

New Beginnings

As we move into April, we look forward to the warmth and connection that the season of new beginnings brings. Easter and Passover are often time for family, friendship and community, and our social outings this month will reflect just that.

Expect a few seasonal touches on selected trips... a pre-Easter lunch, and a Blue Mountains visit, extra smiles. Our outings are equally about transport and meaningful social connection, so if you're considering one for the first time, April is a lovely time to start.

However, there are some service-closure days coming, so please **book your transport around them or ask us to book you a subsidised taxi.**

Aged Care Reforms: How can we help?

The system is undergoing significant reform, including the move toward the Support at Home program. We know Package Level 1 and Level 2 budgets are of concern, so clients unsure how transport fits within their new arrangements, need to ensure **one of these three applies:**

1) Transport is included within your Support at Home package budget;

2) You told your package provider that we are your preferred transport provider; or

3) You hold a separate referral under the Commonwealth Home Support Programme (CHSP) for transport assistance.

If transport isn't in your package budget, we may not be able to provide services unless there is a CHSP referral in place or you pay for your transport privately without the subsidy.

Unsure whether you can access a subsidy through the Commonwealth Home Support Program, or whether your package includes transport? **Call us for help in:** checking your eligibility, explaining your options, and assisting (where appropriate) with referrals.

Our goal remains the same: ensuring you stay connected to your community, appointments, and the experiences that matter most.

Tara Russell

Meet the staff...

Dita CLIENT SERVICES CO-ORDINATOR

Dita joined HKCT in 2024 after a career in the community sector working in accessible transport for older adults, people with disabilities, and then working with carers.

With two grown-up sons, Dita is exploring more of the country on road trips with her husband. She also enjoys gardening and time with her two great nieces, one 3 years and another 3 months old.

Dita delights in helping you get to where you need to be and supporting you to pursue your adventures.



HKCT Easter Closure No services from Friday 3rd to Monday 6th (inclusive)

ANZAC Public Holiday No HKCT services on Monday 27th April

WEDNESDAY 1 APRIL

Drummoyne Sailing Club



Enjoy a relaxing pre-Easter lunch at one of Sydney's premier waterfront locations. Sailors Grill offers specials using fresh seasonal produce for favourite dishes, including seafood and steaks, plus a variety of gelato and desserts (your choice and cost). Remember your photo ID.



Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 10 APRIL

NEW Randwick Golf Club



Here's a wonderful new lunch venue! This club offers stunning views of Malabar Beach. Serving contemporary Australian cuisine using fresh and quality produce under the direction of local chef Nik Eberhardt, you can choose lunch in the bar whilst enjoying the ocean views (your cost).



Pickups: **Hornsby residents**

\$25 per person • \$45 per couple

Transport only

TUESDAY 7 APRIL

Harbord Diggers, Freshwater



Join us for a drive to Freshwater, then lunch in the Dukes Lounge bistro at this renowned club. The menu is extensive and diverse, including club-favourites, Asian dishes, pasta, pizza, burgers and salads (your choice and cost). Remember your photo ID.



Home pickups

\$25 per person • \$45 per couple

Transport only

SATURDAY 11 APRIL

OUTING
of the
MONTH

Beauty & The Beast



Willoughby Theatre Company brings the beloved Disney classic to the stage at The Concourse, Chatswood. A timeless tale of love, courage and transformation, this is one musical that will capture your heart. We will drop you off early enough to have some lunch before the show. Please book by 26 March and advise if you need accessible seating. No refunds.



Home pickups

\$85 per person • \$165 per couple

Transport + show included

MONDAY 13 APRIL

Young at Heart: Valley Heights Rail Museum



A fun-filled day of railway (real and model-sized) history! The highlight will be boarding a diesel train for an exciting half-hour ride. You will also enjoy a guided tour of their museum, followed by sandwiches for lunch, please advise any dietary requirements and book by 2 April (min. 10 pax.).

Pickups: 8:15 HKCT Turramurra; 8:30 Willow Park, Hornsby; 8:45 Pennant Hills Library.



No home pickups

\$80 per person • \$155 per couple

Transport, ride, tour + lunch included

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



TUESDAY 14 APRIL

The Vicar, Dural



A hidden gem and one of our favourite lunch venues! The Bistro at The Vicar in Dural offers a wide selection of classic meals, burgers, pastas and salads. Choose off the main menu or the Tuesday special: a rump steak with your choice of sauce, fries and rocket and parmesan salad. Lunch will be your choice and cost.



Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 17 APRIL

NEW Randwick Golf Club



Here's a wonderful new lunch venue! This club offers stunning views of Malabar Beach. Serving contemporary Australian cuisine using fresh and quality produce under the direction of local chef Nik Eberhardt, you can choose lunch in the bar whilst enjoying the ocean views (your cost).



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

\$25 per person • \$45 per couple

Transport only

TUESDAY 21 APRIL

Trojan's Bar and Bistro, Terrigal



Enjoy the drive up to Terrigal where our hosts offer a choice of: fish, chips and salad; grilled barramundi, chips and salad; linguini boscaiola or salmon bruschetta. Please be ready with your selection when booking. Delicious desserts also available on the day (additional cost). **Please book by 13 April.**

No refunds after this date.



Home pickups

\$70 per person • \$135 per couple

Transport, lunch + soft drink included

WEDNESDAY 15 APRIL

Sydney Morning Masters Concert



Enjoy coffee and cake before Konstantin Shamray wow's you with his piano virtuosity at Chatswood's Concourse. The program will include Bach, Shostakovich and a piece by Aristeia Mellos. You will have the chance to meet Konstantin after the performance. **Please request accessible seating if required. Please book by 1 April. No refunds after this date.**



Home pickups

\$75 per person • \$145 per couple

Transport, concert + morning tea included

MONDAY 20 APRIL

'Golden' Concert, Glen St Theatre



Relive iconic music moments, including My Fair Lady, West Side Story, The Sound of Music, An Officer and a Gentleman. We will then enjoy lunch at the Belrose Hotel (your choice and cost). **Accessible seating is available upon request. Book by 4 April. No refunds after this date.**

Pickups: 9:15 HKCT Turramurra;
9:30 Willow Park, Hornsby;
9:45 Pennant Hills Library.



No home pickups

\$55 per person • \$105 per couple

Transport + show included

Technology Issues?



Computer Pals (Turramurra Seniors Centre) is a membership-based group offering support for anyone looking to start with, or make greater use of, computer technology.

For information call them: 9983 0774



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



Blokes On Board:
La Perouse Museum
& Lunch



Gentlemen, please join us for a fun day out as we visit La Perouse Museum—a meeting place for art, First Nations knowledge, European exploration and natural histories. This museum’s location alone is most impressive, perched on a hill overlooking the ocean. The Level 1 gallery is accessible, Level 2 is only reached by stairs. Afterwards we will enjoy lunch together at a nearby café (your choice and cost).



Home pickups
\$25 per person
Transport only

FRIDAY 24 APRIL

Innovations
and Damart
Shopping



Top up your autumn wardrobe while hunting for bargains among famed brands, with a gift bag if you spend \$15+ in the showroom. Ensure you leave time for the Clearance Outlet (no cash, card only). **BYO bags; max. two, please.** Afterwards we will take you to Forestville RSL for a \$17 Seniors Lunch choice, including: roast of the day, fish & chips and Asian dishes. **Bring photo ID.**



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

TUESDAY 28 APRIL

Glasshouse Grill,
Pittwater RSL



Choose from a mouth-wateringly impressive menu of signature or classic dishes, including a delicious autumn lunch special for just \$19pp. We received such positive feedback when we visited last time. Lunch will be your choice and cost. **Remember your photo ID.**



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



Carrying cash can be a safety risk for you and our drivers

2-EASY
ways to pay

Tap In Vehicle Most of our fleet give you the ease of tap-n-go, using your credit or debit card.
Pay Over Phone Call us to pay (securely) with your credit card—before or after your trip.

Got a question? Please call 4351 0671

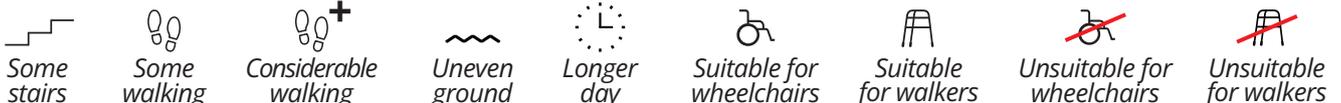


Staying active in cooler weather

Movement, fresh air and connection = healthy ageing

As the days cool, it’s essential to keep moving. Gentle walking, stretching or light activity helps, and short weekly outings can improve mood and wellbeing. Our social trips are the best way to enjoy a change of scenery and good company. Not sure where to go? Join this month’s **Young at Heart Rail Museum** outing to stay active with other like-minded people.

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



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 this month's Young At Heart outing to the **Valley Heights Rail Museum, 13 April** (overleaf) or call us to find out more.



NEW PROGRAM

Blokes On Board

The relaxed, fun way to meet 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.

Join this month's Blokes on Board outing to **La Perouse Museum, 22 April** (o/leaf) or call to learn more.



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

Centre	Drop-off/Pickup	For residents of
Turrumurra IGA <i>Easter Change: Tues 7 Apr ANZAC Day Change: Tues 28 Apr</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble, Turrumurra Wahroonga, South Turrumurra
East Lindfield Shops <i>Easter Change: Tues 7 Apr ANZAC Day Change: Tues 28 Apr</i>	1pm / 2pm	East Killara, East Lindfield, Lindfield, Roseville, Roseville Chase
Westleigh Village <i>Tuesdays</i>	10am / 11am	Normanhurst, Pennant Hills, Thornleigh, Westleigh
Thornleigh Marketplace <i>Tuesdays</i>	1:30pm / 2:30pm	Beecroft, Normanhurst, Pennant Hills, Thornleigh, Westleigh

HKCT Comprehensive Shopping: door-to-door return • two to three hours shopping for just \$15/\$25

Aldi Mt Ku-ring-gai & Berowra Village <i>Easter Change: Tues 7 Apr ANZAC Day Change: Tues 28 Apr</i>	1:30pm / 3:15pm	Berowra, Berowra Heights, Mount Colah, Mount Ku-ring-gai
Carlingford Court <i>Wednesdays</i>	10:30am / 1pm	Beecroft, Cheltenham, Epping, Pennant Hills
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
Macquarie Centre <i>Wednesdays</i>	11am / 2pm 11am / 2pm	<i>1 April</i> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee <i>8 April</i> Beecroft, Cheltenham, Epping, North Epping Normanhurst, Pennant Hills, Thornleigh, Westleigh
Gordon Shops <i>Thursdays</i>	10am / 12 midday	East Gordon, East Killara, East Lindfield, Gordon, Killara, Pymble Lindfield, Roseville, Roseville Chase, West Pymble
St Ives Village <i>Thursdays</i>	10am / 12 midday 11am / 1pm	East Gordon, Gordon, Pymble, Killara, St Ives North Turrumurra, Turrumurra, St Ives Chase, Pymble, St Ives
Hornsby Westfield <i>Thursdays</i>	10am / 1pm 11am / 2pm	Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara Hornsby, Hornsby Heights
Cherrybrook Shops <i>Easter Change: Thursday 2 April</i>	9:30am / 11:30am 11am / 1pm	Cherrybrook, West Pennant Hills, Arcadia, Castle Hill Dural, Fiddletown, Galston, Middle Dural
Hornsby Westfield <i>Easter Change: Thursday 2 April</i>	10am / 1pm	Asquith, Berowra, Berowra Heights, Brooklyn, Cowan, Hornsby Heights Mount Colah, Mount Ku-ring-gai, Normanhurst, North Wahroonga Turrumurra, Wahroonga, Waitara, Warrawee