



KINGSGROVE COMMUNITY
AID CENTRE INC.

IN THE COMMUNITY
FOR THE COMMUNITY
WITH THE COMMUNITY

ISSUE 16

WINTER NEWSLETTER 2015



KCAC Vision

“A sustainable society that is welcoming, harmonious & inclusive and where people are healthy & feel happy & safe”



SEAT OF BANKS VOLUNTEER OF THE YEAR AWARD

Congratulations to Mr Yuchun Zhao who is our volunteer for the Chinese Mandarin speaking group which meet every Monday.

Mr Zhao assists and lends his culinary cooking skills to producing many healthy traditional Chinese dishes for the group of 35 participants.

He is always happy to help and offer countless ideas for the group excursions to ensure that their day is enjoyable as can be.

We are very proud that Mr David Coleman Federal Member for Banks has acknowledged Mr Zhao's Services to the Kingsgrove Community Aid Centre for the Seat of Banks Volunteer Awards.

A special Highlight for Mr Zhao Was meeting the Honourable Malcolm Turnbull Prime Minister of Australia who was also there to present him with the Award.

The My Aged Care Gateway is now fully operational .

If you require services for your Aged Care needs, or you wish to attend the Day Care excursions that we offer or to receive a Podiatry service and you are 65 years and over you must contact the

MY AGED CARE Telephone HOTLINE NUMBER ON 1800200422.

Ask to be referred to the Kingsgrove Community Aid Centre for the Day care or Podiatry service.

If you are unsure please contact our staff at KCAC and we will help you contact the Hotline number.

I urge you to please call in at the Community Centre at 30 Morgan Street Kingsgrove for a chat and a Cuppa .

You are most welcome.

Anne Farah Hill.

Chief Executive Officer.

KINGSGROVE
COMMUNITY
AID CENTRE
ACKNOWLEDGES THE
SUPPORT OF
HURSTVILLE CITY
COUNCIL FOR THE
VENUE AT 30 MORGAN



KINGSGROVE COMMUNITY AID CENTRE INC.
30 MORGAN ST KINGSGROVE PH: 91507823
WWW.KCAC.ORG.AU

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DO YOU NEED HELP WITH YOUR TAX?

TAX HELP AVAILABLE AT KINGSGROVE COMMUNITY AID CENTRE FROM AUGUST TO OCTOBER.

CALL THE CENTRE TO MAKE AN APPOINTMENT ON 91507823.

Up and Coming Events

SEPTEMBER

- 11th: Chinese Moon Festival Opera.
- 22nd: Harmony Day.
- TBA: Domestic Violence Workshop over 10 weeks.

OCTOBER

- 7th: Vacation Care starts.
- 17th: Vacation Care ends.
- 24th: First Aid Presentation

NOVEMBER

- 18th: Lebanese Harmony Day
- 25th: Longs seniors trip to the Entrance
- 27th: Guest Speaker-Seniors Oral Health Care.

COME IN TO OUR OFFICE AND HAVE A LOOK AT OUR BIG PRINT LIBRARY BOOKS FOR YOU TO EITHER KEEP OR EXCHANGE AT YOUR LEISURE



NSW GRANDPARENTS DAY IN 2015

NSW Grandparents Day is a state funded initiative that celebrates the vital role that grandparents play in our society, as custodians of individual and cultural memories and as providers of care and love to their children and grandchildren. Grandparents Day recognises the irreplaceable role grandparents have in their families and in the wider community.

NSW Grandparents Day 2015 will be celebrated on Sunday 25 October. To make this year's Grandparents Day the celebration it should be start planning today - there are already so many ways that you can get involved. To make sure you're kept up-to-date on everything Grandparents Day

related, subscribe to the Grandparents Day e-newsletter by visiting

www.grandparentsday.org.au



Grandparents Day is facilitated by COTA NSW



NAVAGATING THE MY AGED CARE SYSTEM

On Wednesday the 24th of June 2015, Kingsgrove Community Aid Centre held an information day for the senior clients regarding the My Aged Care website and how to navigate the new system. Guest speakers from the Department of Social Services attended to give talks and explain the changes.

If you would like more information about the My Aged Care website and how it works call us on 9150 7823 or alternatively call the My Aged Care Hotline on 1800 200 422.



www.myagedcare.gov.au



MONDAY CHINESE GROUP FUN



An array of activities being enjoyed by our Monday Chinese Group. This group has a wonderful time together, & are always smiling.

If you would like to join this group, or would like more information please contact one of our friendly staff on 9150 7823, Mon-Fri, 9am-4pm.



CHRISTMAS IN JULY



On the 30th July 2015, Kingsgrove Community Aid Centre celebrated Christmas in July with the KCAC Line Dancing Group.

A delicious spread of food was shared and enjoyed by the group.

The Line Dancing group gets together every Thursday from 11am till 1pm.

If you would like to get active and healthy while having fun, give the centre a call for more information to join on 9150 7823.

CHINESE ACTIVITY GROUP EXCIRSION



On Thursday 27 August the Chinese Activity Group had planned a bus trip to the Bombo Quarry near Kiama but this had to be cancelled due to flooding of the road from heavy rain.

Instead, we decided to visit Nurrangy Reserve at Doonside, where a Chinese Garden had been established by Blacktown City's sister municipality in China, the Liaocheng Province.

The short trip proved to be quite interesting as we were able to appreciate the many plants and Chinese architectural features in this recently created garden. Lunch was taken at the park's kiosk and judging by the noise level in the bus on the return trip, our members must have had a good time.

Josephine Oen

Chinese Activity Group Volunteer Coordinator

SEAT OF BANKS VOLUNTEER AWARDS

Congratulations to one of our Monday Volunteers Mr Yuchun Zhao (Chef) who received an award at the 2015 Banks Volunteer of the Year Awards. Chef has been with us for the past 5 years as a part of the Monday Chinese Social group and provides many hours helping and supplying the group with his culinary cooking skills. A much deserved award which was awarded to him by Mr David Coleman, Federal Member for Banks and the Hon Malcom Turnbull.



Congratulations also to Warren Parks who won the Volunteer of the Year award for the Seat of Banks Awards. Warren is the president of the Autism Community Network that works in partnership with Kingsgrove Community Aid Centre delivering support and services to the Autism community.



CPSA INFORMATION SESSIONS



Over the months of June, July & August, Kingsgrove Community Aid Centre held various information sessions for the Seniors Social groups. The information sessions were topics relating to seniors health such as Diabetes Awareness, Osteoporosis Awareness, Medicine Care & Oral Health Care. The talks were given in English as well as Arabic & Chinese. These information sessions were provided by the Combined Pensioners & Superannuants Association (CPSA).

The seniors found the talks very informative and enjoyed the healthy selection of morning teas and lunches provided for them to eat.

Kingsgrove Community Aid Centre would like to thank the guest speakers from CPSA who came along to give the talks about these important topics.



CRIME & SAFETY TALK



A "Crime and Safety" talk was given in the conference room on 24 July by Snr. Constable Ray Kerridge from St. George Local Command.

The focus of this talk was to advise our senior citizens how to avoid crimes being committed on their person or property. Apart from the common sense precautions like locking doors and not admitting strangers into the house, we were taught how to stay calm and observe important features which could help police afterwards.

In addition, we were also told how to deal with nuisance phone calls and impostors. The talk was reinforced with practical demonstrations and illustrations by the police team which were found to be very comprehensive.

For those living alone, we were made aware of the existence of a "Next of Kin" form which would greatly assist Police in an emergency situation. These forms were later made available to those who needed them.

The event was attended by 35 persons and on behalf of the Chinese Activity Group a letter of appreciation was sent to Snr. Constable Kerridge and his team, which included an interpreter.

Josephine Oen



**KINGSGROVE &
HURSTVILLE
OOSH ARE A
FULLY
ACCREDITED
SERVICE.**

FOR MORE
INFORMATION
PLEASE CONTACT
MARIA ON
91507823 OR
0407 659 766

REMINDERS

VACATION CARE
ENROLMENT FORMS AND
PROGRAMS ARE
AVAILABLE ON THE
WEBSITE 4 WEEKS PRIOR
TO VACATION CARE.
PLEASE RETURN YOUR
FORM IN BY ASAP.

**FEES NEED TO BE KEPT
UP TO DATE.**

**STATEMENTS WILL BE
GIVEN OUT
MONTHLY.**

PLEASE CHECK OUR
FACEBOOK PAGE or
WEBSITE FOR
ENROLMENT FORMS
AND PROGRAMS.

www.kcac.org.au

Programs are located
in NEWS, EVENTS &
PHOTOS TAB.

KINGSGROVE OUT OF SCHOOL HOURS CARE & VACATION CARE



Vacation Care!

It's that time of the year again. The children have been participating in a range of activities.

We started with cooking and craft activities with our café, Cubbyhouse and craft day. We explored winter craft making scarves and knitting. Creative Frozen Playdough.

We also went on Kids Bingo! The children enjoyed the friendly competition which continued with Bill the coach.

We had a Masterchef day at Ramsgate RSL how fun! Enjoyed by both the children and educators.

We finished our holidays with glee club! A fun sings along show enjoyed by all!



Maria Mihas

Acting Kingsgrove OOSH
Coordinator



HURSTVILLE OUT OF SCHOOL HOURS CARE & VACATION CARE

Term two began with lots of fun mother's day craft activities including making cards, wrapping paper and beautiful gifts for mum. Our creative craft program continued through to the end of June with our winter craft activities including wool craft such as French knitting. The program also included construction days where we make our own master pieces from recycled materials. The term ended with Red Nose day where we entered the SIDS and Kids colouring in competition and had our noses painted red.

The July Vacation care program was great. On the days we stayed in the centre included activities such as dress ups, craft, making cubby houses and playing games. On NAIDOC day, the children had the opportunity to make their own aboriginal art such as painting a boomerang or making and painting a didgeridoo. We had two jumping castles for our Incurtion day and a Karaoke Machine for Karaoke day where our little stars were practicing for next year's The Voice Kids. Our Excursions were to The Movies at Westfield Hurstville where the children had a choice of watching Tinkerbell and the Pirate Fairies, Rio 2 or How To Train Your Dragon 2. We also went to Monkey Mania in Bankstown which included nuggets and chips for lunch. We saw a live performance of "The Magic hat" by Mem Fox at The Monkey Baa Theatre in Darling Harbour and the children had a wonderful time playing in Darling Quarter Park. Our program ended with a successful celebration at Kingsgrove Community Aid Centre where we had a Liquid Nitrogen Science show that included making ice-cream which was followed by hotdogs for lunch and a face painting and craft corner. We then joined Kingsgrove Vacation Care for a fun play in Smith Park.

For the Term 3 Before and After School Care program, the educators are planning on organising a Father's Day fundraising to purchase four new indoor /outdoor activity mats.

The fundraiser activity will be designing your own Percaline Plate for dad the plate will cost \$5.00 and a list of who would like to Participate in the fundraiser will be at the Centre. Enjoy the Term

Katina Papadakis

Hurstville OOSH Coordinator



THE
KINGSGROVE &
HURSTVILLE
OOSH AND
VACATION
CARE
SERVICES ARE
PROVIDED
BY THE
KINGSGROVE
COMMUNITY
AID CENTRE

FOR MORE
INFORMATION
PLEASE CONTACT
KATINA ON
91507823 OR
0418 481 358

VACATION CARE

The next Vacation Care period will commence on Monday the 21st Sep 2015 and will run until Friday 2nd Oct 2015. FUN ACTIVITIES AND EXCURSIONS ORGANISED.

School resumes
Tuesday 6th Oct
2015.

HUNTER VALLEY FUN DAY OUT

Staff & Friends of KCAC



On Saturday the 27th of June, the staff and friends of KCAC went on a trip to the Hunter Valley for a fun day out & bonding exercise.

The day started with picture perfect weather for our bus trip to Wine Country. First up was wine tasting at Gartlemann followed by Ernest Hill and McGuigan.

There was also cheese tasting at the Cheese Factory, Chocolate tasting at the chocolate factory, a delicious lunch at Potters Hotel Brewery Resort and the last stop was coffee and cake at the Sebel Kirkton Park which had the most beautiful backdrop and view of the valley.

It was a great day full of laughs and great moments.

A big thank you to Anne and the team for making it such an enjoyable experience.

Wine Tasting....



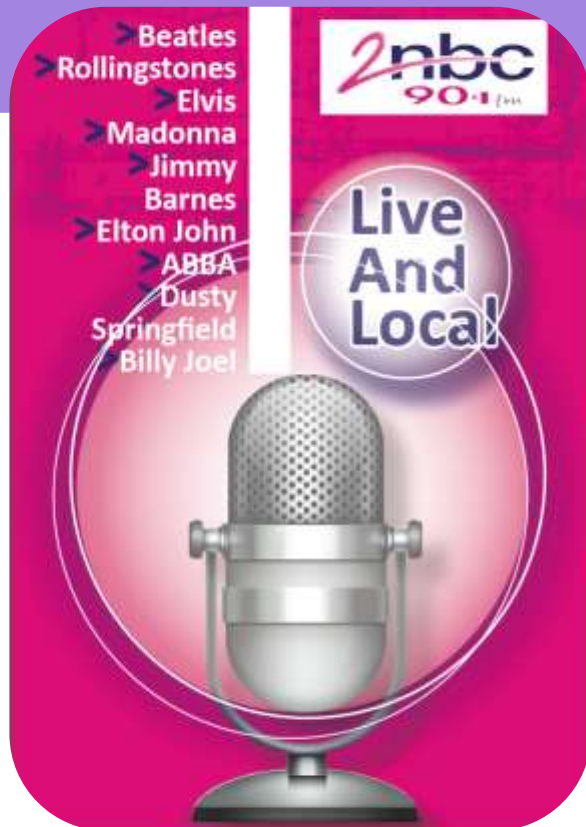
Kim & Rose



Staff & Friends of KCAC

BIRTHDAY WISHES

Special Birthday wishes to Luba Jamous (Aged Care Staff), Katina Papadakis (OOSH Coordinator), Catrina Lau (Compliance Officer) and Tuku Williams (Aged Care Staff) celebrated their birthdays in June, July & August. The staff at KCAC wish them all a Very Happy Birthday.



To all our community members who have celebrated their birthdays in June, July & August, Kingsgrove Community Aid Centre wishes you all a very Happy Birthday and many more to come!

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE

COMMUNITY INFORMATION



**FALZON
LEGAL**

Unit 6/171-173
Kingsgrove Rd,
Kingsgrove NSW
(02) 9502 2922.

WILLS & ESTATE PLANNING FREE SEMINAR

Wills, Powers of Attorney & Enduring Guardianship
are issues that everyone needs to consider - find out why!

Tuesday, 29th September 2015 7-8 pm
Unit 6/171-173 Kingsgrove Rd, Kingsgrove NSW

Registration for the Seminar is essential and seats are limited.
To register please contact Paul via
paul@falzonlegal.com.au or (02) 9502 2922.

www.falzonlegal.com.au

The Australian Hearing Bus is coming to town

Hop aboard for a **free hearing check** or to speak
to an expert about your current hearing device



No appointment necessary, just come along on the day.

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Find us here:

Wednesday 30th Sept.
Kingsgrove Community
Centre - Car Park

09:00am - 012:00pm

Free Hearing Checks for
people over 18 years old



WHAT'S COMING UP AT THE KINGSGROVE RSL CLUB

MATCHBOX 20 - TRIBUTE BAND

Sat 17 October

Kingsgrove RSL is
pleased to present the
Matchbox 20 tribute
band featuring
hits of Matchbox
20 and Rob Thomas.
Admission is FREE.



**MATCHBOX
20**

GREEK BAND NIGHT

Sat 31 October

Come on down to the
Kingsgrove RSL Greek
Band Night. With the
sounds of the Paradise
Band. Saturday 31st
October 2015 at 8pm.
Admission is free.
Grab your dancing
shoes, bring a friend and
dance the night away.



MELBOURNE CUP LUNCHEON 2015

Tue 03 November

Come along and join in for
a full day of entertainment
at Kingsgrove RSL.
Tickets are \$35 each
which includes a 3 course
meal and entertainment by
Rebecca Hayes, Terry
Mac and The Ian Clifton
Trio. Tickets on Sale 21st
September 2015. Book-
ings are essential. Call
93361500 for more details or to book.

*Melbourne Cup
Luncheon*
Tuesday 3rd November 2015



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Tas Aronis JP
Funeral Director

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