

Narratable November

Greetings, friends!

There's something about November that always makes me want to do more and share more. Maybe it's instinct, wanting to get things done or said before the year is over, but I am going to ask you to join me and make November a time to tell a story, or hear an interesting story.

With the results of the referendum, it might also be the right time to talk about the ugly results of disinformation that were a feature of the debate, despite calls for respectful engagement. Let's choose not to accept such a standard and ensure our voice tells our stories with facts and objective opinions, kindness, and good humour.

Our November outings program will provide you with a range of engaging and memorable experiences, with the outing to Balmoral Esplanade returning due to popular demand.

Last month I was at the annual CTO Conference. Dr Norman Swan's keynote address affirmed that core determinates of ageing successfully were social connections, engagement, education and continual learning, and participation in community. **How our brains tell our bodies what to do.** That if we stop listening to our brains, by overriding what we likely know is true, stop accepting our brain's challenges to our comfort zone, we lose our courage, lose our inner 'locus of control' – the perception of the underlying main causes of events in our lives. **Or** do you believe that your destiny is controlled by yourself or by external forces (such as fate, god, or powerful others)?

Yes, correct, we alone control mostly 95%. Maybe we can't run a mile but we can make ourselves leave

the house. Exercise affects every cell in our bodies. Resilience is a matter of the moment. Let's embrace our courage, because "It is the quality which guarantees the others", Aristotle. We all have stories to tell and memories to share! **Let's do it!**

HKCT's 2022-2023 Annual General Meeting is on

Monday 13 November at Hornsby RSL.

If you're a financial member of our association, you'll have received a notice of meeting and request for your RSVP. If you are not, we would still love you to join us for a delicious two-course meal. For non-financial members it is \$50 for transport and the meal. And it is your chance to hear our annual summary and meet the Board Members.

As the festive season approaches there's greater demand for our services. Please plan and book your social en-

gagements as early as possible. If you need to cancel or change a booking, please alert us immediately as our driver's schedules are intricate and we may be able to help someone else.

"Inside each of us is a natural-born storyteller, waiting to be released," said author, Robin Moore. I invite you to think of a story you haven't told in a while and then share it with empathy and enthusiasm in coming weeks and months.

Cheers, Helen



'Music Man' starring our own Driver Ed

When he's not at the wheel he's on the stage – don't miss seeing this showstopper



Save this date: HKCT's 2022-23 Annual General Meeting is on Monday, 13th November at Hornsby RSL, following a members' lunch. If you haven't RSVP'd or are not a financial member, we'd love to have you attend, please call us now: 9983 1611

Exciting Simple
Select outings, shopping and transport online



FRIDAY 3 NOVEMBER

Christmas Shopping Delight



Macquarie Centre: The festive season is around the corner and this is an opportunity to buy some Christmas gifts before the rush! Enjoy shopping and have lunch at one of the cafes at your leisure (your selection and cost).

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

\$20 per person • \$35 per couple

Transport only

TUESDAY 7 NOVEMBER

Melbourne Cup Lunch at the Time 'n' Tide



Giddy up, this race stops the nation! Our ever-obliging host promises another fun event, starting with a glass of champagne on arrival before serves of salmon, mashed potato and vegetables, plus chips and salad on the table. Dessert is sticky date pudding with ice-cream before the race at 3pm (so will be a late return). Wear your favourite hat!

Home pickups

\$65 per person • \$125 per couple

Transport + lunch included

SATURDAY 11 NOVEMBER

'The Music Man' Show, Lunch at Hotel Pennant Hills



A crowd-pleaser since 1957: This funny, warm, romantic and touching, six-time Tony Award-winning musical comedy is family entertainment at its best. **And our Driver Ed stars in it.** We will enjoy an early lunch (at your selection and cost) at the Hotel Pennant Hills prior to the show. **Saturday cancellations must phone 0473 478 890.**

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

\$45 per person • \$85 per couple

Transport + show included

SATURDAY 4 NOVEMBER

'The Music Man' Show, Lunch at Hotel Pennant Hills



A crowd-pleaser since 1957: This funny, warm, romantic and touching, six-time Tony Award-winning musical comedy is family entertainment at its best. **And our Driver Ed stars in it.** We will enjoy an early lunch (your choice and cost) at the Hotel Pennant Hills then on to the show. **Saturday cancellations must phone 0473 478 890.**

Pickups: **Hornsby residents**

\$45 per person • \$85 per couple

Transport + show included

THURSDAY 9 NOVEMBER

ABC Friends Book Talk, Lunch at Roseville Club



Special guest Gavin Fang is one of Australia's most experienced news executives (he led the ABC's news teams during the pandemic). Co-editor of 'Pandemedia', Gavin will explain why Covid changed how and where we go to get 'true news'. Then we'll enjoy lunch at the Roseville Club (your selection and cost).

Home pickups

\$20 per person • \$35 per couple

Transport + talk included

MONDAY 13 NOVEMBER

HKCT Annual General Meeting, Hornsby RSL



Come one, come all: If you're a financial member of our association, you'll have received a notice of meeting and request for your RSVP. **If you are not**, we would love you to join us for a scrumptious, generous two-course meal and more. You will hear our summary of the year past and meet our Board Members. Members pay transport only.

Home pickups

\$50 per person • \$95 per couple

Transport + lunch included

MONDAY 6 NOVEMBER

Balmoral Esplanade + Mosman Hotel



Due to demand we've included this outing again. Enjoy a delightful walk on the Esplanade at Balmoral Beach, a coffee with friends, soaking up the sun and the view before lunch at Hotel Mosman (aka 'The Duck'). Lunch is at your choice and expense. **Pickups:** 9am Turramurra; 9:15am Willow Park; 9:30am Pennant Hills Library.

No home pickups

\$20 per person • \$35 per couple

Transport only

FRIDAY 10 NOVEMBER

Christmas Shopping Delight



Macquarie Centre: The festive season is around the corner and this is an opportunity to buy some Christmas gifts before the rush! Enjoy shopping and have lunch at one of the cafes at your leisure (your selection and cost).

Pickups: **Hornsby residents**

\$20 per person • \$35 per couple

Transport only

MONDAY 13 NOVEMBER

Town Hall Concert: 'Movies Live'



Be prepared: Simon Tedeschi, Bernard Walz and the Good Old Days 'Concert Orchestra' will enthral you with keyboard wizardry and humorous renditions. Tickets are limited, walking required. Then we will enjoy Kirribilli Club's **\$35 special** (your choice and cost): main, dessert, tea/coffee. **Pickups:** 8:30am Turramurra; 8:45am Willow Park; 9am Pennant Hills Library.

No home pickups

\$70 per person • \$135 per couple

Transport + concert included

TUESDAY 14 NOVEMBER

Important: Information Day for Seniors



This informative session (by Ku-ring-gai Council) is at Council Chambers, Gordon. Deb Denman (Seniors' Rights Services) will present, plus you can meet with key contacts from The Village Chef, Easy Care Gardening, KNC, and our own HKCT GM! Morning tea is available and then we will take you to enjoy lunch at Terrey Hills Tavern (your selection and cost).

Home pickups

\$20 per person • \$35 per couple

Transport + info day included

TUESDAY 21 NOVEMBER

End-of-Year Celebration at The Fiddler



Let's not wait, get into the Christmas spirit! Due to the success of last year's lunch we are returning to The Fiddler for their renowned show and hospitality. Your lunch will include a welcome drink on arrival, traditional Christmas two-course lunch and entertainment. Seats are absolutely limited so please book early.

Home pickups

\$75 per person • \$145 per couple

Transport, show + lunch included

TUESDAY 28 NOVEMBER

Club Palm Beach, Cruise and Lunch



Escape your cares with us...this promises to be perfect time of year to enjoy cruising the beautiful Pittwater. Following this superb one-hour scenic boat trip, we'll adjourn to the Club for your choice of roast of the day or tempura fish 'n' chips or chicken schnitzel with chips and salad (your selection will be taken on the day).

Home pickups

\$50 per person • \$95 per couple

Transport, cruise, lunch included

FRIDAY 17 NOVEMBER

Twilight Markets, Macquarie Uni



A late start today for a late lunch at West Pymble Bowling Club (your selection and cost) before we take you to the fabulous **Twilight Markets**, an absolute hit with our clients last year! Browse the artisan stalls and pick up some Christmas gifts or enjoy sipping on a cocktail while delighting in the music.

Home pickups

\$20 per person • \$35 per couple

Transport only

FRIDAY 24 NOVEMBER

High Tea at Parliament House



Strictly limited seats: delight in high tea in the iconic Strangers Restaurant, with wonderful sweet and savoury items served on Parliamentary-crested Wedgwood plates—and of course, all with an array of teas. Afterwards, we have requested a tour of the Legislative Assembly for your chance to see where laws are born, argued and created.

Home pickups

\$85 per person • \$165 per couple

Transport, high tea + tour incl.



MONDAY 20 NOVEMBER

Lake Macquarie Adventure



Driver Rick has planned a delightful drive to this picturesque area, north of the Central Coast. Lunch will be at Belmont 16's Club, where you can enjoy the views over the lake. Lunch will be of your choice and expense. **Pickups:** 8:15am Turramurra; 8:30am Pennant Hills Library; 8:45am Willow Park.

Home pickups

\$20 per person • \$35 per couple

Transport only

MONDAY 27 NOVEMBER

Ramses & Gold of the Pharaohs



Australian Museum exhibition of Ramses II (warrior pharaoh) with 180+ Egyptian treasures, animal mummies, awesome jewellery, royal masks and treasures from his tomb. Then a coffee and snack lunch at museum's Billabong Waterhole (your selection and cost). **Pickups:** 7:30am Turramurra; 7:45 Willow Park; 8am Pennant Hills Library.

No home pickups

\$55 per person • \$105 per couple

Transport + entrance included

DAVID SPEERS, LISA MILLAR, MICHELLE GRATTAN
ALAN KOHLER, STAN GRANT, TU LEE, RICK MORTON
PROF RAINA MACINTYRE, DR NORMAN SWAN...



What's true and how do we know?

The pandemic changed news so where are people getting theirs now? This book gathers the thoughts, fears and forecasts from A-grade journalists and observers. Don't miss co-editors Tracey Kirkland and Gavin Fang presenting 'Pandemia'.

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).

Let's work on our well-being together: classes are \$15 each and, of course, we'll get you there and back. This is the friendliest way to stay healthy—call now.

Don't wait to call, it's quicker and easier to email

The popularity of our outings is heartwarming but the number of calls can be heart-stopping.

To avoid leaving a message and waiting for our call-back, use email. You won't miss your spot-in-the-queue as the time and date records automatically.

Use this address:



outings@communitytransport.org.au

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
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, 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>9 November</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, Normanhurst, 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 November 2023.