

Musical March

Greetings!

Why have I dubbed March musical? We transition to Autumn this month so leaves will soon turn and fall in the music of a fresh breeze. We also have several musical options for you this month, something we know many of you enjoy.

If you miss out on our draw for attendance to the Seniors Gala Concert and the NSW Seniors Expo, please remember you can request HKCT transport to/from KRG's "Everything for Seniors" Festival at the Turramurra Uniting Church on 13th March. You can chat with local providers offering services for older Australians—and with a chair!

I also have a few March reMinders for you. If you've had chickenpox, you can get shingles. I remember being taken to play with an infected neighbour child, to get it, and get over it, while young. Do you? Oh, how times have changed! Anyway, if you're 65+ or ATSI aged 50+, or an eligible immunocompromised adult, you get the shingles vaccine free. Please speak to your GP.

Another reason to visit your GP this month is for your flu vaccine. Covid 19 is still rampant and with flu season around the corner and the flu vaccine taking 3-4 weeks to give you coverage, get ahead of the crowd.

If ever disaster strikes, legal worries often follow. Having your documents stored digitally is a great way to get started preparing for an emergency, and help you navigate any potential legal issues. **Get ePrepared** is a free, online self-help tool, developed by Justice Connect and Telstra. It coaches you on how to store electronic copies of documents in case you need them urgently.

Here's a safe link:
justiceconnect.org.au/get-eprepared

SYDNEY
 MORNING MASTERS

**Wednesday 20 March
 Concert at The Concourse**

Enjoy coffee and cake before an hour of delight from The Choir of St James, one of Australia's longest serving church choirs. They will perform *a cappella* works from Bird, Tallis and Vaughan Williams, plus a brief interview with the artists afterwards. You will have an hour for lunch (your choice and cost) or do some shopping before we take you home.

Home pickups

\$60 per person • \$115 per couple
 Transport, concert, morn. tea incl.

Music to everyone's ears at HKCT is Mr Justin Lee who has joined us as Client Services Manager. You'll be speaking with him soon enough and meet him at our next Client Meeting.

Which enables me to make music in UK & Europe in March to visit family and friends that are family.

May the magic of music be with you too this month. As Hans Christian Andersen said, "Where words fail, music speaks."

Cheers, Helen



**HKCT
 Easter
 Closure**

Please note: no HKCT services during
 Friday 29 March – Monday 1 April



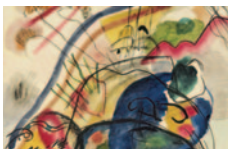
**HKCT
 Client
 Meeting**

Please join us Tuesday 30 April,
 12:30 – 2:30pm



FRIDAY 1 MARCH

Art Gallery NSW: Kandinsky



A guide will take you through this Kandinsky exhibition—a most influential European modernist: “Ask has the art carried you to a world unknown...what more do you want?”. Afterwards, enjoy lunch at The Gallery Café offering casual dining (salads, sand-wiches, snacks and cakes) which will be your selection and cost.

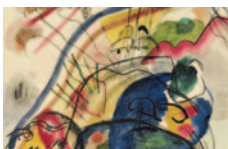
Pickups: **Hornsby residents**

\$55 per person • \$105 per couple

Transport + tour included

FRIDAY 8 MARCH

Art Gallery NSW: Kandinsky



A guide will take you through this Kandinsky exhibition—a most influential European modernist: “Ask has the art carried you to a world unknown...what more do you want?”. Afterwards, enjoy lunch at The Gallery Café offering casual dining (salads, sand-wiches, snacks and cakes) which will be your selection and cost.

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

\$55 per person • \$105 per couple

Transport + tour included

TUESDAY 12 MARCH

St Patrick's Day, The Fiddler



An annual crowdpleaser, join us for St Paddy's Day in a venue famous for delivering boundless fun! Our hosts will be offering a drink on arrival, two-course lunch with tea or coffee and entertainment by an Irish duo.

Bookings by 1st March, please.



Never miss this one
BARRIE G

Home pickups

\$80 per person • \$155 per couple

Transport, lunch, entertainment

MONDAY 4 MARCH

Balmoral Esplanade, Mosman Hotel



Enjoy one of Sydney's most delightful walks on the Esplanade at Balmoral Beach, a coffee with friends, soaking up the sun and the view before a superb, but affordable, lunch at Hotel Mosman (lunch is your choice and cost). **Pickups:** 8:15am Turramurra; 9am Pennant Hills Library; 9:30am Cherrybrook Skate Park.

No home pickups

\$20 per person • \$35 per couple

Transport only

SATURDAY 9 MARCH

Wiseman's Ferry Bowling Club



Relax on the drive to Wiseman's Ferry—an area surrounded by national parks, beautiful views of the Hawkesbury River and impressive sandstone escarpments. Enjoy a \$15 special lunch at The Bowling Club (*Grub on The Green*). **Saturday cancellations must phone 0473 478 890.**

Home pickups

\$20 per person • \$35 per couple

Transport only

WEDNESDAY 13 MARCH

Premier's Gala Concert



Ever a delight, this Seniors' Festival event is on again so register now as all tickets will be allocated by a lucky draw. There will be time to visit the Seniors Expo at The Convention Centre and/or have lunch (your choice and cost) before the Concert. Will be long day/late finish as concert ends at 4:30pm, before we then get you home.

Home pickups

\$20 per person • \$35 per couple

Transport, concert ticket included

TUESDAY 5 MARCH

Dee Why RSL



On Sydney's prized Northern Beaches, the ever-popular Dee Why RSL is offering a mouth-watering 2-course lunch special for just \$25 per person: Roast of the day or beer battered fish & chips, plus a dessert and soft drinks on the table. Please be ready with your selection at time of booking.

Home pickups

\$45 per person • \$85 per couple

Transport + lunch included

MONDAY 11 MARCH

Rick's Eastern Suburbs Tour



Always a hit, enjoy this scenic drive exploring some of Sydney's most beautiful bays. Then on to Watsons Bay for lunch at your choice of venue (and cost) while taking in the magnificent views of our amazing harbour. **Pickups:** 8:15am Turramurra; 9am Pennant Hills Library; 9:30am Cherrybrook Skate Park.

No home pickups

\$20 per person • \$35 per couple

Transport only

FRIDAY 15 MARCH

Kalkari Discovery Centre and Waterside Bistro



We have arranged a short walking tour with the volunteers at Kalkari Discovery Centre in Ku-ring-gai National Park. The guides will enthral you with knowledge of the area's native species, wildlife and Aboriginal history. Afterwards, enjoy the Waterside Bistro's signature fish 'n' chips or vegetarian pasta, plus tea or coffee with a brownie taster.

Home pickups

\$50 per person • \$95 per couple

Transport, tour, lunch included

MONDAY 18 MARCH

'Good Old Days' Concert and Lunch



Enjoy Australia's No.1 tenor, David Hobson, and soprano Bridget Costello (Phantom of the Opera). Don't miss out, this show will raise the roof! Then we will savour the Kirribilli Club's \$35 special, including main, dessert, tea or coffee (your choice and cost).

Pickups: 8:30am Turramurra;
8:45am Willow Park, Hornsby;
9am Pennant Hills Library.

No home pickups

\$70 per person • \$135 per couple

Transport + concert included

SATURDAY 23 MARCH

Old Government House



Step back in time to explore our convict heritage at this UNESCO-listed site. A tour guide will take you through this elegant Georgian house, home to NSW's first ten Governors. Then we will take you to lunch at Paramatta Club (your choice and selection).

**Saturday cancellations must
phone 0473 478 890.**

Home pickups

\$45 per person • \$85 per couple

Transport + tour included

TUESDAY 19 MARCH

Palm Beach Cruise and Lunch



Back due to demand: enjoy the beautiful drive up to Palm Beach, to then board for a 1-hour scenic boat cruise on a shimmering Pittwater. Our hosts at Club Palm Beach offer a two-course lunch which you can select on the day. Mains include: roast of the day, tempura fish 'n' chips or chicken schnitzel with chips and salad.

Home pickups

\$55 per person • \$105 per couple

Transport, cruise + lunch included

MONDAY 25 MARCH

Balmoral Esplanade, Mosman Hotel



Enjoy one of Sydney's most delightful walks on the Esplanade at Balmoral Beach, a coffee with friends, soaking up the sun and the view before a superb, but affordable, lunch at Hotel Mosman (lunch is your choice and cost). **Pickups:** 8:15am Berowra Shops; 8:45am Willow Park, Hornsby; 9:00am Turramurra; 9:30am Marian St. Theatre, Killara.

No home pickups

\$20 per person • \$35 per couple

Transport only

FRIDAY 22 MARCH

Chocolate and Nougat Factory, Gosford



Here's a mouth-watering opportunity to snap up the finest Easter chocolate, while sampling some others! Everyone delights in this unique factory tour before enjoying lunch in the café (your choice and selection).

Nothing matches this tour

LESLIE H

Home pickups

\$30 per person • \$55 per couple

Transport + tour included

TUESDAY 26 MARCH

Granata's Brasserie, Canada Bay Club



We receive so many glowing reviews about this venue so join us for another lunch at The Canada Bay Club. Granta's Brasserie specialises in the finest Italian cuisine, with a knockout range of affordable lunch specials (your selection and cost).

My friend Joyce says 'this is a must'

BOBBIE J

Home pickups

\$30 per person • \$55 per couple

Transport only

MID-WEEK MEET-UP + QUICK SHOP: MARCH

Home pickups for those
within 5km of each venue

\$20 per person • \$35 per couple

Transport only

*We aim to get you seated by
approx. 10am (for about 1½ hrs)
and then a brief bit
of shopping afterwards.*

Fancy a coffee with cake, tea and toast or just a juice,
while chatting with old or making new friends?

Let us take you to your nearest café
to join in our Mid-week Meet-ups.

Wed 6 • North Turramurra

Bobbin Head Bakery and nearby Woolworths and IGA

Wed 13

No coffee morning due to NSW Seniors Festival

Wed 20 • Galston

Postponed due to Concert at the Concourse

Wed 27 • Lindfield

Olea Café and conveniently close to IGA and Harris Farm

New areas: please let us know if we might add a café near you

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>14 March</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, Galston, Middle Dural	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 March 2024.