

Connected People, Stronger Communities

JULY 2026 NEWSLETTER

Why Transport Matters

Reliable transport remains one of the most important factors in helping older people access medical appointments, maintain social connections, and remain active in their communities.

As health and aged care systems evolve, community transport services are vital in reducing isolation and ensuring people get the care and support they need, when they need it. Here are some key points about us: **Commonwealth Home Support Program (CHSP)** subsidised transport remains available—despite the noise in the news about the Support at Home Program—CHSP is alive and well: we are ready for you.

We travel to all of the medical centres and hospitals in the greater area, so wherever your appointment, is we can take you there!

We transport people who are subsidised through the **Support at Home Program**. Got a package? Please talk to us about your changing aged care needs .

Thank you for choosing Hornsby Ku-ring-gai & Central Coast Community Transport.

From a client: If you get 'the wobbles' approaching one of the vehicles, hold onto the vehicle's door frame, not the actual door as it moves. The frame, being fixed, lets you steady, take a breath and then continue your adventure!

Thank you for this invaluable advice, Tara Russell



Save this Monday



HKCT & CCCT AGM

Join us to hear how we went and where we are going

FRIDAY 3 JULY

NEW: Chatswood Chase Shopping & Devonshire Tea



Have you tried this new 5-star centre? It's laden with famous brands and you will have the opportunity to browse at leisure. Importantly, we have arranged a delicious Devonshire Tea to start off the morning at Manon Tea Rooms (two scones, jam, tea or coffee) before you commence exploring.

Book & pay by 25 June. No refunds.



Pickups: **Hornsby residents**

\$45 per person • \$85 per couple

Transport + Devonshire Tea

SATURDAY 4 JULY

Justice and Police Museum



Step into Sydney's dark side. Originally a police station, this museum draws you into a world of crime, policing and punishment. **Note:** mostly accessible but *some small areas* with steps/tight corridors prevent walkers and wheelchairs. Afterwards we will enjoy lunch at Riverviews Bistro at North Ryde RSL (your choice and cost). **Saturday cancellations must phone 0473 478 890.**



Home pickups

\$35 per person • \$65 per couple

Transport only

NEW

MONDAY 6 JULY



Young at Heart: Strickland House Heritage Tour



Wind back the clock and explore this mansion on a tour. Its harbour views and Victorian Italianate styling were enjoyed by Sydney's elite in the 19th century. Afterwards, we will head to Watsons Bay for Sydney's best fish and chips. **Pickups:** 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library. **Book and pay by 29 June. No refunds.**



Home pickups

\$45 per person • \$85 per couple

Transport + guided tour included

TUESDAY 7 JULY

NEW: Log Cabin Riverside Lunch



Join us for a tasty lunch on the picturesque Nepean River at Penrith. Featuring fresh seasonal ingredients from local farmers and suppliers, this standout venue also offers affordable specials for just \$20, including pizza; fish and chips; beef rendang curry; spaghetti meatballs; prawn trottolo and gnocchi with burnt butter (your choice and cost).



Home pickups

\$25 per person • \$45 per couple

Transport only

THURSDAY 9 JULY

ABC Friends Interview: Debut Authors



Learn how four local, first-time writers* faced the challenge of their first novel: how they started and what nearly stopped them. From concept to bookshelf, this panel interview will also explore the ABC's role in their education as authors. **A delicious light lunch will follow. Bookings by 2 July. No refunds.**

* RGG de Winter, Dianne Yarwood, Kyra Geddes, Sophie Stern



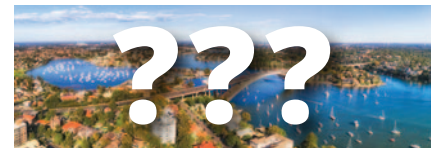
Home pickups

\$40 per person • \$75 per couple

Transport + talk included

MONDAY 13 JULY

Rick's Mystery Inner-West Tour



Feedback about this new tour was so strong, we have to offer it again! Come aboard and let Rick surprise you in exploring old and new sights in the Inner West. We will enjoy lunch, with breathtaking water views, at Sydney Rowing Club in Abbotsford (your choice and cost). **Book by 6 July. Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pennant Hills Library.



No home pickups

\$25 per person • \$45 per couple

Transport only

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

TUESDAY 14 JULY

Christmas in July at The Fiddler



Why wait for year-end to celebrate? Our hosts at The Fiddler ensure we have a wonderful time — every time! Delight in a welcome-drink (gratis) before a delicious roast turkey with glazed ham, roast potatoes and veg with cranberry sauce. Finish off with Christmas pudding, complete with brandy sauce and cream, before enjoying an amazing entertainer: Monique Montez.
Book and pay by 29 June. No refunds.



Home pickups

\$90 per person • \$175 per couple

Transport, 2-course lunch + entertainment included

SATURDAY 18 JULY

Lifeline Book Fair, Knox Grammar and Lunch



A great chance to stock up on books and DVD's that are often as good as new. The fair offers a cornucopia of books at unbeatable prices. Afterwards, we will take you for lunch at Asquith Golf Club, Maila's Bistro (your choice and cost) with its varied menu and views over the greens.
Saturday cancellations must phone 0473 478 890.



Home pickups

\$35 per person • \$65 per couple

Transport only

TUESDAY 21 JULY

NEW: Molly's Pavilion, Cheltenham Recreation Club



Recommended by one of our team members, this club is a not-for-profit venue catering to bowls, croquet and tennis enthusiasts. Molly's Pavillion Café offers a mouth-watering selection of classic meals (your choice and cost), including burgers, schnitzel and salads, in a tranquil setting with an accent on friendship. **Note:** Venue is accessible, except for the men's bathroom.



Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 17 JULY

NEW: Chatswood Chase Shopping & Devonshire Tea



Have you tried this new 5-star centre? It's laden with famous brands and you will have the opportunity to browse at leisure. Importantly, we have arranged a delicious Devonshire Tea to start off the morning at Manon Tea Rooms (two scones, jam, tea or coffee) before you commence exploring.
Book & pay by 9 July. No refunds.



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

\$45 per person • \$85 per couple

Transport + Devonshire Tea

MONDAY 20 JULY

Whale Spotting, Cape Solander and Lunch



We are in search of whales today, so dress snugly for our cape visit, a top spot for migrating humpbacks. We start with a foreshore walk to Captain Cook's monument or just relax with a coffee. Then to the cape for whale spotting before we enjoy lunch (your choice and cost) with ocean views at Cronulla RSL. **Pickups:** 8:30 HKCT Turrumurra; 8:45 Willow Park, Hornsby; 9:00 Pennant Hills Library.



No home pickups

\$45 per person • \$85 per couple

Transport only

FRIDAY 24 JULY

Western Sydney Airport 'Experience Centre' and Lunch



Sydney's new airport opens in October so join us to learn about this transformational infrastructure project, including an educational hub offering interactive exhibits and engaging facts about Australia's first 'smart' airport. Afterwards, we will take you for lunch at a lovely nearby café: Lunden House (your choice and cost).



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

\$45 per person • \$85 per couple

Transport + Experience Centre 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

MONDAY 27 JULY

Whale Spotting, Cape Solander and Lunch



We are in search of whales today, so dress snugly for our cape visit, a top spot for migrating humpbacks. We start with a foreshore walk to Captain Cook's monument or just relax with a coffee. Then we head for whale spotting before we enjoy lunch (your choice and cost) with ocean views at Cronulla RSL. **Pickups:** 7:45 HKCT Turramurra; 8:15am Willow Park, Hornsby; 8:45am Marian St. Theatre.



No home pickups

\$45 per person • \$85 per couple

Transport only

TUESDAY 28 JULY

Club Palm Beach Lunch



Enjoy a scenic drive up to Palm Beach for an amazingly well-priced lunch special at just \$25pp, giving you a choice of: fish and chips; roast of the day and veg; chicken schnitzel and chips, or pasta-of-the-day — all with dessert. You can make your choice on the day. **Book and pay by 21 July. No refunds.**



Home pickups

\$50 per person • \$95 per couple

Transport + 2-course lunch included

THURSDAY 30 JULY



Blokes On Board: Sydney Boat Show



Sydney Showground is hosting this fun day out. You will discover innovative boats and have a hands-on exploration of fishing gear and clothing. Afterwards you will really enjoy lunch at Abattoir Blues (Sydney Olympic Park) with its delicious brunches, classics and amazing premium coffee (your choice and cost).



Home pickups

\$45 per person

Transport + show included

FRIDAY 31 JULY

Western Sydney Airport 'Experience Centre' and Lunch



Sydney's new airport opens in October so join us to learn about this transformational infrastructure project, including an educational hub offering interactive exhibits and engaging facts about Australia's first 'smart' airport. Afterwards, we will take you for lunch at a lovely nearby café: Lunden House (your choice and cost).



Pickups: **Hornsby residents**

\$45 per person • \$85 per couple

Transport + Experience Centre included

Gentle Exercise Program

Feeling and Moving Better

As we approach Dementia Week (September), KRG Council have a new dementia-friendly exercise program — and carers are welcome, without cost, to join in the fun.

Try your first class for free and then celebrate in a café nearby.

Best of all: HKCT can get you to and from the exercise class (within the Ku-ring-gai and Hornsby LGA areas), even if you are not registered with My Aged Care.

Fridays:
11am–Midday

\$60 for 5 weeks
First class free

East Lindfield Community
Centre, Wellington Road

Book your class with Ku-ring-gai Council: 9424 000 • Book your transport with HKCT: 9983 1611

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Some stairs



Some walking



Considerable walking



Uneven ground



Longer day



Suitable for wheelchairs



Suitable for walkers



Unsuitable for wheelchairs



Unsuitable for walkers

EXTRA SPECIAL OUTING



Blokes On Board



The relaxed, fun way 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 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 our Blokes on Board outing to the **Sydney Boat Show** (see overleaf: 30 July) or call to learn more.

© Sydney Boat Show

A BIGGER DAY OUT



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 **Strickland House** (see overleaf: 6 July) or call us to find out more.

© NSW National Park

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>Mondays</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble, Turrumurra Wahroonga, South Turrumurra
East Lindfield Shops <i>Mondays</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</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	1 July Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turrumurra, Wahroonga, Warrawee 8 July 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>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 Turrumurra, Wahroonga, Waitara, Warrawee