

Splendour this September

Greetings!

A month with so many superlatives, how can it not be! Spring begins so gardens regenerate, showing bright new blooms which will entice more active bird life to entertain us. Warmer weather encourages more hope and positivity so our approach to social activity can be with confidence. And dare I say we are surpassing our usual array of quality outings this month!

Attending KRG Council's **Brain Summit** recently, I heard some fabulous presentations on dementia, brain injuries and mental health. Dr Suraj Samtani spoke of the power of social activity and how, like sunlight, it brings joy. It was all so inspiring and there are many things that we can do now, regardless of our current age, to reduce the on-set or severity growth of dementia by half!

Keep physically active, be asleep at midnight because that is the brain's dishwasher cycle time and wear your hearing aids! If you think (or know) your hearing is not as good as it once was, please get tested! Not hearing well is too often the start of feeling lonely.

Not having a confidante leads to a build-up of stress over past or current situations, and **no meaningful social interactions at least monthly is not healthy ageing!**

Hence the shout out for **DCaf Connections** who work tirelessly on positive options for those

with, or not yet showing indications of dementia. Singing is something else we can all do to lift our mood. Do you sing along to songs on the radio? Or hum along to the themes of your favourite TV show? I caught myself blaring out 'de-de-d'de-de-te-dar' along to the ABC's news theme in the car with the window down...much to the surprise of the P-plater next to me at the traffic lights!

Speaking of TV, did you watch Maggie Beer's Big Mission? Her social experiment at an assisted-living facility had just as many valid lessons for those of us who live in our own home. We must find pleasure in many, many small things; eat a balanced, nutritious diet and make moments count.

Maggie's approach to bringing about change and how it needn't

be feared was inspiring. What a remarkable septuagenarian she is...and proof of how age is no barrier to changing and, therein, succeeding at life!

Cheers, Helen

"Yes, there is a fountain of youth! It is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

SOPHIA LOREN



Don't forget: Local Government (Council) Elections this month HKCT can get you to your nearest polling station for pre-polling from Monday 9 — 13 September.



DCaf Connections: Join DCaf's social Thursday mornings in Warrawee to enjoy indoor and outdoor activities and supportive camaraderie — bookings essential: 0402 837 877.

Monthly cafés for carers: Thursday week 1 • **Monthly cafés for families:** Thursday week 3

MONDAY 2 SEPTEMBER

Rick's Northern Beaches Tour



Sit back as we look after everything while you delight in a superb trip to some of our finest beaches. The big day includes a \$23.50 special at Club Palm Beach: day's roast; fish + chips; chicken schnitzel, chips & salad; plus dessert (your choice & cost).
Pickups: 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.

No home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 6 SEPTEMBER

Long Reef Golf Club Lunch



Enjoy a leisurely lunch with a small group of old or new friends in the clubhouse, overlooking Fisherman's Beach and Long Reef Headland (your choice and cost). There may be time after for a beach walk or up to the Headland for the stunning view.
Club must see your driver's license or NSW Government issued photo ID (no exceptions).

Pickups: Hornsby residents

\$25 per person • \$45 per couple

Transport only

TUESDAY 10 SEPTEMBER

Yarra Bay Sailing Club



This favourite near La Perouse offers a relaxing lunch overlooking the beach. 'CSalt on the Beach' has an affordable, tasty two-course menu. **Please** have meal choice ready when booking: beer battered fish, chips & salad; grilled fish, chips & salad; chicken schnitzel, chips & salad or penne boscaiola with bacon, mushrooms, shallots & cream. And dessert of the day with ice-cream.

Home pickups

\$50 per person • \$95 per couple

Transport + 2-course lunch incl.

TUESDAY 3 SEPTEMBER

Trojans Restaurant and Bar, Terrigal



Popular demand sees this outing repeated. Enjoy the drive up to Terrigal for lunch, offering a special of fish and chips; grilled barramundi with fries and salad; bangers and mash, broccolini and gravy or chicken scallopini with mushrooms, cream sauce, broccolini and linguini.
Please be ready with your choice at the time of booking.

Home pickups

\$70 per person • \$135 per couple

Transport + lunch included

FRIDAY 6 SEPTEMBER

Paddy's 'Foodie Friday', Flemington



Fresh produce priced right! Just-baked artisan bread, manuka smoked garlic... there's a huge selection of general goods including plants, jewellery, fashion, homewares and plants. The Plaza Café is a great spot for a coffee and a bite before we head home.
Please note: maximum of two shopping bags per person.

Pickups: Ku-ring-gai residents

\$25 per person • \$45 per couple

Transport only

FRIDAY 13 SEPTEMBER

Long Reef Golf Club Lunch



Enjoy a leisurely lunch with a small group of old or new friends in the clubhouse, overlooking Fisherman's Beach and Long Reef Headland (your choice and cost). There may be time after for a beach walk or up to the Headland for the stunning view.
Club must see your driver's license or NSW Government issued photo ID (no exceptions).

Pickups: Ku-ring-gai residents

\$25 per person • \$45 per couple

Transport only

WEDNESDAY 4 SEPTEMBER

Sydney Morning Masters Concert



Delight in coffee & cake before an audience-favourite, Andrea Lam. Enjoy 'Fantasia', an exquisite bouquet of piano music by Chopin, Liszt and Beethoven, alongside Gustave Le Gray at Chatswood Concourse. Then a brief interview with the artists before an hour for lunch (your choice and cost) or shopping before we get you home.

Home pickups

\$70 per person • \$135 per couple

Transport, coffee, cake, concert incl.

MONDAY 9 SEPTEMBER

Cockatoo Island Adventure



Down to Woolwich Pier for ferry to Cockatoo, then an enthralling Lower Island Tour. Marina Bar & Café lunch (your choice & cost) before ferry back to Woolwich and waiting driver. Accessible tour for the more agile due to walking.
Opal Card, please. Book by 2 Sept (7-day cancellation applies). **Pickups:** 8:15am HKCT Turramurra; 8:30am Willow Park; 8:45am Pen. Hills Library.

No home pickups

\$75 per person • \$145 per couple

Transport + tour included

FRIDAY 13 SEPTEMBER

Paddy's 'Foodie Friday', Flemington



Fresh produce priced right! Just-baked artisan bread, manuka smoked garlic...there's a big selection of general goods including plants, jewellery, fashion, homewares and plants. The Plaza Café is a great spot for a coffee and a bite before we head home. **Please note:** maximum of two shopping bags per person.

Pickups: Hornsby residents

\$25 per person • \$45 per couple

Transport only

MONDAY 16 SEPTEMBER

Good Old Days Concert: Classical Gala



Always popular, Bernard Walz will enthral you with ensemble and solo performances. And Daniel Belle's extraordinary voice will bring the house down. Then we go to The Belroy Hotel for lunch (your choice and cost). **Book by 6 September** (7-day cancellation). **Pickups:** 9am Turramurra HKCT; 9:15am Willow Park, Hornsby; 9:30am Pen. Hills Lib.

No home pickups

\$80 per person • \$155 per couple

Transport + concert included

MONDAY 23 SEPTEMBER

75,000 Tulip Extravaganza in Bowral



A sensory delight and a great market, then lunch at Mittagong RSL for roast beef, vegies & bread roll. An outing for the more agile due to walking. **Book & pay** by 29 August, thereafter no refunds.

Bus 1: 8am HKCT Turramurra; 8:30am Marian St Theatre, Killara.
Bus 2: 8am Willow Park, Hornsby; 8:30am Pennant Hills Library.

No home pickups

\$80 per person • \$155 per couple

Transport, entry, lunch included

SATURDAY 28 SEPTEMBER

Mary Poppins, Concourse Theatre



Based on P.L.Travers' cherished books, this musical takes us to 1910 London amid the Banks family's turmoil. Enter Mary Poppins, who brings magic and discipline to the children's lives. Starts at 1.30pm so we arrive early for some lunch (your choice & cost). **Book by 13 September** (no refunds). **Saturday cancellations must phone 0473 478 890.**

Home pickups

\$105 per person • \$205 per couple

Transport + show included

TUESDAY 17 SEPTEMBER

Tokyo Travel Screening and Lunch



Come with us to the Centre in Dural for a superb travel screening. Immerse yourself in a fascinating culture and learn of its traditions, technology, geishas and origami. Then enjoy a two-course themed lunch (menu to be confirmed by the chef). **Book by 9 September** (7-day cancellation).

Home pickups

\$65 per person • \$125 per couple

Transport, 2-course lunch, drink inc.

TUESDAY 24 SEPTEMBER

Wakehurst Golf Club Lunch



Enjoy the views over immaculate greens and a delicious two-course lunch in the Clubhouse. Their chef is offering a choice of roast ham, salad and chips; flathead fish, salad and chips; chicken schnitzel, salad and chips. Dessert will be a choice of cake with ice cream or fruit salad with ice-cream. **Please** have your selection ready when booking.

Home pickups

\$55 per person • \$105 per couple

Transport + lunch included

MONDAY 30 SEPTEMBER

Warragamba Dam & Lunch



Sydney's water supply: marvel at an engineering masterpiece nestled in native bushland. Tree viewing platforms and visitor centre will help you learn about the dam's history. Then enjoy a hot lunch at the Warragamba Workers & Sporting Club (your cost + choice). **Pickups:** 8:30am Turramurra HKCT; 8:45am Willow Park, Hornsby; 9am Pennant Hills Library.

No home pickups

\$45 per person • \$85 per couple

Transport only

FRIDAY 20 SEPTEMBER

Vaucluse House, Club Rose Bay



Our tour guide will transport you back to the 1830's and the Wentworth family home—with its 10 children. Explore this grand house and beautiful gardens before we head to Club Rose Bay and its new Italian menu (your choice and cost). **Book by 12 September** (7-day cancellation).

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

\$45 per person • \$85 per couple

Transport + guided tour included

FRIDAY 27 SEPTEMBER

Vaucluse House, Club Rose Bay



Our tour guide will transport you back to the 1830's and the Wentworth family home—with its 10 children. Explore this grand house and beautiful gardens before we head to Club Rose Bay and its new Italian menu (your choice and cost). **Book by 12 September** (7-day cancellation).

Pickups: **Hornsby residents**

\$45 per person • \$85 per couple

Transport + guided tour included

Please note...

Payment is required for all outings

Cancellations within 3 working days incur 100% charge.

Outings that include tickets, tours and some luncheons may not be fully refunded, depending upon the venue.

Most common will be no refund within 7 working days, within 14 working days, or even from time of booking.

Please check with us when you book.

HKCT Social Shopping Sojourns: door-to-door return • one hour shopping for just \$10/15

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 \$15/\$25

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	<i>4 September</i> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee	Friday
	11am / 1pm	<i>11 September</i> 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 September 2024.