

Mindful & Mature May

Greetings!

Please indulge my newsletter title...my personal pursuit of being mindful in every situation, on which I've asked you to share often, is manipulating the major hissy-fit I find myself in as I second-guess my decision to retire because of all I will miss at HKCT. My beloved team are helping me be mature, but I could do with your help too. But enough of me, let's talk about you!

This time of year is just magical, isn't it? Cooler nights so sleeping is easier; still sunny and warm days and the changing of colours in our gardens? It is a great reminder of the regeneration changes in life!

How are you choosing to approach May? If we are pursuing the very best for ourselves (as we must) we should be making decisions to bring about the best outcome for us, personally. Have you sorted that bottom drawer before the colder weather settles in? Have you rummaged through your wardrobe and prepared the donation vs recycle donation pile? Life is too short to hold on to so many items that are just there.

And have you reconsidered why you aren't taking advantage of our shopping shuttles? Have you made way for new options, new approaches to situations? We must be mindful about moving forward with the times or situations in which we find ourselves.

May 3rd is election day for our Federal Parliament. Please ask candidates to explain their stance on aged care reforms before you enter the polling booth.

And if you'd like a lift to your local pre-polling station, just let us know. We will get you there either directly or add the stop to your local shopping shuttle, depending on demand.

I've just realised we haven't announced the winner of our Annual Client Survey participation lucky draw:

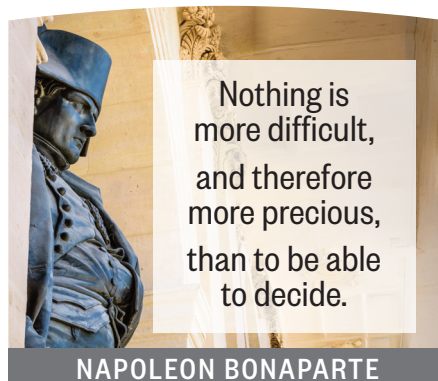
thank you all for your input and congratulations to **Marilynne D of Roseville**, a hamper of goodies is on its way.

Hosting my last Client Meeting was a privilege I won't forget easily. Thank you for making the time to participate. It was so, so thrilling to have our HKCT and CCCT clients together. And doubly so with the

sharing of our survey results, which were inspiring and humbling. To know you care so much about what we do and how we serve you is greatly appreciated.

Your collective satisfaction score of 98% is awe-inspiring to our team. As are your suggestions for improvements – Tara is genuinely excited about solutions to your ideas so watch this space!

Until next month, cheers — Helen



Nothing is more difficult, and therefore more precious, than to be able to decide.

NAPOLEON BONAPARTE



Fitness for Seniors

Ku-ring-gai Council has included our Fitness for Seniors Classes in their range of options. There are other Thursday options too! Please call them on 9424 0836 or email: rhall@krg.nsw.gov.au

Remember: 'use it or lose it' so May should also be our Month of Movement

THU

FRIDAY 2 MAY

You'll Love This: Brunch & Movie



After a hearty brunch at The Runaway Spoon, we're off to Roseville Cinema to see a most delightful movie: **The Penguin Lessons**. Starring Oscar nominee Steve Coogan, this poignant *dramedy* from director Peter Cattaneo, follows an Englishman's personal and political awakening after he adopts a penguin during a cataclysmic period in Argentine history.

Home pickups

\$40 per person • \$75 per couple

Transport + movie included

FRIDAY 9 MAY

Keeping Your Independence



Karis Life (Hornsby) invites you to their showroom for an overview of solutions that assist independent living. From mobility devices, lounge chairs to electric beds and other products for your home. Test drive and ask questions before morning tea with our hosts. Then to Asquith Bowling Club for a superb lunch (your choice and cost).

Home pickups

\$25 per person • \$45 per couple

Transport + morning tea only

TUESDAY 13 MAY

Canada Bay Club Lunch Delight



We get so many glowing reviews about this venue, so please join us for another lunch at their renowned Granata's Brasserie. It specialises in the finest Italian cuisine, with a knockout range of affordable lunch specials (at your selection and cost). **Please remember your photo ID.**

Home pickups

\$25 per person • \$45 per couple

Transport only

MONDAY 5 MAY

Autumn in the Blue Mountains



Delight in the autumnal leaf colours as we drive up to the village of Leura (rest stop at Glenbrook on the way). Enjoy a coffee or exploring Leura before the Teapot Museum and Bygone Beauties for soup and sandwiches (and, if time allows, The Three Sisters). **Pickups:** 8:15 HKCT Turra.; 8:30 Willow Park; 8:45 Pennant Hills Lib. **Book & prepay by 24 April. Non-refundable.**

No home pickups

\$75 per person • \$145 per couple

Transport + lunch included

SATURDAY 10 MAY

Brewery Taste Test & Bunnings



Join us for a drive west, through the fast-developing countryside to try some award-winning, hand-crafted brews matched with locally sourced, tasty-as pub food (your choice and cost). And, if time permits, we'll visit the Annangrove Bunnings next door. **Saturday cancellations must phone 0473 478 890.**

Home pickups

\$35 per person • \$65 per couple

Transport only

FRIDAY 16 MAY

Museum of Fire, Lunch at Panthers



Praised by a discerning client, The Museum of Fire immerses you in the fascinating world of fire and fire-fighting. A *Heritage team member* will lead our enthralling tour of the history of firefighting in NSW. Then we'll lunch at Kelly's Bar & Kitchen at Penrith Panthers for their \$18 *Seniors Special* for a main, dessert, tea or coffee. **Do bring photo ID.**

Home pickups

\$40 per person • \$75 per couple

Transport + tour included

TUESDAY 6 MAY

Mother's Day Luncheon at The Fiddler



A special celebration for all! You'll enjoy being greeted with a welcome drink before your delicious 2-course lunch and entertainment. This is an outing HKCT clients absolutely love so do come along and delight in this day with us — but don't delay as it's an annual favourite! **Book & prepay by 24 April. This is a non-refundable event.**

OUTING of the MONTH

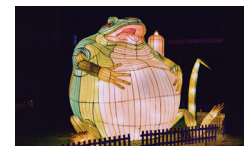
Home pickups

\$85 per person • \$165 per couple

Transport, welc.drink + lunch incl.

MONDAY 12 + 19 MAY

A Spectacular Evening at Sydney Zoo



GLOW is a light festival without the **Vivid crowds**, featuring stunningly large, skillfully crafted *animal lanterns* and engagingly interactive displays. We will arrive about 5:30pm, in time for a bite from the village food trucks (your choice and cost or BYO picnic). Then as the light fades, we'll enter the zoo, walking amongst the installations and exhibitions for an experience you'll not have had before.

Although there's walking involved it's mostly flat and the gravel paths are well-illuminated. **Book & prepay by 27 April. Non-refundable outing.**

12 May Pickups: 4pm Berowra Shops; 4:30pm Willow Park, Hornsby; 4:45pm Pennant Hills Library.
19 May Pickups: 4:30pm HKCT Turramurra; 4.45pm Marian Street Theatre, Killara.



No home pickups

\$65 per person • \$125 per couple

Transport + entrance included

TUESDAY 20 MAY

Terrey Hills Golf Club Lunch



Dine at their elegant Wisteria Restaurant. Choosing beer-battered fish and chips, garden salad; chicken parmigiana, chips & garden salad or beef massaman curry. Desserts: ice cream with sticky date pudding or vanilla crème brûlée with berries or flour-less chocolate cake. **Have your choice ready at booking. Book & pre-pay by 12 May. Smart dress. Non-refundable.**

Home pickups

\$75 per person • \$145 per couple
Transport, lunch + tea/coffee inclu.

MONDAY 26 MAY

Rick's City Tour



This tour reminds you how beautiful our city is! Travel past some of its key attractions before stopping at Centennial Park for morning tea, followed by lunch at a favourite: Drummoyne Sailing Club (your cost and choice). **Please bring photo ID. Pickups:** 8:15 HKCT Turrumurra; 8:30 Willow Park Hornsby; 8:45 Pennant Hills Library.

No home pickups

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

FRIDAY 23 MAY

Archibald Prize, Art Gallery NSW



Do not miss this opportunity to see the country's favourite and most significant award for portrait painting! We will have a guide to take you around the famed Archibald Prize entrants. Afterwards you can enjoy early lunch (your choice and cost) in The Gallery Café of this world-class gallery in the Domain.

Pickups: **Hornsby residents**

\$55 per person • \$105 per couple
Transport + tour included

TUESDAY 27 MAY

Lunch at Dural Country Club



This ever-popular club has been superbly renovated recently so time for us to return and check it out! It is always a lovely drive out to Dural and you can savour their Club Classics or \$18 Specials (your cost and choice) **Please remember photo ID.**

I love the drive as much as the meal!

ELSIE W

Home pickups

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

SATURDAY 24 MAY

Swane's Nursery, Lunch at The Vicar



Since 1919 Swane's have been wowing visitors so enjoy walking around to see what's in season and maybe buy something pretty for your doorstep (limit purchase to what you can carry, please). Next, enjoy lunch (your choice and cost) at The Bistro at The Vicar (and see why it's a local favourite). **Saturday cancellations must phone 0473 478 890.**

Home pickups

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

FRIDAY 30 MAY

Archibald Prize, Art Gallery NSW



Do not miss this opportunity to see the country's favourite and most significant award for portrait painting! We will have a guide to take you around the famed Archibald Prize entrants. Afterwards you can enjoy early lunch (your choice and cost) in The Gallery Café of this world-class gallery in the Domain.

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

\$55 per person • \$105 per couple
Transport + tour included

Finding it a little slow to book our outings?

Our hardworking office team takes hundreds of calls so we need your help. Please use these other contact methods:

Email your query and we will phone you as quickly as we can

Email your booking details and we will ring back asap (bookings are 'confirmed' only when we call you)

Choose your outings on our website and simply 'Submit' your request for bookings

Email address

info@communitytransport.org.au

Web address

communitytransport.org.au

Your Pre-payment is Appreciated

Prepayment is required for outings when tickets or meals are included.

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
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 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	7 May Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee	Friday
	11am / 1pm	14 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	Monday
Hornsby Westfield <i>Thursdays</i>	10am / 1pm	Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara	Monday
	11am / 2pm	Hornsby, Hornsby Heights	Monday
Cherrybrook Shops <i>Fridays</i>	9:30am / 12:15pm	Cherrybrook, West Pennant Hills	Tuesday
	11am / 1pm	Arcadia, Castle Hill, Dural, Fiddletown, Galston, Middle Dural	Tuesday
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 2025.