

Appreciative April

Greetings!

Too often we find fault with a situation, event or person, that then turns (too easily) into a habit. I ask you to join me this month practicing an active appreciation in each and every interaction. Why pay a cancellation fee when you cancel on the day, just because of inclement weather? So what if it rains or it's too hot, we aren't made of sugar, nor are we going to melt. Whatever the weather, we will help you cope – and appreciate you didn't give in to negativity!

So what if we have a worry, a regret or a pain or two? Is complaining or staying home going to fix it or just make us more miserable and miss out on the abundance of joy to be found in any moment if we seek it! Life is better lived and shared when we find appreciation in any circumstance. And April being Easter and Anzac Day is just the tonic for pulling up our bootstraps and marching towards positivity!

This attitude is helping me surf the plethora of aged care reform updates and confusion. Instead of moaning, I am actively participating with feedback to the Commonwealth. I don't just say 'it's wrong' or complain, I offer

ideas or prove why more research might be considered, in a positive and result-orientated manner.

I have serious concerns for you, our current clients, and how the reforms will impact you. Such as the very heavy reliance on digital access. We won't have the aged care system everyone wants if everyone doesn't become involved.

Use these QRs to learn more and have your say:



*These take you to
genuine federal
govt. websites*



*Tap or click or scan
with phone camera*



As you know...

What lies behind us
and what lies before us
are tiny matters

compared to
what lies within us

Speaking of Easter (and of course Mother's Day the next month) no doubt friends or family will spoil you with a chocolate egg or flowers? Why not get in early and **suggest they choose to Donate or Dedicate to you, for an outing or any future trip with HKCT?**

They can prepay one of your services or nominate an amount we'll hold in credit for you, and

you'll get a voucher instead of waistband guilt! Plus you'll have something new to talk about with your giver when next you see them? Get them to call our client services team or visit our website.

I love hearing from clients of innovations or opportunities that have helped them. Apparently, 70-80%

of our beloved pets' needs can be performed by vets in our homes! Why not ask if your vet offers this? If not, we know of one happy customer of **Swift Vets** in our area.

I am also appreciative that so many are coming to our Consumer Meeting (8 April, Mooney Mooney Club). Hornsby Ku-ring-gai clients can meet and mingle with our Central Coast ones so there will be many new friends to meet (please see overleaf).

Cheers, Helen

**Easter
Weekend
Closure**

*No office
or services*



TUESDAY 1 APRIL

Travel Screening and Lunch



Let us immerse you in Northern Italy's most scenic and romantic sights with a travel screening at The Centre, Dural! You will be mesmerised by the Duomo's intricate architecture in Florence, the enchanting Lake Como and the joy of being *lost* in Venice's famed maze of alleys. Then enjoy a 2-course themed lunch and a drink*.

Home pickups

\$65 per person • \$125 per couple
Transport, film, lunch, drink* incl.

TUESDAY 8 APRIL

1st Combined Consumer Meeting



Here's your opportunity to be amongst history as we invite clients from our Hornsby Ku-ring-gai and Central Coast community transport organisations. This, our inaugural *Combined Consumer Meeting*, will be a great chance to greet new 'neighbours', enjoy a superb lunch and have your say as to where we can take transport from here.

Home pickups

\$35 per person • \$65 per couple
Transport + lunch included

FRIDAY 4 APRIL

The Iconic 'Crocodile Dundee'



After a delicious brunch at The Run-away Spoon, settle in for Roseville Cinema's *documentary-style* movie on the success of the original Crocodile Dundee film. It dives into the magic and humour that made this an everlasting national hit — before blasting off as a global phenomenon. **And it will reveal rare and previously unseen footage.**

Home pickups

\$40 per person • \$75 per couple
Transport + movie included

FRIDAY 11 APRIL

Chocolate & Nougat Factory, Gosford



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

It's more a health food, really!
JULIE W

Home pickups

\$35 per person • \$65 per couple
Transport + tour included

MONDAY 7 APRIL

Riverboat Postman Cruise



Cruise on Brooklyn's historic mailboat to enjoy the Hawkesbury River. The skipper will entertain you with river-tales, along with morning tea and a ploughman's lunch onboard. En route home, we will stop at Pie in the Sky to shop for your dinner. **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Pk; 8:45 Pen. Hills Library. **Bookings by 28 March please.**

No home pickups

\$85 per person • \$165 per couple
Transport, cruise, m.tea, lunch incl.

SATURDAY 12 APRIL

Snow White, Victorian State Ballet



Delight in this world-renowned fairy tale classic. With a cast of renowned artists and the impossibly skilled Victorian State Ballet, this is not to be missed! Performance is 2pm at Chatswood's Concourse so we will be early enough for lunch prior (your choice and cost). **Saturday cancellations must phone 0473 478 890. Non-refundable tickets.**

Home pickups

\$105 per person • \$205 per couple
Transport + show included

MONDAY 14 APRIL

Sydney Royal Easter Show



This is the **biggie** for Easter! We will be at the Royal Easter for approx 3 hours. Watch the shows, meet farmyard animals and taste local produce; there is something for everyone! The Woolworths Fresh Food domes should not be missed! Have lunch at the show or **order a delicious ploughmans lunch with us for \$10.**

Book early as spots are limited! Non-refundable tickets. Outing for the more mobile due to the walking. Bring your NSW Senior Citizen card.

No home pickups

\$50 per person • \$95 per couple
Transport + entrance included

TUESDAY 15 APRIL

Time & Tide Lunch, Dee Why



Enjoy a scenic drive to the Northern Beaches where Nimal (our host) will offer you a delicious lunch of salmon, mash and veggies, plus fries and salad to share, complemented with a piccolo of champagne. Afterwards, a taste sensation of sticky date pudding and ice cream, plus tea and coffee.

Home pickups

\$75 per person • \$145 per couple
Transport, lunch, drink inclu.

Bus 1
8:15 Berowra shops
8:45 Willow Park
9:00 Pennant Hills Lib.

Bus 2
8:45 HKCT Turramurra
9:00 Marian Street,
Killara

OUTING
of the
MONTH

WEDNESDAY 23 APRIL

Sydney Morning Masters Concert



Delight in coffee and cake before taking in the exquisite Chroma Quartet at Chatwood's Concourse. Performing Mendelssohn's beautiful final string quartet, and the premiere of brilliant Australian composer Jakub Jankowski's String Quartet no. 1. Followed by a brief interview with the artists and an hour's lunch (your choice + cost) or shopping before we get you home.

Home pickups

\$75 per person • \$145 per couple

Transport + concert included

MONDAY 28 APRIL

Rick's Balmoral & Middle Harbour Tour



Settle in, sit back and enjoy being in Rick's safe hands. We stop at Balmoral Beach for a walk and coffee, along with the chance to soak up the views. **But the rest of this tour is a surprise,** before Norths Cammeray for a mouth-watering lunch (your choice and 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

TUESDAY 29 APRIL

Trojan's Restaurant, Terrigal



Enjoy the drive up to Terrigal where our hosts offer a choice of: grilled barramundi, chips and salad; bangers, mash with broccolini and caramelised onion gravy or smoked salmon bruschetta. **Please be ready with your selection when booking.** Delicious desserts also available on the day (additional cost).

Home pickups

\$70 per person • \$135 per couple

Transport, lunch, 2 drinks incl.



Be Our Guest: Combined Meeting

If you've any topic you'd like discussed or any questions that may benefit from advance notice (to ensure an answer is provided) **please let us know.**

And if you can't attend, I will have an update next month.

Our Mooney Mooney meeting will be extra special for me too as it will be my last official meeting with you as I am retiring and, yes, it was a tough, tough decision.

I will leave in July but our board has recruited the absolute best successor I could have hoped to take stewardship of HKCT: Tara Russell.

Tara and I will work together from March 24 so you aren't reading my last monthly missive quite yet. Helen



HKCT & CCCT CONSUMERSS MEETING

Mooney Mooney Club

Perfectly placed for neighbours

8

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 of any dietary requirements

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 may apply.*

thank you

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

Centre	Drop-off/Pickup	For residents of	Book by
Turramurra IGA <i>Mondays (Easter change: Tues 22)</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble Turramurra, Wahroonga, South Turramurra	Wednesday
East Lindfield Shops <i>Mondays (Easter change: Tues 22)</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 (Easter change: Tues 22)</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, Turramurra, Pymble, West Pymble Turramurra, Pymble, St Ives, St Ives Chase	Friday
Macquarie Centre <i>Wednesdays</i>	11am / 1pm 11am / 1pm	<i>2 April</i> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turramurra, Wahroonga, Warrawee <i>9 April</i> Beecroft, Cheltenham, Epping, North Epping, Normanhurst, Pennant Hills, Thornleigh, Westleigh	Friday 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 Turramurra, Turramurra, St Ives Chase, Pymble, St Ives	Monday Monday
Hornsby Westfield <i>Thursdays</i>	10am / 1pm 11am / 2pm	Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara Hornsby, Hornsby Heights	Monday
Cherrybrook Shops <i>Thursday 17 & 24 (April only)</i>	9:30am / 12:15pm 11am / 1pm	Cherrybrook, West Pennant Hills Arcadia, Castle Hill, Dural, Fiddletown, Galston, Middle Dural	Monday
Hornsby Westfield <i>Thursday 17 & 24 (April only)</i>	10am / 1pm	Asquith, Berowra, Berowra Heights, Brooklyn, Cowan, Hornsby Heights Mount Colah, Mount Ku-ring-gai, Normanhurst, North Wahroonga, Turramurra, Wahroonga, Waitara, Warrawee	Monday

Prices are applicable only to CHSP-eligible clients of HKCT. Other client prices available upon request. Correct as of April 2025.