

# Seniors Services & Programs

## Commonwealth Home Support Program

### Seniors Social Support Groups

A program for the elderly living in the St George area. This program consists of activities and outings for seniors over the age of 65.

- Monday: Chinese (Mandarin Speaking)
- Tuesday: General Community
- Wednesday: Arabic speaking  
General Community
- Thursday: General Community
- Friday: Out & About for Active Seniors

### Other Programs for Seniors

- Gentle Exercise Classes - Thursday's 9:30 - 10:30am
- Let's Get Active Seniors Program - Thursday's 11am - 12pm
- Computer Class - Tuesday's 12:30 - 2:30pm
- One Call Away - Phone service Daily,  
6am - 6pm - 0402443763
- Coffee Club - First Friday of each month.

### Allied Health Podiatry Services

(Podiatry appointments are necessary)

- For seniors 65 years and over.
- For younger people with Disability.
- Domiciliary Podiatry covering the St George and Sutherland Shire area for the aged and disabled.  
Home Visits: Monday to Friday
- Centre Based Podiatry clinic for pensioners.  
Wednesday's: 12pm to 3pm

To receive our services please register with My Aged Care. Call the Hotline on: 1800 200 422 or go to:  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

- ➔ Do you need help registering? ➔ We will do all the paperwork for you!
- ➔ We have Chinese, Arabic, Italian, Greek & Indian Interpreters available.

Help us to continue helping you.

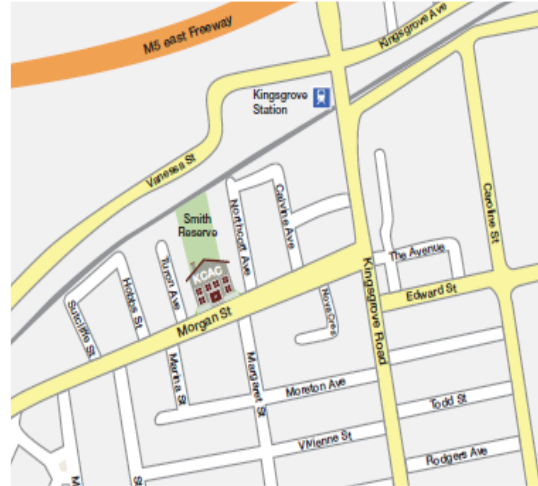


The Kingsgrove Community Aid Centre Inc is a Registered Charity.

Any donations are welcome and all donations over \$2.00 are tax deductible.

Donations can be made in person or on our website, [www.kcac.org.au](http://www.kcac.org.au)  
Just click on the DONATION tab.

Find us on Facebook to stay up to date with our latest news and events. Look us up on YouTube to view videos and Instagram to view photos from our OOSH services.



Open Monday to Friday 9am - 4pm  
30 Morgan St Kingsgrove, NSW, 2208  
Tel: 9150 7823 Email: [admin@kcac.org.au](mailto:admin@kcac.org.au)

This centre is supported by:



KINGSGROVE COMMUNITY AID CENTRE ACKNOWLEDGES THE SUPPORT OF GEORGES RIVER COUNCIL FOR THE VENUE AT 30 MORGAN ST KINGSGROVE.



KINGSGROVE COMMUNITY  
AID CENTRE INC.

## COMMUNITY HUB SERVICES



IN THE COMMUNITY  
WITH THE COMMUNITY  
FOR THE COMMUNITY

Ph: 9150-7823  
[www.kcac.org.au](http://www.kcac.org.au)



# Neighbourhood Centre Community Hub Activities

## Information & Referrals

Information is kept on a wide range of topics:

- Legal, recreation, health, childcare, education, employment etc.
- Referrals are made to other local or specialist organisations when necessary.
- The KCAC newsletter is available quarterly and the Sydney Child is available on a monthly basis.
- Support groups, information sessions & events for CALD Communities.

## Access to Facilities

Community resources such as meeting/board room equipped with white board and overhead projector, access to photocopier, fax machine and computer are available for a small donation when available.

## Tax Help - July to October

Providing voluntary help for people having difficulties with the completion of the Tax return forms.

**SIMPLE RETURNS ONLY** Pensioners + low income earners (earning under \$50,000 per annum)

Appointment necessary on 9150 7823.

## Supporting Volunteering

KCAC is always looking for volunteers. If you are interested in volunteering with us, please call on 91507823.

## Chinese Grandparents Support & Activities Group (TEI Program)

This Cantonese speaking group meets on Friday's from 9.30am to 1.30pm.

- Play Mah-jong and Bingo.
- Relax with some Tai Chi and gentle exercises.
- Join in with some Opera singing.
- Socialise and make new friends.
- Share lunch together.
- Participate in cooking demonstrations.
- Information Session & Family Support Services.
- First Aid, Parenting Programs.
- Chinese Opera Group meets every Wednesday 10am till 2pm

## Support Services for People with Disabilities.

KCAC is an NDIS Registered Provider.

Enjoy Various art & craft, cooking, music & dancing, Excursions to places of interest, Meet new people, Have a cuppa & a chat.

**Every Wednesday for 4 Hours/pw 10.30am till 2.30pm**

Please call us to register as places are limited.

Venue: 30 Morgan St Kingsgrove

NDIS Applicants are welcome.

For more information please call 91507823 or email

on: [admin@kcac.org.au](mailto:admin@kcac.org.au)



# Family & Children's Services

## First Aid Courses for Parents & Carers of Young Children (TEI Program)

Accredited First Aid Certificate provided after completion of the course.

Provided to carers of young children and babies.

Provided monthly over 2 Friday's, lunch is provided and babies are welcome to attend with their parents.

**Course cost:** \$75 per person. This course has been heavily subsidised by the Kingsgrove Community Aid Centre Inc.

## Out of School Hours Care and Vacation Care Programs

(Hurstville Public School, Forest Rd Hurstville)

**Hurstville Public School (OOSH)**

Please call: 0418 481 358

**Before School Care** 7am - 9am

**After School Care** 3pm - 6pm

**Vacation Care** 7am - 6pm (during School Holiday's)

## Playgroups (TEI Programs)

**POPPY Supported Playgroup**

(Parents Opportunity to Participate in Play with their Young)

Support for women facing mental health challenges.

Monday's 10:30am - 12:30pm

**Supported Playgroup for children under 2**

Friday's 10:30am - 12pm

**General Playgroups (Playgroup NSW)**

Tuesday 0-2 years, 10.30am-2.30pm

Wednesday 2-5 years, 10am-12pm

Thursday 0-2years, 1pm-3pm

