



**SPRING**  
into action

over  
**55** yrs

*for the young at heart*



**August - November 2011**

Bookings open Tuesday 2 August

**P 9424 0000 | [www.kmc.nsw.gov.au/sia](http://www.kmc.nsw.gov.au/sia)**

**The Spring into Action program provides fun social, leisure and recreational activities for Ku-ring-gai Council residents who are over 55. The program runs from August to November each year and offers a wide variety of educational experiences, half or full-day tours, coach trips and overnight explorations to locations throughout Sydney and beyond.**

**Further information:**

**P 9424 0000**

**[www.kmc.nsw.gov.au/sia](http://www.kmc.nsw.gov.au/sia)**

**Limited number of places available on tours and trips, so book early to avoid disappointment.**

# Mary Poppins at the Capitol Theatre

Today we travel to the historic Capitol Theatre for a 'supercalifragilisticexpialidocious' performance of *Mary Poppins*. This theatrical performance has been brilliantly adapted from the beloved books by Australia's own P.L. Travers and the classic 1964 Walt Disney film. So come with us, step back in time and enjoy the unforgettable songs, stunning choreography and unsurpassed stagecraft in this extraordinary performance. It is only showing in Sydney for a limited time and limited tickets are available - don't miss out.



• **Date:** Wednesday 24 August

• **Time:** 11.30am departure (Mary Poppins is at 1pm). Return approx 5pm

• **Meet:** Gordon Bus Station

• **Cost:** \$75

• **Includes:** A reserve ticket and return mini bus transport

• **Walk rating:** There are a few stairs in the theatre.



# Capitol Theatre Tour

Would you like to find out more about the fascinating history and unique architecture of the Capitol Theatre? Then come along for this 1½-hour guided tour. Our knowledgeable tour guide will take us on the Capitol's journey over the last century, from hippodrome to picture palace to rock venue, and now a world-class musical theatre venue - it's quite a story.

You'll have the opportunity to experience the beautiful atmospheric auditorium and observe the quirky architectural elements of John Eberson's theatrical design vision. You'll also gain insight into what it takes to stage a major musical production.



• **Date:** Monday 29 August

• **Time:** 9.50am meeting for a 10am – 11.30am tour

• **Meet:** Capitol Theatre, 13 Campbell Street, Haymarket

• **Cost:** \$15.50

• **Includes:** 1½-hour guided history tour

• **Special requirements:** Please bring suitable walking shoes and water.

• Participants are required to make their own way to and from the Capitol Theatre Tour. The Capitol Theatre is a five minute walk from Central train station.

• **Walk rating:** Basic level of fitness required as there are a few stairs on the tour





# The Burning Log Roy Orbison Show

Today we travel to the Burning Log Comedy Theatre Restaurant at Dural for the Roy Orbison Seniors Daytime Show. We enjoy a delicious two-course lunch prepared by the chefs with fresh bottomless tea and coffee. Once lunch has been served it's showtime as we sit back, relax and sing along to some classics including *Pretty Women*, *Only the Lonely* and more.



**Date:** Wednesday 7 September

**Time:** 10.45am - 3.30pm

**Meet:** Gordon Bus Station, Henry Street, Gordon

**Cost:** \$52

**Includes:** Return bus transport, two-course lunch with bottomless tea and coffee and Roy Orbison tribute show

**Special requirements:** Please advise of dietary requirements. Please bring extra money should you wish to purchase drinks from the licensed bar.



# The Hyde Park Barracks & the Mint

Today we have guided tours planned of two of Sydney's historic sites. We meet at the World Heritage listed site, Hyde Park Barracks, to discover the unique history of the Barracks while exploring the museum's current exhibitions. We then visit the Mint, located next door, which includes the remnants of Australia's first coining factory and now houses the head office of the Historic Houses Trust, the Caroline Simpson Library and Research Collection, a beautiful gift shop, café and award-winning venue hire spaces.



• **Date:** Wednesday 14 September

• **Time:** 9.50am for a 10am – 11.30am tour

• **Meet:** Hyde Park Barracks Museum Reception, 10 Macquarie Street Sydney

• **Cost:** \$9

• **Includes:** Guided tour and entry to the Hyde Park Barracks and the Mint

• **Special requirements:** Bring suitable walking shoes, wet weather protection and water. Moderate fitness is required as this is a guided walking tour.

• The Barracks are located at the north end of Hyde Park in central Sydney. It is less than a five minute walk from St James train station (City Circle Line) or a ten minute walk from Martin Place station (Eastern Suburbs Line).



# Two Day Great Southern Exploration

An overnight experience of the Southern Highlands and south coast region. Your highlights include Bowral Tulip Time, Historical Berrima, Fitzroy Falls, Tien Nam Temple and the Seacliff Bridge.

**Note:** Information on this trip was distributed and advertised in June. It is **fully booked**. Should you wish to be placed on the waiting list, please indicate your interest on the booking form attached.



**Date:** Tuesday 20 – Wednesday 21 September

**Time:** Coach departs Tuesday morning at 7.30am and returns Wednesday around 6pm

**Cost:** \$280 - single person in one room \$460 - two people in a shared room

**Includes:** Luxury coach transport with Forest Coach Lines, entry to attractions including Bowral Tulip Time, guided tours of Berrima Museum and Courthouse, Historic Harper's Mansion and Tien Nam Temple, a scenic drive with highlights including Robertson, Fitzroy Falls and the Sea Cliff Bridge. Accommodation at the newly built 4½ star Springs Resorts Mittagong RSL Motel. Meals: Morning tea, lunch and dinner on day 1 and buffet breakfast, light morning tea and lunch on day 2.

**Special requirements:** Moderate fitness as we have an active schedule with walking and some venues have stairs.

Please contact the Leisure Coordinator for more information on 9424 0904.

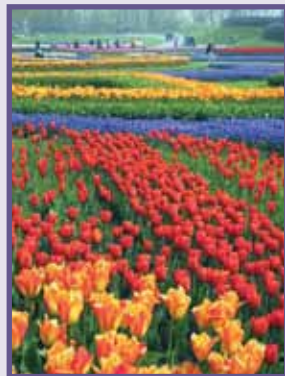
**BOOKED OUT**



# Bowral Tulip Time Day Trip

For those who missed out on the overnight Great Southern Exploration, we have planned a special day visiting some of the popular sites in the Bowral region.

We travel by coach to Bowral in the picturesque Southern Highlands to visit the spectacular 51st Annual Tulip Time display in Corbett Park. There will be live entertainment, food and wine and with over 100,000 tulips and annuals on display. Next we visit the Modiar Garden, an exquisite two-hectare garden, built circa 1930 with exotic specimens including sequoias, crabapples and a renowned sunken rose garden.



After the glorious gardens and displays we enjoy an elegant high tea at the exclusive Centennial Vineyards Restaurant in Bowral. Savour delicious treats, coffee and tea as we dine in style overlooking 80 acres of vines.

• **Date:** Tuesday 27 September

• **Time:** 8.30am – approx 4.30pm

• **Meet:** Gordon Bus Station, Henry Street, Gordon

• **Cost:** \$65

• **Includes:** Coach transport, morning tea, entry to Corbett Park Tulip Time and Modiar Rose Garden, high tea at Centennial Vineyards.

• **Special requirements:** Please advise of dietary requirements



# Belgenny Farm and Thirlmere Railway Heritage Centre

We have an exciting coach trip planned today in Sydney's southwest region. Our first stop is Belgenny Farm which was established by John and Elizabeth Macarthur in 1805 and it is here we learn more about the history of agriculture. Enjoy a glimpse into the Australian rural lifestyle with a working dog demonstration, whip cracking as well as tasty damper and billy tea.



We then travel to one of Australia's oldest inns the George IV Inn Picton for a two course lunch. Our tour highlight is our last stop – the restored and refurbished Trainworks Railway Heritage Centre. This five hectare corridor site is home to a large collection including over 100 rolling stock items. Browse the historic station precinct, the exhibition building, the workers' walk and the Great Train Hall.

**Date:** Wednesday 12 October

**Time:** 8.45am – 5pm

**Meet:** Gordon Bus Station, Henry Street, Gordon

**Cost:** \$62

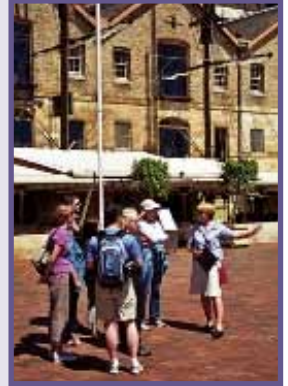
**Includes:** Coach transport, guided tour and billy tea at Belgenny Farm, a two-course lunch at George IV Inn with tea and coffee, entry and tour of Trainworks Railway Heritage Centre

**Special requirements:** Please advise of dietary requirements. Basic to moderate fitness as a moderate amount of walking is required for participation in the guided tours.



# The 'Original Rocks Walking' Tour

Come explore the lively history and heritage that lies within one of Sydney's oldest neighbourhoods, the Rocks. Today the Rocks is renowned for having the oldest streets in Sydney which are dotted with beautifully restored 19th century buildings. Our friendly and professional guide will provide us with a lively walking commentary as we weave our way through hidden alleyways, charming cobbled lanes and courtyards, discover quaint terrace courtyards and visit a gothic church.



**Date:** Friday 14 October

**Time:** 10.20am for a 10.30am – 12pm tour

**Meet:** The Rocks Walking Tour Office, 23 Playfair Street, The Rocks

**Cost:** \$20

**Includes:** 1½ hour guided tour

**Special requirements:** Bring suitable walking shoes, wet weather protection and water.

Participants are required to make their own way to and from the tour meeting point in the Rocks. The Rocks Walking Company is a 5-10 minute walk from Circular Quay train station.

**Walk rating:** Basic to moderate level of fitness required. We cover approximately 2km at a stroll. The walk is considered mostly flat with some stairs.



# Scenic Newcastle: Fort Scratchley & Hunter Region Botanical Gardens

Travel by coach to the Newcastle waterfront and visit the historic Fort Scratchley. Built in 1882 to protect the port of Newcastle from enemy attacks, it wasn't until 60 years later that Fort Scratchley's massive



guns were first used against an attack by a Japanese submarine in World War 2, earning its status as the only fort on the Australian coastline to have fired against enemy attack. Today we will experience a 90-minute guided site tour including the underground tunnels.

Next we travel to the Hunter Region Botanical Gardens for lunch in the café followed by a guided tour. See an ancient red ash carved by an Aboriginal sculptor depicting people and totems of the Garuahgal tribe of the Raymond Terrace area. Don't miss this spectacular day out and about exploring the beautiful Newcastle region.

**Date:** Friday 21 October

**Time:** 8am – 5pm

**Meet:** Gordon Bus Station, Henry Street, Gordon

**Cost:** \$59

**Includes:** Transport, guided tours of Fort Scratchley and the Hunter Region Botanical Gardens, morning tea and lunch with dessert, tea and coffee.

**Special requirements:** Bring suitable walking shoes and water. Please advise of dietary requirements.

**Walk rating:** Basic to medium- some steps and uneven surfaces. Walking tour of Fort Scratchley is 90 minutes and the Botanical Gardens 45 minutes

# Australia's Last Riverboat Postman

The Riverboat Postman has been providing essential services to river communities since 1910. Come join us on the Riverboat Postman as it delivers daily mail, milk, groceries and newspapers. Sit back, relax and enjoy the wonderful scenery and morning tea as the Riverboat Postman travels along the beautiful Hawkesbury River from settlement to settlement.



**Date:** Wednesday 26 October

**Time:** Cruise departs Brooklyn Wharf at 9.30am – returns at approx 1pm

**Meet:** Brooklyn Wharf a five minute walk from the Hawkesbury River railway station. Participants can catch the 8.52am train from Hornsby train station which arrives at Hawkesbury River at 9.15am.

Return train departing Hawkesbury River for Hornsby station at 1.32pm or 2.32pm.

**Cost:** \$30

**Includes:** Riverboat Postman cruise along the picturesque Hawkesbury River and morning tea

**Special requirements:** Please advise of dietary requirements.

**Note:** Lunch options at own expense: Once we disembark the Riverboat Postman you may wish to stay in Brooklyn and enjoy a picnic lunch or eat at one of the many cafes and restaurants by the river.



# Head For The Hills Tour

Judith Dunn from Past Times Tours joins us again as our personal group guide as we head for the Hills district.

We enjoy morning tea at the delightful Parramatta Park and it is here we meet Judith. Be prepared for this fun and educational day. Explore Heritage Park where we learn more about each named person and how they took part in the convict uprising, the Battle of Vinegar Hill.

We follow the footsteps of the battle round the district and each person's part is revealed through the on-board commentary. We alight at Dorothy Mount where we will enjoy views all the way to Sydney and the Harbour Bridge. After a tasty buffet lunch we visit Bella Vista Farm, which has 360 degree views to the mountains and back to Parramatta. Step back in time in the main house and six slab buildings, stocked with old kitchenwares and memories .



• **Date:** Wednesday 2 November

• **Time:** 9am – 4.30pm

• **Meet:** Gordon Bus Station, Henry Street, Gordon

• **Cost:** \$48

• **Includes:** Coach transport, morning tea, buffet lunch with tea and coffee, Judith Dunn tour and on-board commentary, Bella Vista farm park entry and tour

• **Special requirements:** Please advise of dietary requirements.





Ku-ring-gai  
Council