

# Magnanimous March

## Greetings!

Our Food-for-Thought title this month...is it because I am penning this to you on Valentine's Day or because I am determined to do everything I can to make our corners of the world more mindful of the mystical powers we each hold: to be more generous and forgiving to others and ourselves.

Being magnanimous makes a great present, especially the small and almost insignificant type: a smile from a stranger in the supermarket aisle, a wave from a driver you've let into your lane. I've a drink coaster that says "a true friend reaches for your hand...and puts a big gin in it" which really means hears you, feels for you and happy

to just sit or be with you. I've a friend who, more than once, has heard me mention a home task and within a few days rings to tell me they could come over next weekend and help. So, how can you be more kind or mindful?

**I am working hard to be positive** about the aged care reforms being introduced from 1st July.

There's a new Aged Care Act ratified by our federal government, for all Australians, that rightly protects the recipients of aged services. New standards, rights, access—fantastic! A great outcome after the Royal Commission into Aged Care.

Designing reforms to the system have been under-way for the past two years (as mentioned many times in our newsletters) but I have doubts they will be fit for purpose. As the government is more

likely to listen to your concerns than HKCT as a service provider, please, keep informed of and involved with the changes happening. Especially if you access our Community Transport services on a Home Care Package, contact your HCP-provider and ask about the many imminent changes.

**Back to being magnanimous!** March means **Seniors Festival** month and what a wonderful array of opportunities are open to you. See below for website links to see what you might like to do. And yes, to get there and back **simply book an individual transport with HKCT!**

In our outing offerings, we've got 20 tickets to take you to the Premier's Gala Concert on

Wednesday 12th, to visit the Seniors Expo or have lunch and then the Concert. If you miss out on the lucky draw, please consider attending the Ku-ring-gai Council's **Everything for Seniors Day** and stay on, have a snack lunch, and watch a live screening of the concert with others.

So many opportunities to be involved, interested, kind and motivated!

*Cheers, Helen*



**Magnanimous people** have no vanity, they have no jealousy, and they feed on the true and the solid wherever they find it.

And what is more, they find it everywhere.

VAN WYCK BROOKS

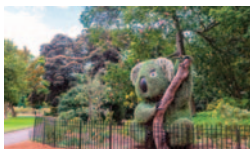
Click/tap here to learn about the **Government's Aged Care Act** changes

Click/tap here to learn what **Hornsby Council** offers during its Seniors Festival

Click/tap here to learn about **Ku-ring-gai Council's Everything for Seniors Day**

## MONDAY 3 MARCH

### Royal Botanic Gardens



Our 60-min tour of this grand garden explores its heritage, endless array of plants and its vital botanical research. Lunch at the Gardens' Farm Cove Café (your choice and cost) or order a Village Chef ploughman's lunch pack (\$10) when booking. **Pickups:** 8:15 HKCT Turra.; 8:30 Willow Pk; 8:45 Pen. Hills Library. **Walking involved (no steps, mainly flat).**

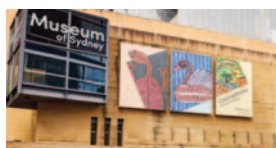
**No home pickups/Min.10 needed**

**\$40 per person • \$75 per couple**

**Transport + guided walk included**

## MONDAY 10 MARCH

### Museum of Sydney



Immerse yourself in *Beauty Rich and Rare*, a 180-degree visual experience depicting unique flora and fauna as collected by Sir Joseph Banks on HMS Endeavour. And enjoy *Eora*, a 20-min film of Sydney's First Nations People before a bite in the Museum café (your choice + cost). **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pennant Hills Library.

**No home pickups**

**\$25 per person • \$45 per couple**

**Transport only (museum is free)**

## SATURDAY 15 MARCH

### Premium Harbour Cruise



Let's enjoy our stunning harbour from the comfort of a Captain Cook vessel. Delight in an Australian cheese & charcuterie board (to share between two) on this 90-min premium cruising experience, setting sail from Darling Harbour. **Book by 6 March (7 day cancellation).** Saturday cancellations must phone 0473 478 890.

**Home pickups**

**\$95 per person • \$185 per couple**

**Transport, cheese, char. board incl.**

## TUESDAY 4 MARCH

### Harbord Diggers



Join us for a drive to the ever-beautiful Freshwater, then lunch in the bistro *DD Collective* at this renowned club. They offer very affordable lunch specials for \$15 including roast-of-the day (your choice and cost).

*I love the atmosphere and fresh air right off the beach*

DANA H

**Home pickups**

**\$25 per person • \$45 per couple**

**Transport only**

## TUESDAY 11 MARCH

### St Patricks Day at The Fiddler



Our hosts at *The Fiddler* never fail to deliver a wonderful time! Join us for a memorable St Patrick's Day celebration. You will enjoy a welcome drink on arrival, a two-course lunch with tea/coffee and the best Irish entertainment. **Book by 24 Feb (14 day cancellation applies).**

**Home pickups**

**\$85 per person • \$165 per couple**

**Transport, lunch, drink, entert. incl.**

## MONDAY 17 MARCH

### Rick's Northern Beaches Tour



Sit back as Rick looks after everything while you enjoy a superb trip to some of Sydney's finest beaches. Our big day out includes a casual lunch at one of our favourites, Club Palm Beach (your choice and cost). **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Pk; 8:45 Penn. Hills Lib.

**No home pickups**

**\$25 per person • \$45 per couple**

**Transport only**

## FRIDAY 7 MARCH

### High Tea at Vintage Secret Garden, Galston



Let's celebrate Int'l. Women's Day (8 March) with a delicious high tea in this pretty setting (gentlemen, do join us!). You will enjoy a glass\* of sparkling wine, finger sandwiches, scones and sweet delicacies over lunchtime. **Book by 24 Feb (7 day cancellation applies).**

**Home pickups**

**\$80 per person • \$155 per couple**

**Transport, high tea, drink\* incl.**

## WEDNESDAY 12 MARCH

### Premier's Gala Concert



Don't miss this annual highlight as it showcases some of our foremost entertainers in a celebration of NSW Seniors. Register now as tickets are 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 at 2:45pm.

**Home pickups**

**\$25 per person • \$45 per couple**

**Transport + concert included**

## TUESDAY 18 MARCH

### Pie Lunch, Glenorie Bakery



This was such a hit it's back on the menu. Your lunch at this famed bakery (voted No.1 in Australia — for 3 years in a row) will include a signature beef pie or sausage roll with mash, peas and gravy; a custard tart and tea or coffee. You can also stock up your freezer with some of their delicious fare.

**Home pickups**

**\$50 per person • \$95 per couple**

**Transport + lunch included**





## FRIDAY 21 MARCH

### Bunnings Pymble and Lunch



Need to fix something in your home or fancy some new plants on your doorstep? Join us in browsing this amazing store or enjoy a coffee at their in-store café. Afterwards, we will take you for lunch at West Pymble Bowling Club (your choice and cost).

*I always come away with something*  
DANNY K

Pickups: **Hornsby residents**

**\$25 per person • \$45 per couple**  
Transport only

## FRIDAY 28 MARCH

### Bunnings Pymble and Lunch



Need to fix something in your home or fancy some new plants on your doorstep? Join us in browsing this amazing store or enjoy a coffee at their in-store café. Afterwards, we will take you for lunch at West Pymble Bowling Club (your choice and cost).

*It's a lot of fun to just explore*  
GLADYS B

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

**\$25 per person • \$45 per couple**  
Transport only

## TUESDAY 25 MARCH

### New: TAFE Hospitality Trainees, Ultimo



TAFE students will showcase their skills at *The Apprentice* restaurant with a 2-course lunch (alt. serves) of salmon with spinach gnocchi, pickled fennel and sauce vierge or beef cheek with potatoes. Delicious desserts follow and two drinks (a choice of wine, beer, sparkling water, soft drinks, tea/ coffee). **Book by 7 March** (14 day cancellation).

Home pickups

**\$80 per person • \$155 per couple**  
Transport, lunch, 2 drinks incl.

## THURSDAY 27 MARCH

### Nepean Belle, Paddle Wheeler Cruise



Relax aboard the Belle while cruising the splendid Nepean Gorge. Enjoy a hearty 2-course lunch, including roast chicken, sauteed potatoes, basil pesto pasta, Greek salad and tasty desserts with tea/coffee. **Please bring cash for drinks. Toilets are upstairs so this is for the more mobile. Pickups:** 9:15 HKCT Turramurra; 9:30 Willow Park; 9:45 Pennant Hills Library.

No home pickups

**\$90 per person • \$175 per couple**  
Transport, cruise + lunch included

By POPULAR DEMAND

## SATURDAY 29 MARCH

### Flower Power Nursery and Lunch



This Terry Hills nursery is a must! You will really enjoy browsing the mass of plants and a store full of stunning homewares and perhaps savour a coffee. We will then have lunch at *Frankie's Food Factory* in the nursery (your choice and cost). **Limit of two shopping bags each. Saturday cancellations must phone 0473 478 890.**

Home pickups

**\$35 per person • \$65 per couple**  
Transport only

## MONDAY 31 MARCH

### Canoelands Orchard



Today you can pick your apples (or just buy them) along with – hopefully – pomegranates, lemons, tomatoes and eggplants. We'll enjoy a fascinating talk on bees before a bite at the café. For the more daring there is also a tractor ride (\$2 extra). **Limit of two shopping bags each. Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pennant Hills Library.

No home pickups

**\$45 per person • \$85 per couple**  
Transport, entrance, bee-talk incl.

## HKCT & CCCT CONSUMERS MEETING

### Mooney Mooney Club Perfectly placed for neighbours

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## APRIL

Hornsby Ku-ring-gai Community Transport and Central Coast Community Transport clients are invited to our first 2025 Consumer gathering — a combined one. **We'll share our recent client survey results and invite your ideas on enhancing our service.**

After the meeting the club will offer alternate servings of fish and chips or chicken schnitzel and chips.

**Book by 25 March • \$35 per person / \$65 per couple • Transport + lunch included**  
Please advise any dietary requirements

## Can we call you?

Our hardworking office team takes hundreds of calls so we need your help.

Please use these alternative ways to get in touch:

*Email address*  
[info@communitytransport.org.au](mailto:info@communitytransport.org.au)

*Web address*  
[communitytransport.org.au](http://communitytransport.org.au)

## 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 V. <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 .....	East Gordon, Gordon, Killara, Turrumurra, Pymble, West Pymble	Friday
	11am / 2pm .....	Turrumurra, Pymble, St Ives, St Ives Chase	
Macquarie Centre <i>Wednesdays</i>	11am / 1pm	<i>5 March</i> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee	Friday
	11am / 1pm	<i>12 March</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 March 2025.