

Happy New Year!

Socialising plays an important role in our wellbeing as we age. Staying connected helps us remain healthier, happier and more confident in everyday life.

Socialisation

Supports mental health Regular social contact can reduce feelings of loneliness, anxiety and depression. Having conversations, sharing experiences and laughing with others helps keep our minds active and positive.

Keeps the brain engaged Social interaction stimulates memory, attention and problem-solving. Chatting, enjoying new things together or being part of a group keeps the brain working well as we get older.

Improves physical health People who stay socially connected are more likely to stay active, maintain routines and look after their health. Even gentle outings can encourage movement and support overall wellbeing.

Builds a sense of purpose and belonging Being in a group helps us feel valued and con-

nected to our community. Knowing that others look forward to seeing us can boost confidence and give structure to the week.

Helping remaining independent for longer Strong social connections support resilience and motivation.

At its heart, socialising reminds us that we are not alone. Meaningful connections (whether through friends, group activities or community outings) help make life richer, more enjoyable and more fulfilling at every stage of life.

It is easy to book onto an outing. So, for everyone whose New Years Resolution is to 'get out and about' more, **you should start right here!** Hoping to see you out with us in 2026!

Tara Russell

Meet the staff...

Bridget CLIENT SERVICES OFFICER & SOCIAL OUTINGS ORGANISER

Some of you may have already met Bridget as she has been with HKCT for 3 years.

Bridget has a travel, tourism and hospitality background and is passionate about sourcing exciting and varied adventures for you. She is always looking for new places to explore, so please share any you would like to visit.

Originally from the UK, Bridget lives locally and has two young mischievous boys, with a demanding sporting schedule.



MONDAY 2 FEBRUARY**Rick's Lake Macquarie Tour**

Driver Rick is keen to have you on board for this delightful drive up to Lake Macquarie. Your special day out will include a memorable lunch (your choice and cost) at a local favourite: The Belmont 16's Sailing Club—with its unmatched lake views. **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park, Hornsby; 8:45 Pennant Hills Library.

No home pickups**\$45 per person • \$85 per couple****Transport only****SATURDAY 7 FEBRUARY****Mosman Markets**

Loved by locals, this fabulous market offers stalls with high-quality goods and gourmet foods. Adjacent to the suburb's wonderful boutiques, there is plenty to enjoy, including café lunches (your choice and cost). We will be at the markets for 3 leisurely hours. Saturday cancellations must call 0473 478 890.

Home pickups**\$35 per person • \$65 per couple****Transport only****THURSDAY 12 FEB****Victoria Barracks & Yacht Club Lunch**

By demand we're back with a 1-hour guided tour of the barracks, then visit the museum for its story of the NSW army, from the First Fleet to today. Lunch later at The Cruising Yacht Club of Australia, Darling Point (your choice and cost). Photo ID required (not digital). Tour is for the more agile as walking is involved (or just visit the museum).

Pickups: Ku-ring-gai residents**\$30 per person • \$55 per couple****Transport, tour + museum incl.****TUESDAY 3 FEBRUARY****Gosford RSL Lunch Delight**

Following outstanding feedback we are revisiting the Central Coast's newest club. Lunch will be in The Gardens, their bistro, offering a tantalising array of classics and 'temptations with a twist', along with specials for \$20 (your choice and cost). Join us to see why this venue is such a hit and please bring your photo ID.

Home pickups**\$45 per person • \$85 per couple****Transport only****MONDAY 9 FEBRUARY****New Outing Patonga Boathouse**

Join us at beautiful Patonga Beach for a relaxing lunch (your choice and cost) with stunning views. You may even paddle your toes in the water or just sit and enjoy the view. *If you miss out on this trip, rest assured we will run it again soon.* **Pickups:** 9:30 HKCT Turramurra; 10:00 Pennant Hills Library; 10:30 Willow Park, Hornsby.

No home pickups**\$45 per person • \$85 per couple****Transport only****MONDAY 16 FEBRUARY****New Outing Sydney's Fish Markets**

Join us for a fascinating 1-hour tour of the building's spectacular design, learning about the market's history and also where the seafood you love comes from and how it's caught. It's an accessible walking tour (with rest stops), with a fish and chip lunch of your choice and cost. **Pickups:** 8:45 HKCT Turramurra; 9:00 Willow Pk, Hornsby; 9:30 Marian St Theatre.

No home pickups**\$65 per person • \$125 per couple****Transport + tour included****THURSDAY 5 FEB****Victoria Barracks & Yacht Club Lunch****OUTING of the MONTH**

By demand we're back with a 1-hour guided tour of the barracks, then visit the museum for its story of the NSW army, from the First Fleet to today. Lunch later at The Cruising Yacht Club of Australia, Darling Point (your choice and cost). Photo ID required (not digital). Tour is for the more agile as walking is involved (or just visit the museum).

Pickups: Hornsby residents**\$30 per person • \$55 per couple****Transport, tour + museum incl.****TUESDAY 10 FEBRUARY****Granata's Brasserie, Canada Bay**

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

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

TUESDAY 17 FEBRUARY**Drummoyne Sailing Club**

Delight in a most relaxing lunch at this ever-popular venue—aside one of Sydney's best waterfront locations. The menu offers specials featuring fresh seasonal produce for favourites, including seafood and steaks, plus a mouth-watering array of gelato and desserts (your choice and cost).

Home pickups**\$25 per person • \$45 per couple****Transport only****MONDAY 23 FEBRUARY****New Outing****Sydney's Fish Markets**

Join us for a fascinating 1-hour tour of the building's spectacular design, learning about the market's history and also where the seafood you love comes from and how it's caught. It's an accessible walking tour (with rest stops), with a fish and chip lunch of your choice and cost. **Pickups:** 8:45 Berowra Shops; 9:15 Pen. Hills Library; 9:30 Cherrybrook Skate Pk.

No home pickups**\$65 per person • \$125 per couple****Transport + tour included**

Everyone receiving aged care services (including community transport) must be treated with respect, dignity, and kindness. You can also ask questions and raise concerns without it affecting your service.

Aged Care Code of Conduct**Your Rights in Aged Care****FRIDAY 20 FEBRUARY****Art Gallery of NSW**

Today we are visiting the gallery where you will have time to peruse at your leisure. Special exhibitions (additional charge on the day) include Ron Mueck's acclaimed and exquisitely realistic sculptures. Afterwards, enjoy lunch at The Gallery café, offering casual dining (salads, sandwiches, snacks and cakes) at your selection and cost.

Pickups: Ku-ring-gai residents**\$25 per person • \$45 per couple****Transport only****TUESDAY 24 FEBRUARY****Forestville RSL Lunch**

Join us for a hearty lunch today. Forestville RSL offers an amazing choice of Senior Specials for \$17, including roast of the day; fish & chips; salt & pepper calamari; stir fried chicken & veggies; curry prawn & veggies or satay beef & veggies (your choice and cost). Please remember your photo ID.

Home pickups**\$25 per person • \$45 per couple****Transport only****SATURDAY 21 FEBRUARY****Flower Power Dural & Dural Lunch**

Enjoy browsing Flower Power Nursery; you may like to buy something pretty for the pots on your doorstep (max. 2 bags) and enjoy a coffee in the café. Next, delight in a lunch at The Bistro at The Vicar (your choice and cost) and learn why this hotel is a Hills favourite. **Saturday cancellations must call 0473 478 890.**

Home pickups**\$35 per person • \$65 per couple****Transport only****FRIDAY 27 FEBRUARY****Art Gallery of NSW**

Today we are visiting the gallery where you will have time to peruse at your leisure. Special exhibitions (additional charge on the day) include Ron Mueck's acclaimed and exquisitely realistic sculptures. Afterwards, enjoy lunch at The Gallery café, offering casual dining (salads, sandwiches, snacks and cakes) at your selection and cost.

Pickups: Hornsby residents**\$25 per person • \$45 per couple****Transport only**

This code clearly establishes your right to:

feel safe and respected;
have your privacy and choices respected;
speak up if something unsettles you.



Visit these government websites

Use this QR to learn more about your Statement of Rights for Aged Care.



If you have any questions or concerns, please contact our friendly team: **4351 0671**



If your aged care funding has changed following reform of Support at Home, please call us (or your package provider). We are a compliant Associated Provider delivering transport services for clients subsidised through Support at Home.

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 MORE TIME 11am / 2pm	4 February Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turramurra, Wahroonga, Warrawee 11 February 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 February 2025.