

Profound change for older Australians

The national conversation about aged care reform, cost-of-living pressures, and access to essential supports is reshaping what it means to age well in our communities. While these reforms are proffering a fairer, safer and more person-centred system, clients tell us they are anxious about the promises of **choice and control** offering security, connection and dignity.

Navigating the new system: the forthcoming Support at Home Program (replacing Home Care Packages) brings new funding and fee structures from November 2025.

Aiming to simplify services and tailor care to individual needs, the new **co-contribution** fees for some non-clinical supports have attracted criticism. They align with the current CHSP Program: requiring client contributions to the cost of service, barring in cases of financial hardship.

At HKCT we're working closely with the Department of Health, Aged Care, councils and advocacy partners to ensure clients understand the changes and continue to access the transport needed to stay active and connected.

Everyday life: the cost-of-living crisis effects on older Australians are distinct. Fixed retirement incomes can struggle with sudden rises in groceries, fuel or health services. Transport (crucial for independence) can become stressful due to increased costs or less local options.

Community Transport remains a critical buffer by providing safe, affordable and reliable access to appointments, shopping and outings. HKCT helps older residents maintain routines and well-being without financial strain or isolation.

Health, mobility and connection: as people live longer, staying mobile and socially connected is ever more important. Research consistently

shows that older adults engaging regularly with community activities experience lower rates of depression, cognitive decline and loneliness.

Yet barriers still exist. Limited public transport reduced physical mobility, or fear of falling can make even short trips daunting. Our team know the importance of being a friendly face at someone's door. The 'drive' is usually just the start of conversation, laughter and the simple reassurance of being part of a caring community.

Quality of care: after years of royal commissions and public debate, older people seek one thing above all: trust. They want to know that the care and services they receive are safe, respectful, and truly responsive to their needs.

Providers like HKCT make this commitment. Our work is part of a broader fabric of community care, with dignity, safety and kindness being fundamental (not optional) in everything we do.

Looking ahead: as reforms unfold, community organisations' roles have never been more vital. We stand with older people, helping them navigate systems, access affordable transport, and stay connected to what matters most.

If you, or someone you care for, are uncertain about upcoming changes, please reach out. We'll continue to share updates, advocate for fairness, and ensure that every journey (big or small) is taken with respect and care.

Tara Russell

HKCT Office Closes

1pm Friday 19 December 2025 and
reopens 8:30am Tuesday 6 January 2026

Please book transport for January 2026 **before Thursday 18 December** as our office closes at 1pm on 19 December

Exercise Classes

Last class: Wed 17 December 2025
Resumption: Wed 21 January 2026

Please book your transport for January 2026 classes **before Thursday 18 December**

MONDAY 3 NOVEMBER

Sydney Zoo, Bungarribee



Flat, easy walking with places to sit for coffee/lunch (your choice and cost). Stroll the African boardwalk, get close to Australian natives or visit the aquarium and reptile house. Like a photo with a koala? Book on the day for \$20. We will take you home after lunch. **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pen. Hills Lib. **Book & pay by 23 Oct—no refunds.**

Home pickups

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

SATURDAY 8 NOVEMBER

Pearl Farm Cruise & Lunch



Cruise the scenic Hawkesbury River (1-hour) and learn about Broken Bay oysters. Your skipper will explain the farming lifecycle, from spawning to selection for pearl production or seafood. Lunch will be at The Mooney Mooney Club next door (your choice and cost). **Do bring photo ID, hat and jacket. Book and pay by 30 Oct. To cancel on Saturday call 0473 478 890.**

Home pickups

\$90 per person • \$175 per couple
Transport, cruise, presentation inc.

TUESDAY 11 NOVEMBER

Northbridge Golf Club Lunch



Take in beautiful Middle Harbour views as you enjoy a delicious two-course lunch. Choices include: roast chicken & veg; fish, chips & salad or beef tagine & rice. Dessert is a choice of: banana panna cotta with almond or a chocolate brownie with vanilla ice-cream. **Please have your choice ready when booking. Book & pay by 30 Oct—no refunds.**

Home pickups

\$70 per person • \$135 per couple
Transport only

TUESDAY 4 NOVEMBER

Melbourne Cup Lunch, Time and Tide



Giddy-up and book! The fun starts with a champagne on arrival. Lunch is alternate serve of barramundi, mash & veg or grilled chicken with creamy garlic sauce & prawns served with chips & salad on the table. Dessert is a delectable choice of sticky date pudding or apple crumble with vanilla ice-cream. **Book & pay by 29 Oct—no refunds.**

Home pickups

\$75 per person • \$145 per couple
Transport, lunch + a champers incl.

FRIDAY 7 NOVEMBER

High Tea and Parliament House Tour



OUTING
of the
MONTH

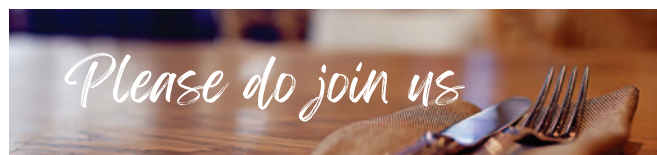
Delight in the iconic Strangers' Restaurant for sweet and savoury treats served on parliamentary-crested Wedgwood plates and an array of teas. We have arranged a Parliament House Tour upon arrival (Legislative Council Chambers) to see where laws are born and enacted. **Bring cash for a champers. Book & pay by 29 Oct—no refunds.**

Home pickups

\$90 per person • \$175 per couple
Transport + high tea included

MONDAY 10 NOVEMBER

HKCT Annual General Meeting, Hornsby RSL



We warmly invite both existing members and others keen to learn about membership and give us feedback. If you're a current HKCT member, you'll receive a notice of meeting and request for your RSVP. If you are not a member, we would love you to join us for a delicious two-course meal. You will meet the board, hear a summary of the HKCT year and our plans for 2026. It is also a chance to catch up with other members and staff (perhaps put a face to the voice). We will also announce the names of our new buses! **Please remember photo ID.**

Home pickups

Members: \$30 per person • \$55 per couple • Non-members: \$50/\$95
Transport (free) + lunch included

FRIDAY 14 NOVEMBER

Christmas Shopping Solved!



Half-day Outing: Here's a wonderful chance to do all of your Christmas shopping at the amazing Westfield Chatswood. With over 240 stores (including Myer, Target and Kmart) you will find a gift for everyone. We will stay three hours and take you home after lunch.

Pickups: **Hornsby residents**

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

MONDAY 17 NOVEMBER

Rick's Mystery Inner-West Tour



Join us for Rick's new tour! Sit back and let him surprise you with his latest outing, exploring old and new sights in The Inner West. We will have lunch at Sydney Rowing Club in Abbotsford, delighting in its casual dining with breathtaking water views (your choice and cost). **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pennant Hills Library.

Home pickups

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

TUESDAY 18 NOVEMBER

Ettalong Diggers Club Lunch



Make the most of the beautiful spring weather with a relaxing drive up to a Central Coast favourite: Bistro 51. \$18 Lunch specials include: roast of the day; sausages, mash, veg & gravy; battered fish, chips & salad and hand-crumbed panko calamari, chips & salad (your choice and cost). Please bring photo ID.

Home pickups

\$45 per person • \$85 per couple

Transport only

FRIDAY 21 NOVEMBER

Christmas Shopping Solved!



Half-day Outing: Here's a wonderful chance to do all of your Christmas shopping at the amazing Westfield Chatswood. With over 240 stores (including Myer, Target and Kmart) you will find a gift for everyone. We will stay three hours and take you home after lunch.

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

\$25 per person • \$45 per couple

Transport only

MONDAY 24 NOVEMBER

Vaucluse House Tour and Lunch



Our tour guide will transport you back to the 1830s Wentworth family home, with its 10 children. Explore this grand house and beautiful gardens before lunch at the Cruising Yacht Club of Australia (your choice and cost) with iconic views of the sailing boats at Darling Point. **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pennant Hills Library.

No home pickups

\$45 per person • \$85 per couple

Transport + tour included

TUESDAY 25 NOVEMBER

Fiddler End-of-Year Lunch & Show



Let's get into the Christmas spirit! After last year's success we are returning to The Fiddler for their renowned show and hospitality. You'll enjoy a welcome drink* upon arrival, their renowned, traditional Christmas two-course lunch and entertainment. **Book by 6 Nov — no refunds.**

**Included*

Home pickups

\$85 per person • \$165 per couple

Transport, lunch, entertainment incl.

FRIDAY 28 NOVEMBER

Christmas Tree Farm & Lunch



Join us on a marvellous seasonal outing to wander through a beautiful Dural farm. There is also a Christmas shop where you can buy something festive for your home or purchase a small (fresh or artificial) tree and have it delivered. We will then take you to The Vicar for a delicious lunch (your choice and cost).

Home pickups

\$25 per person • \$45 per couple

Transport only

SATURDAY 29 NOVEMBER

Le Marche French Christmas Market



Don't miss this, mainly outdoor, French market in the grounds of St Martin's Church, Killara. 35 stalls offering French pastries, saucisson, cheese, jams, berets, French perfume, Provence tablecloths, fashion, candles, jewellery, flowers and pottery. Or relax with a coffee and a pastry! We will then take you to lunch at the always-popular Greengate Hotel.

Home pickups

\$35 per person • \$65 per couple

Transport only



Meet or make friends at our Christmas Lunch

Do join us for a delightful Christmas celebration with our Central Coast Community Transport clients, at Gosford Golf Club.

You will enjoy a 2-course Christmas-themed lunch, including a trio of meats and dessert, bon bons, entertainment and lots of festive fun!

Monday 15 December • Home pickups

\$80 per person • \$155 per couple

Transport, 2-course lunch, tea/coffee included

Very Much 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
Turramurra IGA <i>Mondays</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble Turramurra, Wahroonga, South Turramurra	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, Turramurra, Pymble, West Pymble Turramurra, Pymble, St Ives, St Ives Chase	Friday
Macquarie Centre <i>Wednesdays</i>	11am / 2pm	<i>5 November</i> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turramurra, Wahroonga, Warrawee	Friday
	11am / 2pm	<i>12 November</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 11am / 1pm	East Gordon, Gordon, Pymble, Killara, St Ives North Turramurra, Turramurra, St Ives Chase, Pymble, St Ives	Monday
Hornsby Westfield <i>Thursdays</i>	10am / 1pm 11am / 2pm	Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara Hornsby, Hornsby Heights	Monday
Cherrybrook Shops <i>Fridays</i>	9:30am / 11:30am 11am / 1pm	Cherrybrook, West Pennant Hills 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, Turramurra, Wahroonga, Waitara, Warrawee	Tuesday

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