

Aged Care In-home Reforms

As **Support at Home** rolls out, community transport remains a vital part of helping older people live well at home. Getting the settings right is essential for the thousands of older Australians who depend on these services to remain connected, independent and included.

Here at HK & CC Community Transport we have prepared for the aged care reforms and we are ready to deliver your transport supports, regardless of your funding mechanism.

Most of our clients continue under the Commonwealth Home Support Program but some are moving to **Support at Home**, so be assured we are with you on that journey. While funding might change, your transport does not need to. **Please call us if anything changes** in your aged care classification or funding.

Excitingly, our Outings program now includes icons to help select ones that'll maximise your enjoyment and physical well-being because:

this ensures your safety and comfort;

outings vary in walking distance, pace, terrain and length of day. Choosing one that suits your mobility, stamina and confidence helps you feel safe, relaxed and supported;

when an outing matches your interests and energy level, you're more likely to have fun;

the right activity can gently build strength, balance and confidence without pushing past your limits;

it supports mental and emotional wellbeing;

being comfortable and participating in a group avoids the stress of not 'keeping up';

it creates positive social experiences;

sharing interests and abilities helps conversations flow, friendships form and everyone feel included;

Our outings should leave you keen for the next ones, so getting your more-informed selection helps us plan transport and timings which makes everyone's day more enjoyable. In closing, please contact us with any query.

Tara Russell

Meet the staff...

Caroline CLIENT SERVICES MANAGER

Caroline joined HKCT in 2022 and, having lived in Turrumurra and Wahroonga for over 20 years, has good local knowledge.

Outside of work she loves travelling, bushwalking with her partner, tennis, gardening and cooking. With two grown-up sons, grocery bills ensure retirement won't be anytime soon.

Working at HKCT is very busy and, although chats can't always be long, Caroline enjoys hearing from clients and learning how we can help you stay active and engaged in the community.



Ku-ring-gai
Council
Seniors
Event

Everything for Seniors Day: Discover events, clubs and activities close to home
Free morning-tea, lunch & live-streaming of the Premier's Gala Concert (11am & 2:45pm)
No bookings, just pop in: 10am—2pm at Turrumurra Uniting Church, 10 Turrumurra Avenue
Wednesday 11 March

HKCT Easter Closure No services during Friday 3rd and Monday 6th (inclusive)

NEW PROGRAM

Young at Heart

Looking for outings that go longer, further?

Young At Heart is our new social program designed for people who are a little more active (adventurous even), and want to go farther afield.

It is tailored for those who are:
keen for longer days out;
happy to use centralised pickups;
comfortable with uneven surfaces
and enthusiastic about gentle outdoor activities.

Join our inaugural Young At Heart outing to the marvellous new **Brooklyn Boardwalk** (overleaf) or call us to find out more.



NEW PROGRAM

Blokes On Board

The relaxed, fun ways to meet up with or make new mates

Retirement, loss of a partner, health changes and reduced driving can quietly shrink a man's world.

Recognising that many men bond side-by-side (not face-to-face) through shared activities, Blokes On Board (BOB) offers outings designed around men's interests.

BOB provides older men with comfortable, meaningful ways to stay socially connected, maintaining well-being and community participation.

BOB is starting with **a lot of laughs on the green**. Join in now or call us to learn more.



MONDAY 2 MARCH

Rick's Richmond & Windsor Tour



Enjoy Rick's always-popular history trail of Governor Macquarie, stopping at Lynwood Country Club for morning tea and North Richmond Panthers for lunch (your choice and cost). This tour sells out so call to book as places are limited. **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

TUESDAY 3 MARCH

Yarra Bay Sailing Club



An absolute favourite offering a lunch overlooking the beach near La Perouse. 'Csalt on the Beach' boasts an affordable 2-course menu. Please have your meal choice ready when booking: beer battered fish & chips; chicken schnitzel with chips & salad or penne boscaiola, followed by dessert of the day and tea or coffee. **7-day cancellation applies.**



Home pickups

\$50 per person • \$95 per couple

Transport + lunch included

WEDNESDAY 4 MARCH



Blokes On Board: Lawn Bowls and Lunch



Gentlemen, please join us for some fun and laughter on the greens. Regardless of your skill or participation level, this will be a wonderful chance to make friends or bring along a mate. After the bowling it will be time to relax and enjoy a leisurely lunch in the bistro (your choice and cost).

Bowling:  

Home pickups

\$40 per person

Transport + lawn bowls included

FRIDAY 6 MARCH

Half Day: Bunnings Pymble



Like to fix something in your home or garden, or maybe you would like some new plants? Come and browse in Bunnings, they have it all—including a café where you can enjoy a coffee and treat before we take you home. **Please remember: maximum two bags of shopping.**



Home pickups

\$25 per person • \$45 per couple

Transport only

MONDAY 9 MARCH

Promenade on Balmoral's Esplanade



Fancy a relaxing day in beautiful surroundings? Enjoy a delightful walk at Balmoral Beach and a coffee whilst soaking up the sun. After your stroll, delight in fish and chips at the beach or, alternatively, order a Village Chef picnic lunch (\$10) when booking. **Pickups:** 9:00 HKCT Turramurra; 9:15 Willow Park, Hornsby; 9:30 Pennant Hills Library.



No home pickups

\$25 per person • \$45 per couple

Transport only

TUESDAY 10 MARCH

Ettalong Diggers Lunch



Enjoy the drive up to the Central Coast before lunch at one of our favourite venues. Bistro 51 offers a selection of Chef's signature dishes, some classics or a very affordable seniors menu for just \$18 (your choice and cost). **Please bring your photo ID.**



Home pickups

\$45 per person • \$85 per couple

Transport only

Key To choose outings best suited for you, please look for these icons:



THURSDAY 12 MARCH

OUTING
of the
MONTH

Premier's Gala Concert



Don't miss this annual highlight featuring our foremost entertainers in a celebration of NSW Seniors. There will be time to visit the Seniors Expo at The ICC Sydney and/or have lunch (your choice and cost) before the 2:45–4:30pm concert. **Strictly limited: register now for tickets. Limited accessible seating on request.**



Home pickups

\$25 per person • \$45 per couple

Transport + concert included

FRIDAY 13 MARCH

St Patricks Day at The Fiddler



Our hosts at The Fiddler never fail to deliver a wonderful time! Join us for another memorable St Patrick's Day celebration. You will enjoy a welcome drink on arrival, two-course lunch with tea/coffee and the best Irish entertainment. **Book by 26 February. 14-day cancellation applies.**



Home pickups

\$85 per person • \$165 per couple

Transport, welcome-drink + lunch included

SATURDAY 14 MARCH

Turner & Constable Documentary



Today we will take you to The Runaway Spoon for lunch (your choice and cost) before watching this intriguing documentary at Roseville Cinema. Turner and Constable were two of Britain's greatest painters but also the greatest of rivals. Tate Britain are exhibiting their works to you on screen for the first time. **Saturday cancellations must phone 0473 478 890.**



Home pickups

\$55 per person • \$105 per couple

Transport + movie included

MONDAY 16 MARCH

Mount Annan Botanic Gardens



These gardens display native flora in 416 glorious hectares. The drive's some 1.5hrs, so on arrival stretch your legs, have a coffee, and explore the Connections Garden (self-guided). Then we'll have a 1-hr guided tour on the bus and lunch at the Gardens Café, before heading home. **Pickups: 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pennant Hills Library. 14 day cancellation, no refunds.**



No home pickups

\$60 per person • \$115 per couple

Transport + tour included

TUESDAY 17 MARCH

Hawkesbury Sightseeing Post



Join us for this new 75-minute River Postman cruise. You will enjoy the incredible scenery of Broken Bay, Cowan Creek and the Hawkesbury whilst munching on delicious pastries and profiteroles. Indigenous rock carvings, waterfalls, secluded beaches, islands and national parks are all on the itinerary. **10 day cancellation—no refunds.**



Home pickups

\$45 per person • \$85 per couple

Transport, cruise + morning tea included

FRIDAY 20 MARCH

Sydney Fish Market Tour



By popular demand we are running this fascinating 1-hr tour again. You will learn of the market's history, where your seafood comes from and how it's caught. It is an accessible walking tour (with rest stops) of the building's spectacular design and you can enjoy a leisurely fish 'n' chips afterwards (your choice and cost). **14 day cancellation—no refunds.**



Pickups: **Hornsby residents**

\$65 per person • \$125 per couple

Transport + tour included

Key To choose outings best suited for you, please look for these icons:



Some stairs



Some walking



Considerable walking



Uneven ground



Longer day



Suitable for wheelchairs



Suitable for walkers



Unsuitable for wheelchairs



Unsuitable for walkers

MONDAY 23 MARCH



Young at Heart:
Brooklyn Boardwalk



In the cooler weather of autumn, do you fancy a beautiful outing? The Brooklyn Boardwalk is a new 1-km accessible walk, starting at Richmond Oval and finishing at Kangaroo Point. At the end you can enjoy a well-deserved coffee at the kiosk before we drive you to Brooklyn for fish and chips or whatever takes your fancy at King Tide Café.

Pickups: 9:15 HKCT Turramurra; 9:30 Willow Park.; 9:45 Pen. Hills Lib.   

No home pickups

\$25 per person • \$45 per couple

Transport only

TUESDAY 24 MARCH

Lindt Factory Outlet, Easter Shopping



Easter is just around the corner — do you need to stock up on your chocolate eggs? Today we will visit the ever-popular Lindt factory outlet (one of their largest) and do some shopping before we take you for lunch at Marsden Brewhouse (your choice and cost).



Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 27 MARCH

Sydney Fish Market Tour



By popular demand we are running this fascinating 1-hr tour again. You will learn of the market's history, where your seafood comes from and how it's caught. It is an accessible walking tour (with rest stops) of the building's spectacular design and you can enjoy a leisurely fish 'n' chips afterwards (your choice and cost). 14 day cancellation—no refunds.



Pickups: Ku-ring-gai residents

\$65 per person • \$125 per couple

Transport + tour included

SATURDAY 28 MARCH

Nursery & Vanilla Cream Café



Nurseries are always fun, browsing plants and buying a little wonder for your garden. Then we'll enjoy Vanilla Cream Café (a favourite) for lunch, nestled within the historic Amaroo Park in Annangrove. Leave some room for their delicious cakes (lunch is your choice and cost). Saturday cancellations must phone 0473 478 890.



Home pickups

\$35 per person • \$65 per couple

Transport only

MONDAY 30 MARCH

Hyde Park Barracks and Norths Club



A UNESCO World Heritage site, the barracks are a record of colonial Australia. A self-guided tour will show the initial housing of convicts, then as a women's immigration depot and asylum, before use as government offices and courts. Later you will enjoy lunch at Norths Cammeray (your choice and cost). **Pickups:** 9:00 HKCT Turramurra; 9:15 Willow Park, Hornsby; 9:30 Pennant Hills Library.



No home pickups

\$25 per person • \$45 per couple

Transport only (entrance is free)

TUESDAY 31 MARCH

Griddle Restaurant, Berowra Waters



Recommended by a discerning client, this restaurant offers views over the iconic waters. Enjoy a two-course set lunch which includes a choice of: fish 'n' chips; chicken and mushroom risotto; or chicken schnitzel. Dessert is an enticing choice of sticky date pudding or pavlova. You can make your choice on the day. 7 day cancellation—no refunds.



Home pickups

\$60 per person • \$115 per couple

Transport + lunch included



Blokes On Board: relaxed, group outings that focus on men keeping in touch with mates or making new ones



Young at Heart: these outings suit clients who enjoy longer days and being active—even a bit adventurous

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 / 2pm 11am / 2pm	4 March Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee	Friday
		11 March 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 / 11:30am	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 2026.