

May...my grey matter, matters

Greetings and yes, it is great to be home!

Especially as it's the time we celebrate marvelous women and for their maternal instincts! I don't believe women generally, and particularly older women, give themselves enough credit for their past abilities, capacities, or achievements; nor their current capability and value.

Especially you, our clients.

Our HKCT drivers often mention journeys hearing what you did during wars, as career women, raising families, contributing to the community. Please never underestimate yourself and what you can still do! Yes, bones creak more and no doubt we all are slower than we'd like but that should not prevent us from taking an interest, rekindling a habit, making an effort and learning. This goes for the men amongst our HKCT family, too!

Being curious not judgmental, considering something new, testing new food tastes or TV or music programs...magical moments are still to be had when we open ourselves up to possibilities. Isn't that how we taught our children? Isn't that the example you still are or can be to your children, grandchildren and neighbourhood children? **Dare I send out a battle cry:** "Oldies unite—we've got a mind, a valid identity and we are going to prove it"

To ensure your 'grey matter' is fully engaged, Bridget has put together a remarkably diverse program this month. There are subtle changes occurring, as you would have heard at our

Consumer Meeting on April 30th (and can still hear—book now if you haven't already, please). Our client survey results were very positive, with awesome feedback and encouragement for some necessary changes. As we apply continuous improvement strategies to grow our capacity to meet demand for our transport services and to meet higher operational costs, please know everything we do is to your ultimate benefit.

You can count on us to continue to challenge you to get out and about with us, adjust a thought or two, contemplate possibilities and not just make excuses or expect special consideration for your age or circumstances.

Before I sign off, I am sure you are aware of the increase in postage costs to \$1.50 for a standard DL sized letter. As such, regrettably we must lift the annual charge to receive our newsletters by post to now \$20.

Please remember, there is no need to worry about getting old: **only worry about thinking old!** So please stop thinking old immediately!!!

May your May be mindful and magical.

Cheers, Helen



**HKCT
ANZAC
Closure**

*No office
or services
on 25 April*

**Mid-Week
Meet-Ups**

*Come and
meet or
make friends*



FRIDAY 3 MAY

Innovations and Damart



A hit in April so it's on again! Bargains await among renowned brands, including their Autumn fashion collections. Then we will take you to Forestville RSL for a \$15 lunch special (your selection and cost on the day). Delights include roast; fish and chips; chicken and cashew with rice or sweet and sour pork with rice.

Pickups: **Hornsby residents**

\$20 per person • \$35 per couple

Transport only

FRIDAY 10 MAY

Innovations and Damart



A hit in April so it's on again! Bargains await among renowned brands, including their Autumn fashion collections. Then we will take you to Forestville RSL for a \$15 lunch special (your selection and cost on the day). Delights include roast; fish and chips; chicken and cashew with rice or sweet and sour pork with rice.

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

\$20 per person • \$35 per couple

Transport only

FRIDAY 17 MAY

Brunch, Movie 'Taste of Things'



This outing focuses on culinary treats. We start the day with a stop at Runaway Spoon for a delicious brunch or coffee and cake (your choice and cost), then we take you to Roseville Cinema to see 'Taste of Things', a French love story that starts in the kitchen and stars Juliette Binoche and Benoit Magimel.

Home pickups

\$35 per person • \$65 per couple

Transport + movie included

MONDAY 6 MAY

'Good Old Days' Concert, Sydney Town Hall



Enjoy Australia's 'leading lady', Marina Prior in concert. She has starred in 30+ musicals. Afterwards we will take you to Norths Cammeray for lunch (your selection and cost). **Note: full payment on booking and a non-refundable event.**

Pickups: 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

\$70 per person • \$135 per couple

Transport + concert included

MONDAY 13 MAY

Rick's Tour: Richmond & Windsor



Big day out: Enjoy a history trail of Governor Macquarie, stopping at Linwood Country Club for morning tea and North Richmond Panthers for lunch (your choice and cost). Call to book early as places are limited! Pickups: 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

\$30 per person • \$55 per couple

Transport only

SATURDAY 18 MAY

'Jersey Boys' Musical



Willoughby Theatre Co. presents 'The Jersey Boys' and you will be dancing in your seats. It traces four boys from humble beginnings to becoming Frankie Valli and The Four Seasons. We will drop you in Chatswood early for a lunch at leisure (your choice & cost). **Full payment on booking, a non-refundable event. Saturday cancellations must call 0473 478 890.**

Home pickups

\$95 per person • \$185 per couple

Transport + show included

TUESDAY 7 MAY

Mother's Day High Tea at The Fiddler



Join us for this special celebration. You will be greeted with a 'welcome drink' (included) upon arrival, a substantial and delicious high tea, and entertainment. Always an outing that HKCT clients love— do come along! **Please note: bookings by 22 April. Full payment on booking and this is a non-refundable event.**

Home pickups

\$75 per person • \$145 per couple

Transport + high tea included

TUESDAY 14 MAY

Trojans Restaurant, Terrigal



Recommended by a discerning client, enjoy the drive up to Terrigal and lunch at Trojans Restaurant and Sports Bar. Our hosts offer a **\$21 lunch special** of fish and chips; pan-seared barramundi, salad and chips; Thai beef; creamy garlic prawn hot pot or a delectable steak sandwich (your choice and cost on the day).

Home pickups

\$30 per person • \$55 per couple

Transport only

MONDAY 20 MAY

Valley Heights Rail Museum, Springwood



A fun-filled day, you will board a steam train or tram for a half hour ride. With gourmet sandwiches for lunch, please advise any dietary requirements when booking. After lunch enjoy a guided museum tour. **This outing is for mobile clients due to steps involved.** Pickups: 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

\$55 per person • \$105 per couple

Transport, ride, tour + lunch incl.

TUESDAY 21 MAY

Kirribilli Club Delight



'Now, that's a view', enjoy a stunning vista of our remarkable city, along with a relaxing lunch at the uniquely located Kirribilli Club. It offers a two-course menu (main and dessert) with tea and coffee for \$35 per person (your choice and cost on the day).

Picture perfect and food to match
SAMMYJ

Home pickups

\$20 per person • \$35 per couple

Transport only

WEDNESDAY 22 MAY

Sydney Morning Masters Concert



Delight in a coffee and cake before listening to the exquisite Australian Hadyn Ensemble at Chatwood's Concourse. This will be followed by a brief interview with the artists and then an hour for lunch (your choice and cost) or shopping before we get you home.

Home pickups

\$60 per person • \$115 per couple

Transport, concert, m. tea included

FRIDAY 24 MAY

Nursery & Vintage Secret Garden



This one is the Hills' best-kept secret: stroll around this lovely nursery to see what's in season and maybe buy something pretty for those pots on your doorstep. Then enjoy lunch at The Vintage Secret Garden (your choice and cost on the day).

Home pickups

\$20 per person • \$35 per couple

Transport only

SATURDAY 25 MAY

'Oklahoma' Musical



A chance to see some local talent: after an early lunch at Hotel Pennant Hills (your choice and cost), sit back and enjoy Dural Music Society's fun production of Rodgers & Hammerstein's 'Oklahoma!' at Normanhurst Uniting Church. **Saturday cancellations must call 0473 478 890.**

Home pickups

\$60 per person • \$115 per couple

Transport + show included

MONDAY 27 MAY

Vivid Evening Harbour Cruise



Avoid the crowds aboard the comfort of a 1.5 hr evening Captain Cook Cruise. See the dazzling lights at Barangaroo, Luna Park, The Rocks, Harbour Bridge and Opera House. Dress warmly, bring a jacket and snacks as no food or drink is sold onboard. **Book by 9 May. Full payment on booking and this is a non-refundable event.**

Home pickups: **Hornsby residents**

\$60 per person • \$115 per couple

Transport + cruise included

TUESDAY 28 MAY

Vivid Evening Harbour Cruise



Avoid the crowds aboard the comfort of a 1.5 hr evening Captain Cook Cruise. See the dazzling lights at Barangaroo, Luna Park, The Rocks, Harbour Bridge and Opera House. Dress warmly, bring a jacket and snacks as no food or drink is sold onboard. **Book by 10 May. Full payment on booking and this is a non-refundable event.**

Home pickups: **Ku-ring-gai residents**

\$60 per person • \$115 per couple

Transport + cruise included

FRIDAY 31 MAY

Anglers' Rest Lunch in Brooklyn



Come with us to this pretty fishing village, it's always a beautiful day out. You might like a short walk along the foreshore to work up an appetite for your pub lunch (your choice and cost) at the historic Anglers' Rest Hotel. On offer is: roast of the day; fish and chips or schnitzel and chips for \$20; or if you fancy, order off their menu.

Home pickups

\$20 per person • \$35 per couple

Transport only

Your Pre-payment is Appreciated

Prepayment for outings where tickets/meals are included is required.

Cancellations within 3 working days (or more, per venue rules*) of an outing now incur 100% charge.

**Many venues require final numbers 10 days prior, so pre-payment and stricter cancellation policies will apply.*

thank you

Exercise made easy

Let's do it together in 2024



Our Wednesday 'Strength, Stretch + Balance' classes are at 10:15-11am, Turramurra Seniors Centre (with tea/coffee).

They're just \$15 per class or \$30 with round-trip transport, so call to join in the fun.

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
Macquarie Centre <i>Wednesdays</i>	11am / 1pm	8 May Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee	Friday
	11am / 1pm	15 May Beecroft, Cheltenham, Epping, North Epping, Normanhurst, Pennant Hills, Thornleigh, Westleigh	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	East Gordon, Gordon, Pymble, Killara, St Ives	Monday
	11am / 1pm	North Turrumurra, Turrumurra, St Ives Chase, Pymble, St Ives	
Hornsby Westfield <i>Thursdays</i>	10am / 1pm	Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara	Monday
	11am / 2pm	Hornsby, Hornsby Heights	
Cherrybrook Shops <i>Fridays</i>	9:30am / 12:15pm	Cherrybrook, West Pennant Hills	Tuesday
	11am / 1pm	Arcadia, Castle Hill, Dural, Fiddletown, Galston, Middle Dural	
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 May 2024.