

Connected People, Stronger Communities

OCTOBER 2026 NEWSLETTER

HORNSBY KU-RING-GAI
**COMMUNITY
TRANSPORT**
TAKING YOU TO THE WORLD
4351 0671

Staying connected & independent **CHSP continues!**

Our federal government has confirmed that the **Commonwealth Home Support Programme (CHSP)** will continue as a distinct and separate program from Support at Home. This recognises the vital role early intervention, prevention, and low-level supports play in helping older people remain living independently at home and connected to their communities.

For many, maintaining independence is not about complex care, it's just having reliable transport for appointments, shopping, visiting friends or staying involved in community life. These everyday connections are essential for wellbeing, health, and quality of life.

The continuation of CHSP acknowledges that services such as community transport help prevent isolation, maintain independence, and support positive ageing. By intervening early such services help people stay active, connected and living safely in their own homes for longer.

At Community Transport we see the benefits daily: social outings sparking new friendships; visits to local shopping centres building confidence and independence; and assured transport to appointments providing peace of mind and supporting better health outcomes.

These are the moments that matter, Tara Russell (GM)

Need transport or know someone who does?

If you're an older person needing to get around, you may qualify for subsidised transport through the Commonwealth Home Support Program.



Call My Aged Care

Ask them to check your eligibility for transport assistance: 1800 200 422



Referral Code

My Aged Care will issue your code for community transport services



T: 4351 0671

Tell us your referral code and we'll guide you through the steps



That Was Easy

You can now enjoy our safe, reliable transport



Please note: Labour Day Holiday, HKCT Office & Services Closed

FRIDAY 2 OCTOBER

Ikea Rhodes



Here's a chance to start your Christmas shopping! This megastore offers amazing homewares, plants and beautiful Swedish Christmas decorations (if they are in store). There is a small café where you can enjoy lunch (your choice and cost) and there's plenty of other stores, including Adairs and Kmart. **Note:** only 2 shopping bags per clients (larger items can be ordered and delivered by IKEA).



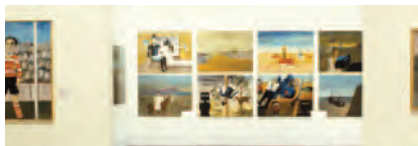
Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 9 OCTOBER

Sidney Nolan Exhibition, Art Gallery NSW



We have arranged a guided tour of this astounding exhibition of Nolan's work, from indelible visions of the outlaw Ned Kelly to epic portrayals of Central Australia. Afterwards, enjoy lunch at the the Gallery Café, offering casual dining, including salads, sandwiches, snacks and cakes (your choice and cost). **Bookings by 1 October. No refunds.**



Home pickups: **Ku-ring-gai residents**

\$70 per person • \$135 per couple

Transport + tour/entrance

MONDAY 12 OCTOBER

Rick's Tour: Balmoral And Middle Harbour



Enjoy our perfect spring weather with an outing to beautiful Balmoral Beach and a walk or coffee while soaking up the beach views. Rick will then take you on a tour of Middle Harbour before you lunch (your choice and cost) at one of our favourite lunch venues: Norths Cammeray. **Pick ups:** 8:15 HKCT Turramurra; 8:30 Willow Park; 8:45 Pennant Hills Library. **Book by 2 October.**



No home pickups

\$25 per person • \$45 per couple

Transport only

TUESDAY 6 OCTOBER

Glasshouse Grill, Pittwater RSL



We received such positive reviews after our last visit that we must return to this venue. Choose from a mouth-wateringly impressive menu of signature or classic dishes, including *spring lunch specials* for just \$19. Lunch will be your choice and cost. **Remember your photo ID. Book by 30 September.**



Home pickups

\$25 per person • \$45 per couple

Transport only

SATURDAY 10 OCTOBER

Archibald Hotel, Kurrajong Heights



This outing was such a hit last time we are running it again! Settle in for a beautiful drive along the Bells Line of Road to Kurrajong Heights, at the foot of the Blue Mountains. Lunch (your choice and cost) will be at the historic Archibald Hotel, offering pub classics and stunning views over The Hawkesbury. **Saturday cancellations must phone 0473 478 890.**



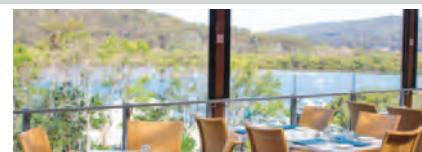
Home pickups

\$35 per person • \$65 per couple

Transport only

TUESDAY 13 OCTOBER

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 and salad; Chicken schnitzel, chips and salad or Grilled chicken salad with balsamic dressing. **Please book by 8 October. 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

FRIDAY 16 OCTOBER

Sidney Nolan Exhibition, Art Gallery NSW



We have arranged a guided tour of this astounding exhibition of Nolan's work, from indelible visions of the outlaw Ned Kelly to epic portrayals of Central Australia. Afterwards, enjoy lunch at the the Gallery Café, offering casual dining, including salads, sandwiches, snacks and cakes (your choice and cost). **Bookings by 1 October. No refunds.**



Home pickups: **Hornsby residents**

\$70 per person • \$135 per couple

Transport + tour/entrance included

MONDAY 19 OCTOBER

Sculptures By The Sea, Bondi & Fish 'n' Chips



An annual highlight: see the most intriguing sculptures at this outdoor exhibition (in Marks Park's accessible areas) with views of Bondi. Wander the grassy area and then we're on to the famed Watsons Bay for fish and chips or whatever you fancy for lunch (your choice and cost). **Pick ups:** 8:30 HKCT Turramurra; 9:00 Pennant Hills Library; 9:30 Cherrybrook Skate Park.



No home pickups

\$25 per person • \$45 per couple

Transport only

TUESDAY 20 OCTOBER

Trojans Restaurant & Bar, Terrigal



Enjoy the drive up to Terrigal where our hosts are offering a choice of: Roast of the day; Grilled barramundi, fries, salad & lemon; Chicken schnitzel, slaw and fries. **Please be ready with your selection at the time of booking. Book by 8 October. No refunds.**



Home pickups

\$75 per person • \$145 per couple

Transport, lunch + soft drink included

WEDNESDAY 21 OCTOBER

Sydney Morning Masters Concert



Enjoy coffee and cake before Joshua Batty and Somi Kim delight you with outstanding flute and piano music, including pieces by Schubert, Bartók and the premiere of a new work by renowned composer and pianist, Sir Stephen Hough. **Book by 6 October. No refunds.**



Home pickups

\$75 per person • \$145 per couple

Transport, coffee/cake + concert included

FRIDAY 23 OCTOBER

Joint CT Outing: Broken Bay Pearl Farm



Join our friends from the Central Coast on this combined HKCT/CCCT outing. Embark on a scenic cruise along the Hawkesbury River, visiting an oyster lease to learn about farming pearls and rock oysters. At the *shellar door* you will gain an understanding of what makes Australian pearls so valuable. Lunch (your choice and cost) will be at King Tide Café, on Brooklyn's waterside. **Book by 15 October. No refunds.**



Home pickups

\$85 per person • \$165 per couple

Transport + tour included

SATURDAY 24 OCTOBER

Mama Mia The Musical, Chatswood



Sing along to beloved ABBA songs in this feel-good musical. Step onto the Greek island you have always dreamed of with iconic hits like Dancing Queen, Super Trouper and Mama Mia. We will arrive early at The Concourse for lunch (your choice and cost) before the show. There will be an interval. **Book by 7 October. No refunds. Saturday cancellations must** phone 0473 478 890.



Home pickups

\$145 per person • \$285 per couple

Transport + show 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 26 OCTOBER

Sculptures By The Sea, Bondi & Fish 'n' Chips



An annual highlight: see the most intriguing sculptures at this outdoor exhibition (toilets in Marks Park's accessible areas) with views of Bondi. Wander the grassy area and then we're on to the famed Watsons Bay for fish and chips or whatever you fancy for lunch (your choice and cost). **Pick ups:** 8:45 Berowra Shops; 9:15 HKCT Turramurra; 9:30 Marian Street Theatre.



No home pickups

\$25 per person • \$45 per couple

Transport only

THURSDAY 29 OCTOBER



Blokes On Board Lord Dudley Pub Lunch



This is one of Sydney's oldest and most loved family-run corner hotels. A picture-perfect 'neighbourhood pub', you'll enjoy a pint and a potpie with new friends in its cosy, historic atmosphere. Complete with fireplace, it offers a superb selection of beers and classic fare, this is a must-experience venue.



Home pickups

\$25 per person

Transport only

HKCT AGM

You are most welcome

We invite members and non-members to our HKCT AGM meeting and a delicious two-course meal (alternate servings of roast and sticky-date pudding).

You will hear a summary of our year and the results of our recent client survey, while meeting the board.

Formal notice of the AGM Agenda will be emailed to current members in October



MEMBERS
\$40 / \$75
TRANSPORT + LUNCH

NON-MEMBERS
\$55 / \$105
TRANSPORT + LUNCH

Please book by 7 October

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TUESDAY 27 OCTOBER

The Concord Community Club



Highly recommended by one of our team, The Concord is a Croatian-inspired landmark boasting an authentic European-style venue with delicious roasts and the freshest seafood (your choice and cost). And with luck, we'll also enjoy seeing the magnificent blooming jacarandas during our drive. **Remember your photo ID.**



Home pickups

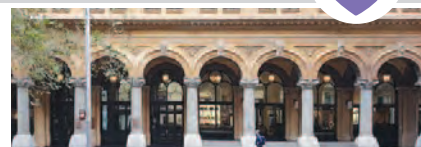
\$25 per person • \$45 per couple

Transport only

FRIDAY 30 OCTOBER



Young at Heart GPO Heritage Tour



After a hearty brunch at Olea Lindfield (your choice and cost) we head for the 152-year-old Sydney GPO (now The Fullerton Hotel) in Martin Place. The 90-min tour entails 2,327 walking steps, mainly on one level, and will reveal the former GPO's historic, now restored grandeur.

Pick ups: 8:30 HKCT Turramurra; 8:45 Willow Park, Hornsby; 9:00 Pennant Hills Library.



No home pickups

\$25 per person • \$45 per couple

Transport + tour included

Let's party together!

Please join our joint CCCT / HKCT lunch at the Waterview in Bicentennial Park, Sydney

A delicious two-course lunch will include sage-marinated turkey breast, vegetables and a traditional Christmas pudding dessert. Bon-bons, decorations, a fabulous band and all of our wonderful clients will ensure a good time is had by all!



\$85 / \$165
TRANSPORT + LUNCH

Please book by 1 December. No refunds.

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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



A BIGGER DAY OUT

Young at Heart

Outings that go longer, further

Join us in exploring the wondrously elegant, former **Sydney General Post Office** in Martin Place. Constructed primarily from local Sydney sandstone, mined in Pyrmont, the main northern façade has been described as “the finest example of Victorian Italian Renaissance Style in NSW”.

See Outing details overleaf: 30 October.



SPECIAL OUTING

Blokes On Board

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.

Join our Blokes on Board outing to the historic **Lord Dudley Hotel** (see overleaf: 29 October).

Meet the staff

PETER

Transport Operations Manager

I joined HKCT in 2025, after working with Non Emergency Patient Transport in NSW Health. Trained as an occupational therapist and having a strong connection to health and the delivery of services for those in need, I am impressed with the HKCT team's dedication to and care of clients.

I am a resident of Hornsby LGA (having grown up in Berowra Heights and now living in Mount Colah for nearly 20 years) so I have much familiarity with the area, resources and facilities available.

We are blessed with three children 15, 13 and 10 (and a chocolate labrador) who keep us very busy. We enjoy camping, taking the caravan to new and interesting natural locations.



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, (Labour Day Weekend alt: Tuesday 6)</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble, Turramurra Wahroonga, South Turramurra
East Lindfield Shops <i>Mondays, (Labour Day Weekend alt: Tuesday 6)</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, (Labour Day Weekend alt: Tuesday 6)</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	<i>7 October</i> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turramurra, Wahroonga, Warrawee <i>14 October</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 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

Prices are applicable only to CHSP-eligible clients of HKCT. Other client prices available upon request. Correct as of October 2026.