

## Greetings!

Thank you to those who attended our Consumer Meeting last month. It was a jolly day as, despite the rain, energy was high. Your input is always welcome and discussing the results of our annual client satisfaction survey was a privilege. And not just because the results were so pleasing... I am so proud you rank our service 'Extremely High or High' with 96%, 94% and 87%. Thank you and please know that we continue our planning to improve upon this impressive result.

I also appreciate your understanding of the need for increasing our CHSP client contribution fees. We will distribute our new CHSP fee schedule with our July newsletter.

**I wonder if you are aware of MyMedicare, the voluntary patient registration model?** It is free and aims to formalise the relationship between patients, their GP and primary care teams. It is particularly for us older folk (with complex health needs), the isolated and immigrants. Your registered practice and preferred GP shows up

on your My Health Record and it gives you access to Medicare-funded longer phone appointments and more.

Before I forget, **Monday 10th June is a public holiday** in recognition of King Charles' birthday. There will be no transport services and our office will be closed. For our Monday Mt Ku-ring-gai and Berowra shoppers, we suggest you join the Friday Hornsby Westfield shuttle. Turramurra or East Lindfield shoppers: if you need supplies please make an individual transport request for Tuesday 11th.

Take care, Helen

**my medicare**

Ask your GP or visit this website:  
[health.gov.au/our-work/mymedicare/about](https://health.gov.au/our-work/mymedicare/about)



King's Birthday:  
HKCT Closed

## Remember Me

I cannot speak, but I can listen.  
I cannot be seen, but I can be heard.  
So, as you stand upon a shore gazing at a beautiful sea,  
as you look upon a flower and admire its simplicity,  
Remember me.

*Vale David C*  
OPERATIONS CO-ORDINATOR

### **The HKCT team**

*is like a close, extended family  
so when one of our number  
is lost, we are also lost.  
We are doing all we can  
to be business as usual  
but please forgive us  
if something gets missed.*

## SATURDAY 1 JUNE

### Sydney Zoo



**Due to popular demand:** this zoo is a must with flat, easy walking and many places for a coffee. Stroll down the African boardwalk, see your favourite Australian natives and the entertaining baby meerkats! Bring your lunch or have an early lunch at the cafes to avoid the crowds (your choice and cost). **Saturday cancellations must phone 0473 478 890.**

Home pickups

\$65 per person • \$125 per couple

Transport + admission included

## FRIDAY 7 JUNE

### High Tea at Parliament House



**Strictly limited seats:** delight in high tea in the iconic Strangers Restaurant, with sweet and savoury delights served on Parliamentary-crested Wedgwood plates and, of course, an array of teas. We have arranged a Parliament House tour for your chance to see where laws are born, argued and legislated. **Book by 30 May. Full payment on booking and a non-refundable event.**

Home pickups

\$90 per person • \$175 per couple

Transport, tour + high tea incl.

## SATURDAY 15 JUNE

### Rocks Heritage Market, City



We're off to Sydney's oldest markets to be tempted by the work of talented artisans and traders. Delight in a tasty lunch (your choice and expense) from the many food stalls and cafes in this foodie paradise. **An outing for the more mobile as some streets are cobbled and uneven. Saturday cancellations must call 0473 478 890.**

Home pickups

\$35 per person • \$65 per couple

Transport only

## MONDAY 3 JUNE

### Vivid Harbour Evening Cruise



**Your last chance to enjoy** the comfort of a 1.5 hr evening Captain Cook Cruise. See the full canvas of Vivid 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 23 May. Full payment when booking and this is a non-refundable event.**

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

\$65 per person • \$125 per couple

Transport + cruise included

## TUESDAY 11 JUNE

### Northbridge Golf Club



**Delight in beautiful Middle Harbour views** as you enjoy a delicious lunch. Choose your two-course meal: roast chicken & vegetables; beer battered flathead with garden salad & chips or beef tagine with rice. For dessert: pavlova or Northbridge honey panna cotta with a chocolate sauce and berries. **Please advise your choice at time of booking.**

Home pickups

\$70 per person • \$135 per couple

Transport + lunch included

## MONDAY 17 JUNE

### Whale Watching Cape Solander



**Whale sighting today** so dress snugly for Cape Solander, a top spot for humpbacks migrating to warmer waters. We will also stop for coffee or a fore-shore walk to Captain Cook's monument. Then on to Cronulla RSL for lunch (your choice and cost) with ocean views. **Pickups:** 7:45am HKCT Turramurra; 8am Willow Park, Hornsby; 8:30am Marian St Theatre.

No home pickups

\$45 per person • \$85 per couple

Transport only

## TUESDAY 4 JUNE

### Vivid Harbour Evening Cruise



**Your last chance to enjoy** the comfort of a 1.5 hr evening Captain Cook Cruise. See the full canvas of Vivid 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 24 May. Full payment when booking and this is a non-refundable event.**

Pickups: **Hornsby residents**

\$65 per person • \$125 per couple

Transport + cruise included

## FRIDAY 14 JUNE

### Swane's Nursery, Lunch at The Vicar



Since 1919 Swane's has been wowing visitors so enjoy a walk around this wondrous nursery to see what's in season. You may like to buy something pretty for those pots on your doorstep. Next, savour lunch (your choice and cost) at The Bistro at The Vicar—and to learn why this hotel is a Hills favourite.

Home pickups

\$25 per person • \$45 per couple

Transport only

## TUESDAY 18 JUNE

### Palm Beach and a Movie



**A perfect winter outing:** enjoy the most delightful film 'The Best Exotic Marigold Hotel' in the Club Palm Beach theatre, whilst tucking into a hearty two-course meal, starting with either chicken schnitzel, fish and chips or rump steak and chips. You can choose your meal on the day.

Home pickups

\$45 per person • \$85 per couple

Transport, lunch + movie included

## FRIDAY 21 JUNE

### DFO Homebush



**Bargains aplenty** at this cornucopia of outlets—there truly is something here for everyone. Coach, Oroton, Colette, Ecco, Sheridan...just some of the brands you can snap up. Then relax with your choice of delicious lunch from the foodcourt.

*Savings galore and great tastes*  
CHRIS J

#### Home pickups

**\$25 per person • \$45 per couple**

Transport only

## FRIDAY 28 JUNE

### Salon des Refusés and Lunch, City



**Really unique:** enjoy a tour of The Salon des Refusés, the **artworks not selected** for display in the Archibald Prize. Salon des Refusés now has a reputation to rival the 'official' exhibition (next month we visit The Archibald, NSW Gallery). Afterwards you can enjoy lunch (your selection and cost) in the Trust Café at this Millers Point gallery.

#### Home pickups

**\$45 per person • \$85 per couple**

Transport + exhibition included

## 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*

## MONDAY 24 JUNE

### Whale Watching Cape Solander



**Whale sighting** today so dress snugly for Cape Solander, a top spot for humpbacks migrating to warmer waters. We will also stop for coffee or a foreshore walk to Captain Cook's monument. Then on to Cronulla RSL for lunch (your choice and cost) with ocean views.  
**Pickups:** 7:30am HKCT Turramurra; 8am Berowra Shops; 8:30am Pennant Hills Library; 8:45am Cherrybrook.

#### No home pickups

**\$45 per person • \$85 per couple**

Transport only

## TUESDAY 25 JUNE

### European Alps Travel Screening and Lunch



**A new one:** We will take you to The Centre in Dural where you can enjoy a fantastic Travel Screening of the European Alps. Afterwards, enjoy a two-course themed lunch—the menu is to be confirmed by the chef but promises to provide you with the continental flavours of Europe.

#### Home pickups

**\$65 per person • \$125 per couple**

Transport, film, lunch, drink incl.

## 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.

*Mother's Day, birthday, Dad's Day, any day...*

## Nothing says 'thinking of you' like giving someone a car

### Happy birthday?

Use our *Donate or Dedicate* program to gift a seat for someone's special day or just to say 'thinking of you'. You dedicate it and we drive them\* safely there and back.

*or*

### Happy to help?

Some of our clients are not financially secure so you can make a mighty big difference using our *Donate or Dedicate* program to help with their transport.

Let's talk about how we'll make someone's day: (02) 9983 1611

*\*They must be a registered customer of HKCT*



*Send your love when we send a car*

## 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	<b>12 June</b> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee	Friday
	11am / 1pm	<b>19 June</b> 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 June 2024.