

# October = Opportunities

## Greetings, friends!

The most important opportunity we all have in October, is recognising the world's longest living culture in our Constitution. I understand not everyone shares my opinion but when I see and hear the fearmongering presented, I do wish I had the opportunity to help others (as John Farnham sings) understand their own voice and not live in fear.

To more practical matters—yes, voting in the referendum is compulsory for all Australian citizens so if you qualify for early voting, we can get you to your nearest pre-voting centre. And if you are flexible when you can go, between 3 and 13 October, we can make it happen. Please call us now!

Other opportunities are, of course, our outings. Thank you for the wonderful feedback on the scope and variety of opportunities to get out and about to enjoy life with like-minded, positive people! Bridget works really hard on each month's options, based on your suggestions and her colleagues' ideas.

We also heard great ideas during our Consumer Meeting's lively discussions! Most tables opened up about their ideas of community and some superb insights were given as to your immediate community. Hearing what you do in your community, what you'd like to do and how else 'community' could embrace you and your participation within community life will help us develop our trip purposes and outings and investigate new community partnerships.

Among other notable comments (I am still smiling over Bruce's quip on Truth) one that truly resonated was "You win when you laugh". What a fabulous

opportunity for us all, each and every day! And it encapsulates why the team at HKCT do what they do every day. Why our Drivers ensure you are well looked after and enjoy some friendly, personalised chatter. Why our Client Services team (who juggle an average of 220 telephone calls daily) personalise their interactions with you and not just take travel booking details.

A particularly honest conversation was sparked by a facilitator's question: "When did you change your mind?" Yes, that table really embraced the potential of our simple conversation starters! So I ask you, our avid reader,

when was the last time you changed? Your opinion from a negative viewpoint to a more objective or positive one? Or your willingness to consider another option than your automatic response? Even tried something new to eat, be it a supermarket purchase or a café order?

**"Man's mind stretched to a new idea, never goes back to its original dimensions"** said Oliver Wendell Holmes (1809-1894) so, maybe even back then people were talking about opportunities ... I invite you all to be like Betty Friedan: **"Aging is not lost youth but a new stage of opportunity and strength."**

*Cheers, Helen*



**Save this date:** HKCT's 2022-23 Annual General Meeting will be on Monday, 6th November at Hornsby RSL, following a members' lunch. Official notification will be sent to current financial members shortly. Non member clients are welcome to attend at a cost. Details next month.

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## TUESDAY 3 OCTOBER

### Central Coast Club Delight



Sit back and enjoy the beautiful, sweeping views over Broken Bay from Lion Island all the way to Palm Beach. Their Bistro offers a mouth-watering and really affordable **Seniors Group Menu at \$16**. Choices include roast of the day; chicken schnitzel, chips and gravy; fish, chips and salad; or crumbed prawn cutlets, chips & salad.

#### Home pickups

\$20 per person • \$35 per couple

Transport only

## TUESDAY 10 OCTOBER

### Dee Why RSL



Let's make the most of a beautiful spring and head to the beach! Enjoy the scenic drive to Dee Why and a delicious (and very affordable) \$25 lunch in their Bistro, choosing between a roast meal or beer-battered fish with chips; plus dessert and a jug of soft drink on the table (lunch at your selection and cost).

#### Home pickups

\$20 per person • \$35 per couple

Transport only

## MONDAY 16 OCTOBER

### Kimbriki Recycling Tour+Lunch



A new (and requested) outing, it offers a site-tour by bus, then visiting their Eco House and Garden to learn to live more sustainably. The visit is for 2.5 hours, with tea and coffee served at Eco House. Then on to Terrey Hills Tavern for lunch (your selection and cost). **Needs min. 15 people. Pickups:** 9am Pennant Hills; 9:15am Willow Park; 9:30am Turramurra.

#### No home pickups

\$50 per person • \$95 per couple

Transport + tour included

## FRIDAY 6 OCTOBER

### The movie: 'A Haunting in Venice' + Lunch



Do not miss this one: based on an Agatha Christie novel and the sequel to Death on the Nile. Kenneth Branagh directs and acts as the sleuth Hercule Poirot, investigating a murder while attending a Halloween séance at a haunted palazzo in Venice, Italy. Afterwards, it will be a short walk to The Roseville Club for lunch (at your selection and cost).

#### Home pickups

\$30 per person • \$55 per couple

Transport + movie included

## FRIDAY 13 OCTOBER

### Balmoral Esplanade + Mosman Hotel



Don't miss this, book now for a delightful walk along the Esplanade at Balmoral Beach, a coffee with friends soaking up the sun and the view before we take you on for (an always affordable) lunch at Hotel Mosman—or 'The Duck' as it is affectionately known. Lunch will be at your choice and expense.

#### Home pickups

\$20 per person • \$35 per couple

Transport only

## TUESDAY 17 OCTOBER

### Dural Country Club



Our hosts are offering a lunchtime special that includes a delectable choice of: beef burger with chips; lasagne; penne arrabiata; ham and pineapple pizza; a chicken curry or chicken caesar salad. We will take your order at the time of booking.

#### Home pickups

\$40 per person • \$75 per couple

Transport + lunch included

## MONDAY 9 OCTOBER

### Rick's City Tour



Remind yourself just how beautiful our city is! You will travel past some of Sydney's iconic attractions, a stop at Centennial Park for morning tea, before going on to the Drummoyne Sailing Club for lunch at your choice and expense. **Pickups:** 8:15am Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

#### No home pickups

\$20 per person • \$35 per couple

Transport only

## SATURDAY 14 OCTOBER

### Castle Hills Markets + Ettamogah Pub



You can't beat a good farmers' markets and this is one of the best. Explore the artisan fare and stock up on your fresh produce (please note: two bags only per person). We then head off to the iconic Ettamogah pub for lunch of your choice and cost. **Saturday cancellations must phone 0473 478 890.**

*Don't forget to vote*

#### Home pickups

\$20 per person • \$35 per couple

Transport only

## FRIDAY 20 OCTOBER

### Vaucluse House and Club Rose Bay



Transporting you back to the 1830's and into the Wentworth family home – with 10 children. Explore this grand house (option to explore its upstairs) and beautiful gardens. Then on to Club Rose Bay for a \$15 daily special lunch (your choice and cost), and maybe catch a seaplane landing on Rose Bay (our first international airport). **Club requires photo ID.**

#### Home pickups

\$20 per person • \$35 per couple

Transport only (entry is free)

## SATURDAY 21 OCTOBER

### Andrew Lloyd Webber's 'Cats'



Based on the ever-popular TS Eliot poetry, CATS has enjoyed record-breaking runs on Broadway and in London. We arrive early at Chatswood for lunch at close-by cafes or the Westfield Food Court. **Note: theatre has some steps; payment at time of booking; Saturday cancellations must phone 0473 478 890.**

OUTING  
of the  
MONTH

#### Home pickups

\$80 per person • \$155 per couple

Transport + show included

## FRIDAY 27 OCTOBER

### SH Erwin Gallery and Lunch



A stunning exhibition in Observatory Park, 'Fearless: Contemporary Indigenous Women'. A tour guide will help you understand and enjoy these engaging artworks. Then you can savour a Trust Café lunch (your choice and cost) or bring a sandwich to enjoy sitting in the park and delighting in one of Sydney's premier views.

#### Home pickups

\$40 per person • \$75 per couple

Transport, admission, tour included

## MONDAY 23 OCTOBER

### Sculptures-by-the-Sea and Lunch



See the most intriguing sculptures at this outdoor exhibition (in Marks Park's accessible areas), with views of Bondi. Wander the grassy area and then we're on to the famed Watsons Bay for lunch at your choice and cost. **Pickups:** 8:30am Turramurra; 9:00 Pennant Hills Library; 9:30 Cherrybrook Skate Park.

#### No home pickups

\$20 per person • \$35 per couple

Transport only

## MONDAY 30 OCTOBER

### Sculptures-by-the-Sea and Lunch



See the most intriguing sculptures at this outdoor exhibition (in Marks Park's accessible areas), with views of Bondi. Wander the grassy area and then we're on to the famed Watsons Bay for lunch at your choice and cost. **Pickups:** 8:15am Berowra Shops; 8:45 Willow Park; 9:00 Turramurra; 9:30 Killara Marian St Theatre.

#### No home pickups

\$20 per person • \$35 per couple

Transport only

## TUESDAY 24 OCTOBER

### Gosford Golf Club



Ever such a hit last time, we are **returning to** The Gosford Golf Club. And in our honour, they are offering a carvery with a choice of roast beef or marinated chicken, potato bake, seasonal roast and steamed vegetables. Desserts, tea, or coffee are optional and at your cost.

#### Home pickups

\$55 per person • \$105 per couple

Transport + lunch included

## TUESDAY 31 OCTOBER

### Forestville RSL



Plenty of feedback proves you love the menu this bistro offers, along with their amazing \$15 Seniors Menu for roast of the day; fish and chips; chicken & cashew nuts with rice or sweet 'n' sour pork with rice (your choice and cost).

#### Home pickups

\$20 per person • \$35 per couple

Transport only



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## Stretch + Balance Classes

Clients love our exercise stretch / balance classes with instructor Marie: Wednesdays 10.15am–11am (followed by tea, coffee and a good chat).

**New term starting so please join us.** Classes are \$15 each and, of course, we'll get you there and back. This is the friendliest way to stay healthy—call now.

## Tulip Time in Beautiful Bowral

**Extra seats available:** Roam the spectacular display of 75,000 mass-planted tulips, browse crafts, fashion and produce in the Market Place, before lunch at Mittagong RSL. We will stop en-route, to and from Bowral, to stretch your legs. **This outing is for the agile** as walking's involved to maximise your day.

26  
Sept

\$65 per person  
\$125 per couple

**Pickups:** 7.30am Turramurra  
7.30am Pennant Hills Library

Transport, entrance fee and lunch included

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

Centre	Drop-off/Pickup	For residents of	Book by
Turramurra IGA <i>Mondays</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble Turramurra, Wahroonga, South Turramurra	Wednesday
East Lindfield Shops <i>Mondays</i>	1pm / 2pm	East Killara, East Lindfield, Lindfield, Roseville, Roseville Chase	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, Turramurra, Pymble, West Pymble Turramurra, 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 Turramurra, Turramurra, 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>12 October</i>	11am / 1pm	Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turramurra, 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, Turramurra, Wahroonga, Waitara, Warrawee	Tuesday

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