

# Peppercorn Services News

## Transport, Activities & Meals

### January & February



## Seniors Meals & Social Support Programs

It's great to be back and we have loved seeing you all enjoying our programs again over November and December. Peppercorn will continue adhere strictly to the NSW Health Regulations of the day and we thank you for your continued cooperation. Bookings remain limited to smaller numbers per meal and please note that we are changing our regular meal days to Mondays and Wednesdays in 2022. All venues require proof of vaccination to enter. Please see our meals schedule below for more information and remember that bookings are absolutely essential to attend. **Call our team the week prior to your attendance on 4504 7055 to reserve your place.** \*\*Please see page 2 for meals package information and new 2022 pricing.

**NORTH RICHMOND PANTHERS** - Flavours Bistro is a regular destination and offers club favourites such as fish & chips, chicken schnitzel, roast of the day, pasta and pizza.

**LYNWOOD COUNTRY CLUB** – Set in beautiful Pitt Town, the Lynwood Country club overlooks the golf course and has a range of delicious meals on offer.

**THE AUSTRALIAN HOTEL** - Delicious meals including steak, schnitzel or fish and chips. If enough people are willing to pre-order, they will even do a roast for us!

**THE YUMMY CUISINE** - A local, family-owned Chinese restaurant offering all your favourite Chinese dishes by friendly staff.

Monday (NEW DAY)		Wednesday (NEW DAY)	
		5 January	LYNWOOD COUNTRY CLUB
10 January	THE AUSTRALIAN HOTEL	12 January	NORTH RICHMOND PANTHERS
17 January	LYNWOOD COUNTRY CLUB	19 January	THE AUSTRALIAN HOTEL
24 January	NORTH RICHMOND PANTHERS	26 January	THE YUMMY CUISINE
31 January	THE AUSTRALIAN HOTEL	2 February	LYNWOOD COUNTRY CLUB
7 February	NORTH RICHMOND PANTHERS	9 February	THE AUSTRALIAN HOTEL
14 February	THE YUMMY CUISINE	16 February	NORTH RICHMOND PANTHERS
21 February	PUBLIC HOLIDAY	23 February	LYNWOOD COUNTRY CLUB
28 February	Johnny Rock N Roll Show Panthers – See next page.	2 March	TBA

Seniors Meals & Outings call 4504 7055.  
Transport information & bookings call 4504 7022.



**Peppercorn**  
BRINGING THE HAWKESBURY TOGETHER

# SENIORS MEAL PRICING ADJUSTMENTS 2022

Please note that our seniors meals program is subject to both availability and eligibility. Clients assessed and referred to us by My Aged Care under the Commonwealth Home Support Program (CHSP) have priority attendance and are eligible for subsidised transport to the venue (\$10 within the Hawkesbury LGA). **From January 2022 the cost of your meal will depend on the venue menu and prices offered to our group. Meals generally range from \$10-\$20 dependent upon your choice on the day.** \*\*Guests and clients on other packages are welcome to attend and use Peppercorn transport, however full cost recovery and conditions apply. **Please contact us for details 02 4504 7055.**

## Transport Tips 2022

### Transport Booking Information Checklist

- Your name
- Your appointment date
- Your appointment time
- Name / address of destination
- Appointment length (if longer than 1 hour)
- Mobility restrictions if relevant
- Fare payment contribution method

### Transport booking notice period

- All Hawkesbury LGA transport destinations require at least **2 working days notice**
- All Non Hawkesbury LGA transport destinations require at least **5 working days notice**

### Preferred Payment Options

Payment options include: credit or debit via EFTPOS machine (in all vehicles). We do accept cash but prefer card where possible.

### Overhanging Branches

If you have any overgrown branches or shrubs preventing safe pick up, we ask you to arrange to have maintenance undertaken – if you are an existing Lawn and Garden client assistance might be available through that program. Please call 02 4577 9975.

### Hospital Procedures

If you are having a procedure that requires you to have anaesthetic you need to let the hospital know that you are using Peppercorn Community Transport to get to and from the appointment

The hospital may suggest that you engage a family member instead of Peppercorn because you might need someone to stay with you for the next 12-24 hours.

### Confirmation of Booking

Our voice activated notification system is LIVE! Your automated transport confirmation is sent to your preferred telephone number the day before your booking time. It is a man's computer-generated voice that clearly states Peppercorn Community Transport – the caller id will be 02 4504 7022

If you no longer need your transport and have forgotten to cancel your booking you need to call the office immediately. Please leave all transport related messages on our voicemail so we have record of your call and/or cancellation.\*\*\*\*

### House Numbers

It is helpful to our driver when house numbers and property numbers clear and visible from the road.  
Can we see your number?

### Covid19 restrictions

Covid restrictions require reduced load capacity in each vehicle to meet the health guidelines of social distancing.

### Cost of Service

We ask for a contribution towards the cost of the transport which covers a drop off and a return home. If you add another trip you will be asked to make a further contribution. Please ask at the time of booking for your total cost if required.

### Regular Booking Services

With the fast-approaching New Year we ask that you contact our booking team to rebook your reoccurring weekly shopping services. Bookings can be made up to 1 year in advance

# January/February 2022 – Social Connections Outings

## Destination and Details

## Cost

### Penrith Printing Museum / Penrith Paceway

Join us for a fascinating tour of Penrith Printing Press after a lovely lunch at Penrith Paceway together first. This tour is always a crowd favourite!

Tuesday  
18 January

Transport \$  
Museum Entry \$10  
Lunch at own cost.

### Mystery Bus Tour

Come along with (insert bus driver) for a lovely day out an about in his favourite places. We will be staying relatively local so it won't be a long day but we guarantee fun and frivolity. Lunch at own cost in local café along the way.

Tuesday  
25 January

Transport \$15  
Lunch at own cost

### Hawkesbury Remakery

Join the Hawkesbury Remakery for a special 3 part basket weaving workshop. All levels welcome. Lunch will be on offer at a café nearby (at own cost) for participants and plenty of conversation too. Materials included. Take home your handiwork and meet new friends!

Fridays  
11, 18 & 25  
February

Workshop FREE  
Lunch at own cost  
Transport \$15

### North Richmond Panthers Lunch and Show

After 40 years in entertainment Johnny V celebrates the music of the rock and roll heroes that have been the passion of his life, Elvis, Buddy Holly, The Big O, Neil Diamond, Rod Stewart and many others.

Monday 28  
February

\$40 includes:  
Transport, lunch and show

**\*\*Prepayment required by 14 February 2022.**

MON  
28TH  
FEB

JOHNNY V's

Rock & Roll  
Heroes

\$40

SHOW STARTS AT 11AM  
INCLUDES LUNCH

Bookings  
Essential!

Ph: 4504 7055

# Shopping Service 2022

DAY	DESTINATION	PICKUP AREA'S BY DAY ALLOCATED
MONDAY	RICHMOND MARKETPLACE COLES	Vineyard, Windsor, South Windsor, Bligh Park, Windsor Downs, Bilpin, Kurrajong, Bowen Mountain, Grose Vale, Grose Wold & North Richmond
THURSDAY	RICHMOND MARKETPLACE/ RIVERVIEW SHOPPING CENTRE WINDSOR	Cumberland Reach, Lower Portland, Sackville, Ebenezer, Wilberforce,  St Albans, Central MacDonald, Lower McDonald,  Blaxland Ridge, East Kurrajong,  The Slopes, Tennyson, Glossodia, Freemans Reach  St Albans (separate bus)
FRIDAY	ROUSE HILL TOWN CENTRE	Cattai, Pitt town, Maraylya, Oakville, McGraths Hill

## **Dietitians Corner**

Rayna's top food tips for 2022!

1. Aim to drink 6-8 glasses of water per day as keeping hydrated can improve concentration, mental health and is essential as it gets warmer.
2. Eat a variety of fruit and veggies every day. Go for 2 pieces of fruit and 5 different vegetables every day.
3. Aim to eat protein foods at every meal to support your muscles. Protein can be found in both animal and plant products. Read the November December newsletter for more details.
4. Carbohydrates are essential for our body's energy and are found in grain foods such as bread, rice, pasta and cereals. Aim for whole-grain options and spread them throughout the day to have sustain energy.
5. It is important to remember that trying to create sustainable eating habits takes time and patience.

**If you are interested in learning more about food and changing habits, please call our dietitian Rayna on 4587 0229 to organise an appointment.**