

JUNE 2026

HORNSBY KU-RING-GAI
**COMMUNITY
TRANSPORT**
TAKING YOU TO THE WORLD

4351 0671



NEWSLETTER
Connected People – Stronger Communities

Minding How You Go

*In NSW April is traditionally 'Falls Prevention' month but in fall,
I feel we should chat a little about falls prevention.*

The ground's damp, stairs are slippier and grass is muddy...did you know that in NSW 37% of injury-related deaths are by falls, 30% of people over 65 fall each year? But regular exercise can reduce them by 23%.

Physical and cognitive activity, good nutrition, mental health and social engagement are proven to lessen falls and minimise falls-related injuries.

If you feel unsteady on your feet, hold onto furniture for support or if you are changing behaviours because you lack confidence in your movement, reach out to someone to talk about it: a loved one, your aged care provider, one of our HKCT team...

Don't let a fall stop you doing the things you love.

Tara Russell

Before your trip

- Check the weather forecast
- Have your belongings ready, including walking aids and meds if required
- Be ready earlier if weather is poor



During your journey

- Take your time boarding vehicles
- Use all handrails
- Stay seated until vehicle fully stops
- Let your driver know if you need help

Our commitment to you

- HKCT offers heated vehicles, regular vehicle safety checks, extra care during boarding/alighting, and a continued focus on your welfare

Remember, we are here to keep you connected during winter



Kings Birthday Holiday



HKCT office closed / No services

MONDAY 1 JUNE

Vivid Sydney Light Festival



Ready to be immersed in lights? First, an early dinner at Norths Cammeray before we venture into the city for the festival. We'll have accessible parking at Hickson Rd with a short walk (approx. 100m) to a viewing platform to be amazed by the Vivid lights across Sydney Harbour Bridge, The Opera House and Circular Quay. Dress for warmth and please stay with our group and volunteer. **Book by 25 May.**



Pickups: **Hornsby residents**

\$25 per person • \$45 per couple

Transport only

TUESDAY 2 JUNE

Vivid Sydney Light Festival



Ready to be immersed in lights? First, an early dinner at Norths Cammeray before we venture into the city for the festival. We'll have accessible parking at Hickson Rd with a short walk (approx. 100m) to a viewing platform to be amazed by the Vivid lights across Sydney Harbour Bridge, The Opera House and Circular Quay. Dress for warmth and please stay with our group and volunteer. **Book by 25 May.**



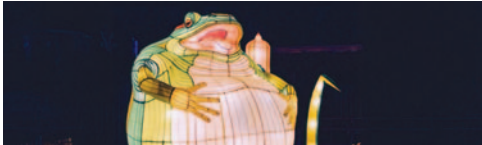
Pickups: **Ku-ring-gai residents**

\$25 per person • \$45 per couple

Transport only

WEDNESDAY 3 + THURSDAY 4 JUNE

GLOW: Sydney Zoo



Fancy a light festival featuring stunningly large, skilfully created animal lanterns, without Vivid's crowds? We will arrive early evening for a bite at Boulevard Café in the Zoo (your choice and cost). Then as the light fades, we'll enter the zoo, walking amongst the installations and exhibitions. Although there's walking involved, it's mostly flat and the gravel paths are well-illuminated. **See insert for details.**



No home pickups

\$60 per person • \$115 per couple

Transport + ticket included

FRIDAY 5 JUNE

Rick's Northern Beaches Tour



Sit back as we look after everything while you delight in a superb trip to some of Sydney's finest beaches. Our big day includes a delicious lunch at Mona Vale Golf Club Café (your choice and cost). **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park, Hornsby; 8:45 Pennant Hills Library.



No home pickups

\$25 per person • \$45 per couple

Transport only

SATURDAY 6 JUNE

'The Audience' National Theatre Live



After a hearty brunch at Runaway Spoon, Lindfield (your choice and cost) you'll enjoy this fascinating play starring Helen Mirren. Captured live from London's West End, it takes you into the weekly meetings between Queen Elizabeth II and her prime ministers over 60 years—from Churchill to Thatcher and beyond. **Book by 29 May. No refunds. Saturday cancellations must phone 0473 478 890.**



Home pickups

\$60 per person • \$115 per couple

Transport + ticket included

TUESDAY 9 JUNE

Mooney Mooney Club Lunch



Savour a leisurely lunch at this delightful club with its beautiful views over The Hawkesbury River. Please be ready with your meal choice when booking: beer battered fish, chips & salad; chicken schnitzel, chips, salad and gravy or grilled chicken salad with a balsamic dressing. **Book and prepay by 1 June. No refunds.**



Home pickups

\$55 per person • \$105 per couple

Transport + lunch 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

WEDNESDAY 10 JUNE

Sydney Morning Masters, Chatswood



Enjoy coffee and cake before the award-winning Partridge String Quartet perform their vibrant and exhilarating masterpieces at The Concourse, Chatswood. Meet the artists after the concert before we take you home. **Please request accessible seating if required. Book by 2 June. No refunds.**



Home pickups

\$75 per person • \$145 per couple

Transport, concert + morning tea included

THURSDAY 11 JUNE



Blokes On Board: Sydney Cricket Ground Tour



Tread the Path of Champions: this 90-min guided walking tour offers a behind-the-scenes journey through the SCG precinct and the SCG Museum. You will be intrigued with stories of players, spectators and events. Afterwards, we will take you for lunch at Watson's EQ in the Entertainment Quarter for a pub meal. **Book by 2 June. No refunds.**



Home pickups

\$60 per person

Transport + tour included

FRIDAY 12 JUNE

Salon des Refuses, SH Erwin Gallery



Truly unique: enjoy this tour of the artworks not selected for display in the Archibald Prize. Salon des Refuses now has a reputation to rival the 'official' exhibition. Afterwards you can enjoy lunch (your choice and cost) in the Trust Café at this Millers Point Gallery. **Book and pay by 4 June. No refunds.**



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

\$45 per person • \$85 per couple

Transport + tour included

MONDAY 15 JUNE



Young at Heart: Zig Zag Railways, Blue Mountains



A long day but so worth it! Step aboard a 90-min heritage rail journey through the mountains – a trip filled with stunning scenery. After your ride, we will have a Cosy Carriage Lunch (homemade soup, crusty bread roll & butter; scone with jam & cream, a beverage). The bus trip is a min. 2-3hrs (with rest stop) each way. **Book by 29 May. No refunds.**

Pickups: 7:15 Berowra Shops; 7:45 Willow Park, Hornsby; 8:00 Pennant Hills Lib.



No home pickups

\$100 per person • \$195 per couple

Transport, train + lunch included

TUESDAY 16 JUNE

Glenorie RSL Club Lunch



Sit back and enjoy the drive out to Glenorie, with its unique country village atmosphere, set in Sydney's beautiful rural northwest-outskirts. The Club's \$21 Lunch Special (your choice and cost) includes: fish and chips; beef pie, peas, chips and gravy; sirloin steak, salad and chips and boscaiola spaghetti.



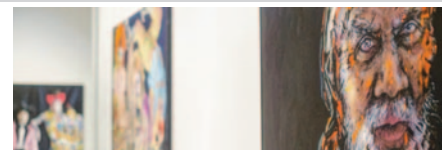
Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 19 JUNE

Salon des Refuses, SH Erwin Gallery



Truly unique: enjoy this tour of the artworks not selected for display in the Archibald Prize. Salon des Refuses now has a reputation to rival the 'official' exhibition. Afterwards you can enjoy lunch (your choice and cost) in the Trust Café at this Millers Point Gallery. **Book and pay by 11 June. No refunds.**



Pickups: **Hornsby residents**

\$45 per person • \$85 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

SATURDAY 20 JUNE

Aladdin, Victoria State Ballet



Aladdin and his adventures come to life in this brilliant production at The Concourse, Chatswood. You will be spellbound with the lush costumes, breathtaking music and captivating ballet. Performance starts at 2pm so we will arrive early for some lunch (your choice and cost). **Please request accessible seating if required.** Book by 4 June. No refunds. Saturday cancellations must phone 0473 478 890.



Home pickups

\$100 per person • \$195 per couple

Transport + show included

MONDAY 22 JUNE



Young at Heart: Zig Zag Railways, Blue Mountains



A long day but so worth it! Step aboard a 90-min heritage rail journey through the mountains – a trip filled with stunning scenery. After your ride, we will have a Cosy Carriage Lunch (homemade soup, crusty bread roll & butter; scone with jam & cream, a beverage). The bus trip is a min. 2-3hrs (with rest stop) each way. **Book by 5 June. No refunds.** Pickups: 7:15 Turramurra HKCT; 7:45 Marian St. Theatre.



No home pickups

\$100 per person • \$195 per couple

Transport, train + lunch included

TUESDAY 23 JUNE

Fish 'n' Chips, Bobbin Head



Fancy a scenic drive down to Bobbin Head before relaxing over lunch by the water? Waterside Bistro's special offers 3 dishes: signature beer-battered fish, chips and garden salad; cheeseburger and chips or pasta boscaiola; all are followed by a brownie taster, tea and coffee. **Please have your choice ready when booking.** Book by 15 June. No refunds.



Home pickups

\$55 per person • \$105 per couple

Transport + lunch included

FRIDAY 26 JUNE

Half Day: Flower Power Nursery



Enjoy browsing around this wonderful garden centre in Terrey Hills, there's inspiration everywhere. Treat yourself to some winter plants to brighten up your doorstep (max. 2 bags). You will love perusing their superb array of home-wares and gifts, before enjoying a cup of coffee at the ever-friendly Frankie's (your choice and cost).



Home pickups

\$25 per person • \$45 per couple

Transport only

MONDAY 29 JUNE

Growing Old UNGracefully



A hilarious take on getting older—in words and music! This is witty comedy from an older person (David Scheel) with a sharp, young mind. **Do request accessible seating if required.** Afterwards, we will enjoy an affordable lunch at Belrose Hotel (your choice and cost). **Book by 18 June. No refunds.** Pickups: 9:15 Pennant Hills Library; 9:45 Willow Pk, Hornsby; 10:00 HKCT Turra.; 10:15 Hassall Park carpark, St Ives.



No home pickups

\$60 per person • \$115 per couple

Transport + show included

TUESDAY 30 JUNE

Silverwater Hotel Lunch



We received rave reviews about the food after we enjoyed this hotel previously. They offer a very affordable \$19 specials menu, which includes bangers and mash; fish and chips and chicken schnitzel. Alternatively, you can order off the main menu with a wonderful selection, including charcoal flame grilled steaks (your choice and cost).



Home pickups

\$25 per person • \$45 per couple

Transport only



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

SPECIAL NIGHT EVENT

Follow paw prints, spot clues in the lights, play with projections and gaze at the towering full moon—all under a sky shimmering with stars.



GLOW

WINTER NIGHTS MADE BRIGHT

Sydney Zoo

Stroll through a glowing garden, immerse yourself in a deep-sea spectacle or delight in giant luminous animals and trees.

Tickets are subject to availability as we will confirm only when we have final numbers.

Please book now. No refunds for cancellations.

Wednesday 3 June Pickups:

4:00 Berowra Shops;
4:30 Willow Park, Hornsby;
4:45 Pennant Hills Library

Thursday 4 June Pickups:

4:30 HKCT Turramurra;
4:45 Marian St Theatre, Killara



Meet the staff **KAY** Client Services Coordinator

I joined Hornsby Ku-ring-gai Community Transport in June 2024, and I truly enjoy my role as a Client Service Officer because it allows me to connect with people every day, making our clients feel heard and cared for, and I love hearing their stories and experiences.

Originally from London, I met my Australian husband while living there before we made the move to Australia with two children. We now have three wonderful children: two daughters and a son. My daughters are in the photo.

I am also a twin and have an identical twin sister who lives in London. A fun fact is that she and I have children born on the same day!

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

Centre	Drop-off/Pickup	For residents of
Turramurra IGA <i>Mondays (no service Mon 8, Tues 9 June instead)</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble, Turramurra Wahroonga, South Turramurra
East Lindfield Shops <i>Mondays (no service Mon 8, Tues 9 June instead)</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>Mondays (no service Mon 8, Tues 9 June instead)</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, Turramurra, Pymble, West Pymble Turramurra, Pymble, St Ives, St Ives Chase
Macquarie Centre <i>Wednesdays</i>	11am / 2pm 11am / 2pm	3 June Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turramurra, Wahroonga, Warrawee 10 June 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 Turramurra, Turramurra, 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>Fridays</i>	9:30am / 11:30am 11am / 1pm	Cherrybrook, West Pennant Hills 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 Turramurra, Wahroonga, Waitara, Warrawee