transport only

## TUESDAY 16 MAY

### Canada Bay Club, Granata's Brasserie



**Due to many glowing reviews** from our last visit, we invite you to join us for lunch at this standout Italian brasserie. They offer a particularly affordable specials menu for just \$20 (at your selection and cost).

*Excellent value and choice*

IVY J

Home pickups

**\$20 per person • \$35 per couple**  
Transport only

WEDNESDAY 17 MAY

### Neura Research



During a morning of science and discovery, you'll learn of new brain-mapping technology and Neura's well-being and resilience project, along with tips on ageing well, falls and balance (complete with tea and coffee). Afterwards, lunch at nearby Baccomotto Osteria is only \$22 for pasta and drink, or \$15 for pizza and drink (at your choice and cost).

Home pickups

\$25 per person • \$45 per couple

Transport + donation

SATURDAY 20 MAY

### The Sound of Music, Chatswood



Delight in this all-time favourite. Presented by Willoughby Theatre Company, this absolute classic of a musical is coming to The Concourse Theatre. Sure to be a sell-out, the curtain goes up at 1.30pm so we will get you to Chatswood beforehand for a bite to eat (at your choice and cost). **Saturday cancellations must phone 0473 478 890.**

Home pickups

\$80 per person • \$155 per couple

Transport + show included

MONDAY 22 MAY

### Barangaroo and Lunch at Lord Nelson



Seen Sydney's latest architectural spectacle? Explore Barangaroo with us, including its retail and restaurant area, ferry wharves and a foreshore stroll to The Cutaway before lunch at the Lord Nelson pub. There's a fair bit of walking so comfortable shoes are a must. **Pickups:** 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

\$20 per person • \$35 per couple

Transport only

TUESDAY 23 MAY

### Dee Why Hotel



Let us take you to Sydney's famed Northern Beaches. The ever-popular Dee Why Hotel is offering a mouth-watering—but affordable—set lunch menu for only \$15 per person (your choice and expense).

*Great value, lovely venue*

ANDRES P

Home pickups

\$20 per person • \$35 per couple

Transport only

FRIDAY 26 MAY

### Broken Bay Pearl Farm Visit, Cruise + Lunch



A repeat of our latest sell-out\*: NSW's only pearl farm grows some of the world's most lustrous, rare Akoya pearls. Enjoy a 35-minute Hawkesbury River cruise and visit the 'shellar door' to see how pearls are cultured. Then lunch at Mooney Mooney Club for a tasty set menu of fish 'n' chips. *\*preferencing last month's wait-listed clients who rebook*

Home pickups

\$85 per person • \$165 per couple

Transport, cruise, farm + lunch incl.

MON 29 + TUES 30 MAY

### VIVID: Sightseeing Cruise



OUTING of the MONTH

Avoid the crowds. Enjoy a dazzling light display from the comfort of a Captain Cook Cruise boat. This 1-hour evening cruise takes in Barangaroo, Luna Park, The Rocks, and Circular Quay for the Harbour Bridge and Opera House. **Dress warmly**, bring a jacket and snacks as no food or drink is sold onboard.

**Pickups:** Hornsby residents 29th Ku-ring-gai residents 30th

\$50 per person • \$95 per couple

Transport + cruise

## 2nd Series: Let's get fit the friendly, easier way



Join our new program and get a new you

Our Wednesday exercise classes surpassed our wildest hopes.

Led by Marie, an expert exercise/ yoga instructor, they help your strength and balance. And you do it with a chair to avoid getting down on the floor.

Each class is \$10-\$25 (dependent upon number of participants). And of course, we can take care of your transport for just \$15 each.

Enrol now for these super-popular, fun 45-min Exercise Classes: 9983 1611

### Prepayment is appreciated

Prepayment for outings where tickets/meals are included is required

### Pricings are applicable only to CHSP-eligible clients of HKCT

Other client prices are available upon request

**Cancellations** within 3 (or more, per venue rules) working days of an outing now incurs 100% charge

9983 1611

Office: 8.30am—4.30pm, Monday to Friday

7 Gilroy Road, Turramurra 2074

## Social Shopping Sojourns

Door-to-door return • One hour shopping



Centre	Weekly	For residents of
West Pymble Mall	Mondays	Gordon, Killara, South Turramurra, West Pymble
Turramurra IGA	Mondays Drop-off 10:00 / Pickup 11:00	East Gordon, North Wahroonga, Pymble, South-Turramurra, Turramurra, Wahroonga, West Pymble
East Lindfield Shops	Mondays	East Killara, East Lindfield, Lindfield, Roseville, Roseville Chase
Westleigh Village	Tuesdays Drop-off 10:00 / Pickup 11:00	Normanhurst, Pennant Hills, Thornleigh, Westleigh
Thornleigh Marketplace	Tuesdays Drop-off 13:30 / Pickup 14:30	Beecroft, Normanhurst, Pennant Hills, Thornleigh, Westleigh

## Comprehensive Shopping

Door-to-door return • Two to three hour shopping



Centre	Weekly	For residents of
Aldi Mt Ku-ring-gai + Berowra Village	Mondays Drop-off 13:30 / Pickup 15:15	Berowra, Berowra Heights, Mount Colah, Mount Ku-ring-gai
Carlingford Court	Wednesdays	Beecroft, Cheltenham, Epping, Normanhurst, Pennant Hills, Thornleigh, Westleigh
St Ives Village	Wednesdays	East Gordon, Gordon, Killara, Pymble, St Ives, St Ives Chase, Turramurra, West Pymble
Gordon Shops	Thursdays	East Gordon, East Killara, East Lindfield, Gordon, Killara, Lindfield, Pymble, Roseville, Roseville Chase, West Pymble
St Ives Village	Thursdays	East Gordon, Gordon, Killara, North Turramurra, Pymble, St Ives, St Ives Chase, Turramurra
Hornsby Westfield	Thursdays	Hornsby, Hornsby Heights, Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara
Macquarie Centre	Thursday 11 May	Gordon, Killara, Lindfield, North Wahroonga, Pymble, Roseville, Turramurra, Wahroonga, Warrawee
Cherrybrook Shops	Fridays	Arcadia, Castle Hill, Cherrybrook, Dural, Fiddletown, Middle Dural, West Pennant Hills
Hornsby Westfield	Fridays	Asquith, Berowra, Berowra Heights, Brooklyn, Cowan, Hornsby Heights, Mount Colah, Mount Ku-ring-gai, Normanhurst, North Wahroonga, Turramurra, Wahroonga, Waitara, Warrawee