

# Dashing December

## Seasonal greetings, friends!

One of the many privileges of ageing is enjoying another start of summer and a Christmas / New Year season. Luscious summer stone fruits, an abundance of ham and other tasty treats, family and friends keen to catch up... Some anticipate this time for its Christian significance, some because it means holidays and a time to reset, and others simply that it's a good time to think about what matters most and what gives us meaning.

Sadly, too many of us can experience an absence of meaning, particularly as we age. This can lead to a more pessimistic attitude which leads to negativity, a loss of confidence, and isolation and a loss of health. Regrettably, we at HKCT see it too often. And it's the key reason I keep reminding you how many options you still have to be engaged, still have meaning in your life and to those around you, even if they are new friends.

Hence the team at HKCT are asking you for some very special gifts this Christmas! **Yes you**, each and every one of you—our valuable clients:

**Twelve participations** in an HKCT outing in 2024, at least

**Eleven laugh-out-loud** moments every week, even if you are alone

**Ten minutes of deliberate movement**—every morning, noon and night

**Nine conversations with someone new** every month, even if it's just an 'hello, how are you' to a stranger you pass when shopping

**Eight occasions you try something new** each season, be it a new food, new TV show, or new walking route or cafe

**Seven wonderings of Mother Nature** every week

**Six memories shared every week**, be it a significant one or simply one that makes you smile

**Five times a week that you tell someone they are appreciated**, be they family, friend or a stranger that served you

**Four times a year, ensure you have engaged with your neighbours properly**. Ask them in for a cuppa or offer a small tippie on your lawn.

**Three days' notice for each and every booking** for any shopping or individual trip you need from us

**Two donations to a worthy cause** this Christmas, such as a tin of food to Lifeline's Christmas hamper appeal or a purchase from a charity stall

**One moment every day, remind yourself how valued you are** and that there's more that you can do and give than you think!

Dare we suggest that you start your 'twelfth' gift by booking your place at our Client Christmas party! It is our last outing for 2023 and **with you** at the table it will be extra special.

Being end of year, our team is also having a well-deserved break. **Please note our office and service details below.**

*Cheers, Helen*



### Friday shopping

Dec 22 trips  
moved to  
Tues 19 Dec

### Thursday transport

Dec 21 journeys  
are our last and  
conclude by 3pm

### Office closed

from Dec 22,  
reopens Tuesday  
January 2, 2024

### No transport

from Dec 22,  
restarting Wednesday  
January 3, 2024

**2024 Shopping shuttles** resume from Monday 8 January **Outings** resume from Tuesday 16 January

## FRIDAY 1 DECEMBER

### Christmas Shopping at Warringah Mall



Festive season is just around the corner so here's an opportunity to snaffle Christmas gifts at this amazing shopping extravaganza. Enjoy browsing and then have lunch at one of its myriad of cafes at your leisure (your selection and cost).

#### Home pickups

\$20 per person • \$35 per couple

Transport only

## TUESDAY 5 DECEMBER

### Riverboat Postman Cruise Delight



An early start but so worth it: come cruising on this historic Brooklyn mailboat and the magnificent lower Hawkesbury River. The local skippers will entertain with tales of the river whilst cruising with morning tea and a ploughman's lunch on-board. And yes, we will stop at Pie in the Sky on the way home for you to pick up dinner!

#### Home pickups

\$75 per person • \$145 per couple

Transport, cruise, m. tea, lunch incl.

## MONDAY 11 DECEMBER

### Driver's Choice: Dinner and Christmas Lights



This outing can't fail to get you into the spirit: we will start with dinner (your selection and cost) at a **surprise venue** chosen by your driver. Then onward to enjoy some mesmerising Christmas lights from the comfort of the bus or maybe a short wander, before we drop you safely home.

Late home pickups: **Ku-ring-gai LGA**

\$20 per person • \$35 per couple

Transport only

## SATURDAY 2 DECEMBER

### Andre Reiu's 'White Christmas' at Roseville Cinema



Watch the masterful Andre and his Johann Strauss Orchestra's new concert. Marvel at the magnificently decorated palace, complete with snow, ice rinks, beautiful chandeliers and Venetian candelabras. Sit back in comfort and perhaps bring a sandwich or snack as this is an early afternoon showing. **Saturday cancellations must phone 0473 478 890.**

#### Home pickups

\$60 per person • \$115 per couple

Transport + ticket included

## FRIDAY 8 DECEMBER

### Swane's Nursery, Galston Club Lunch Special



Don't miss this visit to a beautiful nursery and their magnificent rose garden in full bloom. You can buy some plants, visit the garden shop or enjoy a cup of coffee at the café. Then we will enjoy Galston Club's \$19 lunch specials, including fish 'n' chips; bangers & mash; spaghetti Bolognese or lamb chops with chips and salad (your selection and cost).

#### Home pickups

\$20 per person • \$35 per couple

Transport + talk included

## TUESDAY 12 DECEMBER

### Drummoyne Sailing Club Taste Sensation



Enjoy a relaxing lunch at this most popular venue and delight in one of Sydney's best waterfront locations. The menu offers daily specials using fresh seasonal produce and favourites, including seafood and steaks, plus a variety of gelato and desserts. Lunch will be your choice and cost.

#### Home pickups

\$20 per person • \$35 per couple

Transport only

## MONDAY 4 DECEMBER

### Driver's Choice: Dinner and Christmas Lights



This outing can't fail to get you into the spirit: we will start with dinner (your selection and cost) at a **surprise venue** chosen by your driver. Then onward to enjoy some mesmerising Christmas lights from the comfort of the bus or maybe a short wander, before we drop you safely home.

Late home pickups: **Hornsby LGA**

\$20 per person • \$35 per couple

Transport only

## SATURDAY 9 DECEMBER

### Gigantic Book Fair, Asquith Golf Club Lunch



Over 90,000 quality preloved books for sale at Lifeline's 'Book Fair' in the Barker College grounds. Browse for bargains or the one you've always wanted to read. Afterwards we will take you for a delightful lunch at Asquith Golf Club (your selection and cost).

#### Home pickups

\$20 per person • \$35 per couple

Transport only

## FRIDAY 15 DECEMBER

### You're Most Very Welcome: Client Party



Let's celebrate Christmas and our last **2023 outing!** Please join us as we return to Magpies (such a success last year) where our hosts will be serving up a delicious Christmas lunch: ham and turkey stacks with roast vegetables, gravy and cranberry sauce. Then a dessert of plum pudding with brandy custard and tea and coffee. Hmmm, yum—and no dishes!

#### Home pickups

\$65 per person • \$125 per couple

Transport + lunch included



15th  
DECEMBER

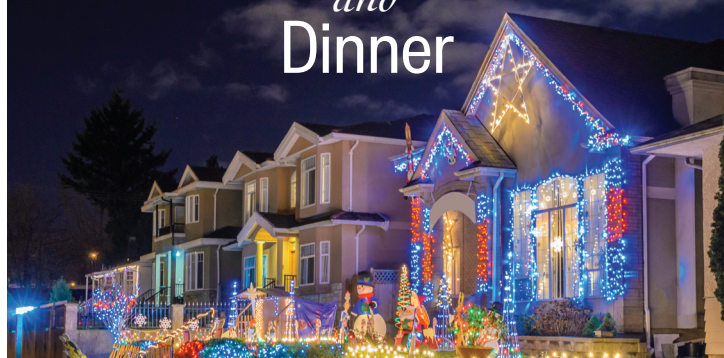
# Client Christmas Party at Magpies Club

*Please join us in making  
this year's celebration  
as joyous as the season*



4 + 11  
DECEMBER

## Christmas Lights and Dinner



## WHITE CHRISTMAS



2nd  
DECEMBER

Romantic Waltzes and Christmas Carols

### 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:



**Let us know of any  
medical dietary  
requirements  
when booking**

And personal preferences can be requested by you to a venue when placing your order.

### Exercise made easy

*Let's work off those Christmas treats*

Yes, our super-popular classes will be back in the new year but you must book now

Only \$15  
per class

Or \$30 with  
round-trip  
transport

Wednesday  
mornings

10:15-11am

Turramurra  
Seniors Centre



*Come for the class,  
stay for a cuppa  
and chat*



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
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>14 December</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, Galston, Middle Dural, West P. Hills	Tuesday
Hornsby Westfield <i>Fridays</i>	 <b>Date changes please see page 1</b> 10am / 1pm	Asquith, Berowra, Berowra Heights, Brooklyn, Cowan, Hornsby Heights Mount Colah, Mount Ku-ring-gai, Normanhurst, 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 November 2023.