

Spiritual September

Greetings, friends!

'Spiritual' can mean aligning with a purpose or something beyond yourself, which is why it is our focus for September. Let's all position ourselves for Spring and welcome a renewed view of life with purpose. Or just be excited to participate in HKCT's range of activities. Because, as we know, participation relates to and affects our human spirit and thus our physical health.

For me, this time of year also brings about reporting deadlines, annual planning implementations, and an increase in business. HKCT's purpose is tested, both internally and externally and there is quite a lot of analytics and reflection, almost to the point that we walk backwards into the future. That is no way to focus on the future or what we are yet to enjoy or achieve. Please don't think I am drinking too much doolally juice, I just choose to face reality with a positive mindset and purpose: what else can be done, how else can I make a difference and where else might I encourage a change for the better?

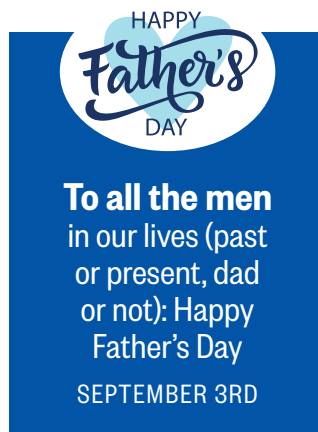
It is also why we are **hosting a Client Meeting on 29th August to explore 'Community'**—you and your community. It is not too late to RSVP by the way. As our friend Janine Kitson says: "Community is a verb, not a noun. It is something we do!" All at HKCT sincerely want to know your concept of community, how you wish to contribute to and benefit from it.

Yes, I know that HKCT is a transport provider and not the elixir of life but transport is a crucial ingredient in any magic potion required to make things happen.

I have mentioned before the ongoing restructure of Aged Care for Australia (to be in place by July 2025) or you've read that the Federal government has an **Aged Care Taskforce** to help the process. I know HKCT has clever, well-informed clients with worthy opinions. The Taskforce wants feedback (i.e. from you) on six draft principles to help develop a fair, equitable system.

You'll be encouraged to focus on their questions and issues relevant to you, and don't need to answer every question. **Click here** or visit: agedcareengagement.health.gov.au/taskforce/ I'm off to pick some freesias I've seen on a nature strip, to welcome in Spring and lift my spirits because...**"When the spirit is lifted, life follows"**.

Cheers, Helen



If you receive our newsletter via email, we have a new email address just for you to use to book your outings! We know once our newsletter is distributed, everyone is keen to call and make their bookings and we simply can't answer them without many going to voicemail. A solution will be to email us.

Your 'place in the booking queue' will be assured according to the time your email was received – just like a phone call only better: you'll know it has reached us unless there is a 'your message cannot be delivered' response. So please start using it, have faith and you'll get an email back saying you are on the list: **outings@communitytransport.org.au**



FRIDAY 1 SEPTEMBER

Gunners Barracks Lunch



Pre-Father's Day Special: The Gunners Barracks is a historic site with commanding views of the harbour. Enjoy a 2-course lunch with a glass of wine, beer or soft drink included. Pre-order chicken & prosciutto ballotine, roasted barramundi or risotto of prawn & surf clams. Dessert choices are sticky date pudding or Baileys chocolate panna cotta or pear frangipane tart.

Home pickups

\$85 per person • \$165 per couple

Transport + lunch included

FRIDAY 8 SEPTEMBER

Westfield Warringah Mall Shopping Trip



Over 100 stores, do not miss this opportunity to shop somewhere different and snag a bargain. Browse through the myriad offerings at this indoor/outdoor shopping centre and enjoy a leisurely lunch at the many delightful food outlets (your choice and cost).

Home pickups

\$20 per person • \$35 per couple

Transport only

TUESDAY 12 SEPTEMBER

Pearl Farm, Cruise and Club Lunch



Back by demand, NSW's only Pearl Farm with the world's rare Akoya pearls. Enjoy a 35-min Hawkesbury River cruise, then visit the 'Shellar Door' to see how pearls are cultured. Next, lunch at Mooney Mooney Club for a \$20 set menu: beer battered fish or schnitzel with chips & salad, or a chicken garden salad (at your cost; make your choice when booking).

Home pickups

\$60 per person • \$115 per couple

Transport, cruise + farm included

MONDAY 4 SEPTEMBER

Cricket Ground Tour, Lunch at The Bavarian



'Behind the scenes tour' of Sydney Cricket Ground, with intriguing stories and sporting ambience and architecture. Lunch at The Bavarian in The Entertainment Quarter (your choice and cost). There is some walking involved but only limited steps. **Pickups:** 9am Turramurra; 9:15am Willow Park, Hornsby; 9:30am Pennant Hills Library. **Min. of 12** needed to establish this outing.

No home pickups

\$45 per person • \$85 per couple

Transport + private tour incl.

SATURDAY 9 SEPTEMBER

Japanese Gardens and Top Point Café



A superb Central Coast destination at East Gosford. Roam the beautiful Edogawa Gardens and enjoy lunch at Top Point Café, offering alternate servings of beer-battered fish 'n' chips and slow-cooked shredded beef ragu, plus tea or coffee. **Saturday cancellations must phone 0473 478 890.**

Home pickups

\$50 per person • \$95 per couple

Transport + lunch included

FRIDAY 15 SEPTEMBER

Marine Centre with Lunch at Terrigal



A hands down favourite! Learn about marine life, with documentary and fish-feeding demonstration, sea-horses and Port Jackson shark. Enjoy the Centre's café for coffee and a treat before we head to the Terrigal Bowling Club for lunch: roast-of-the-day and other bistro favourites for your choice and cost.

Pickups: **Hornsby residents**

\$35 per person • \$65 per couple

Transport + entrance included

TUESDAY 5 SEPTEMBER

Club Palm Beach, Cruise and Lunch



With spring in the air this is a perfect outing and opportunity to enjoy beautiful Pittwater. Following a superb 1-hour, scenic boat cruise, we'll adjourn to the cosy club for your choice of roast-of-the-day, tempura fish 'n' chips or chicken schnitzel with chips & salad.

So nice to be out on the water

SHAZ K

Home pickups

\$50 per person • \$95 per couple

Transport, cruise + lunch included

MONDAY 11 SEPTEMBER

Rocks Walking Tour, Lunch at The Orient



Enjoy our private walking tour of the Rocks with historic, lively tales on a 90-min leisurely walk along the harbour and down alleys. Lunch at The Orient (your choice and cost). There's a fair bit of walking, with steps up to The Orient's dining room. **Pickups:** 9am Turramurra; 9:15am Willow Park; 9:30am Pennant Hills Library. **Min. of 15** needed to establish this outing.

Home pickups

\$45 per person • \$85 per couple

Transport + tour included

MONDAY 18 SEPTEMBER

Piano! Piano!, Sydney Town Hall Concert



Piano! Piano! Let Simon Tedeschi, Bernard Walz and the Good Old Days' Concert Orchestra enthral you with keyboard wizardry and humorous renditions. Tickets limited, book early (no refunds unless we fill your seat). Afterwards, it's a 5-minute walk to Zabou Grill at Club York, for lunch of your selection and expense. **Please bring photo ID.**

No home pickups

\$70 per person • \$135 per couple

Transport + concert ticket incl.

TUESDAY 19 SEPTEMBER

45 on Rawsons, Epping Club



Dependable excellence: delight in a classic club and roast with seasonal vegetables, trimmings and gravy or savour one of the other all-time favourites on the menu in the casual *45 on Rawsons*. Lunch will be of your selection and cost today.

Loved it last time

JOHNNY T

Home pickups

\$20 per person • \$35 per couple

Transport only

MONDAY 25 SEPTEMBER

Corbett Gardens, Bowral Tulip Time



An early start and only for the agile but so worth it! Roam the spectacular display of 75,000 mass-planted tulips, browse crafts, fashion and produce in the Market Place, before lunching at Mittagong RSL, offering alternate serves of roast-of-the-day or fish 'n' chips. **Pickups:** 6.15am Turrumurra or 6:15am Pennant Hills Library

No home pickups

OUTING
of the
MONTH

\$65 per person • \$125 per couple

Transport, entrance, lunch included

FRIDAY 22 SEPTEMBER

Marine Centre with Lunch at Terrigal



A hands down favourite! Learn about marine life, with documentary and fish-feeding demonstration, sea-horses and Port Jackson shark. Enjoy the Centre's café for coffee and a treat before we head to the Terrigal Bowling Club for lunch: roast-of-the-day and other bistro favourites for your choice and cost.

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

\$35 per person • \$65 per couple

Transport + entrance included

TUESDAY 26 SEPTEMBER

Yarra Bay Sailing Club



A standout favourite at Yarra Bay, near La Perouse, offers a relaxing lunch overlooking the beach. 'CSalt on the Beach' has an affordable, tasty two-course menu. Please make your choice when booking: beer battered fish or chicken schnitzel with chips & salad or Penne Boscaiola followed by dessert of the day, plus tea & coffee.

Home pickups

\$40 per person • \$75 per couple

Transport + lunch included

SATURDAY 23 SEPTEMBER

Warragamba Dam



See Sydney's water supply and marvel at an engineering masterpiece nestled in native bushland. The three viewing platforms and visitor centre will help you learn about the dam's history. Afterwards, we will delight in lunch at the Warragamba Workers & Sporting Club (at your own expense and choice). **Saturday cancellations must phone 0473 478 890.**

Home pickups

\$20 per person • \$35 per couple

Transport only

FRIDAY 29 SEPTEMBER

King Tide Café, Brooklyn



Lunch and a great day out, overlooking the boats at the marina jetty. King Tide's well-priced menu tempts with a good selection of fresh fish and seafood. Lunch is of your choosing and cost. Afterwards, you may like to stroll along the waterfront of this picturesque old fishing village or sit in the sun.

Home pickups

\$20 per person • \$35 per couple

Transport only

LIVING WELL WITH DEMENTIA

Fancy some camaraderie and a cuppa?

Our café is expressly for people and families living with cognitive decline or early dementia.

Weekly
Social Café
for Families

Each Thursday
10am—midday

Monthly
Conversational Café
for Carers

1st Thursday
11am—midday

Monthly
Musical Café
for Families

3rd Thursday
10am—midday

Learn about our **DCaf Connections:** phone Fiona Jenkins 0402 837 877 or email her: feeshal@optusnet.com.au

facebook.com/DCaf-connections



ST IVES • 5 SEPTEMBER

Come and see What happens when 50,000 men get in a shed

EXCLUSIVE
HKCT TOUR
AND TALK

The Men's Shed St Ives is throwing open its doors with a tour, talk and morning tea. Renowned for making and repairing, many thousands of Australian 'shedders' also visit for cooking lessons and health workshops.

Gentlemen, this one's built for you (and ladies, it's your chance to see inside this mysterious domain). **Email or call HKCT now** to reserve your seat (transport only).



HKCT Social Shopping Sojourns: door-to-door return • one hour shopping for just \$5

Centre	Drop-off/Pickup	For residents of	Book by
Turrumurra IGA <i>Mondays</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble Turrumurra, Wahroonga, South Turrumurra	Wednesday
Westleigh Village <i>Tuesdays</i>	10am / 11am	Normanhurst, Pennant Hills, Thornleigh, Westleigh	Thursday
Thornleigh Marketplace <i>Tuesdays</i>	1:30pm / 2:30pm	Beecroft, Normanhurst, Pennant Hills, Thornleigh, Westleigh	Thursday

HKCT Comprehensive Shopping: door-to-door return • two to three hours shopping for just \$10

Centre	Drop-off/Pickup	For residents of	Book by
Aldi Mt Ku-ring-gai & Berowra Village <i>Mondays</i>	1:30pm / 3:15pm	Berowra, Berowra Heights, Mount Colah, Mount Ku-ring-gai	Wednesday
Carlingford Court <i>Wednesdays</i>	10:30am / 1pm	Beecroft, Cheltenham, Epping, Pennant Hills	Friday
St Ives Village <i>Wednesdays</i>	10am / 1pm 11am / 2pm	East Gordon, Gordon, Killara, Turrumurra, Pymble, West Pymble Turrumurra, Pymble, St Ives, St Ives Chase	Friday
Gordon Shops <i>Thursdays</i>	10am / 12 midday	East Gordon, East Killara, East Lindfield, Gordon, Killara, Pymble Lindfield, Roseville, Roseville Chase, West Pymble	Monday
St Ives Village <i>Thursdays</i>	10am / 12 midday 11am / 1pm	East Gordon, Gordon, Pymble, Killara, St Ives North Turrumurra, Turrumurra, St Ives Chase, Pymble, St Ives	Monday
Hornsby Westfield <i>Thursdays</i>	10am / 1pm 11am / 2pm	Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara Hornsby, Hornsby Heights	Monday
Macquarie Centre <i>14th September</i>	11am / 1pm	Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee	Monday
Cherrybrook Shops <i>Fridays</i>	9:30am / 12:15pm 11am / 1pm	Cherrybrook, West Pennant Hills Arcadia, Castle Hill, Dural, Fiddletown, Middle Dural, West Pennant Hills	Tuesday
Hornsby Westfield <i>Fridays</i>	10am / 1pm	Asquith, Berowra, Berowra Heights, Brooklyn, Cowan, Hornsby Heights Mount Colah, Mount Ku-ring-gai, Normahurst, North Wahroonga, Turrumurra, Wahroonga, Waitara, Warrawee	Tuesday

Prices are applicable only to CHSP-eligible clients of HKCT. Other client prices available upon request. Correct as of September 2023.