



KINGSGROVE COMMUNITY
AID CENTRE INC.

50th
Anniversary

ISSUE 22

KCAC Vision
"A sustainable
society that is
welcoming,
harmonious &
inclusive and where
people are healthy &
feel happy & safe"

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



IN THE COMMUNITY
FOR THE COMMUNITY
WITH THE COMMUNITY

SUMMER NEWSLETTER 2016-2017



**Kingsgrove Community
Aid Centre Inc**

A Message from the CEO

Dear Readers,

2017 is going to be a busy year for Kingsgrove Community Aid Centre.

Staff and management participated in its annual planning day in February to prioritise the services for the community centre in all program areas for 2017.

Planning of our services relies on contributions and Government grants.

We are facing many challenges currently to enable us to continue with our priorities and services especially in light of the many reforms happening in the community caring sector.

These reforms will no doubt have an impact on our future and in our ability to sustain ourselves as locally based community organisations.

The fundamental impact of most of these reforms to the many community organisations across the state is that block funding which was provided to many community organisations to deliver care services to the most vulnerable such as the aged, disabled and children will now be reintroduced or redirected into the Consumer Directed Care Principles, the NDIS and the Out of School Hours Care Tenders.

Most community organisations will be forced to compete with organisations with large infrastructure's and funding bases, and those for profit providers.

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



IN THIS ISSUE

Pg1 CEO Message

Pg2 Up & Coming Events.

CEO Message

Pg3 Seniors Week Program.

Pg4 Seniors Xmas Lunch

Pg5 Staff & Volunteer Xmas Lunch.

Pg6 Chinese New Year

Pg7 Client Testimonial.

Pg8 KOOSH News.

Pg9 HOOSH News.

Pg10 HOOSH Vacation Care Program.

Pg11 KOOSH Vacation Care Program.

Pg12 Birthday's

Pg13-15 What's happening at KCAC.

Pg16 Advertising

Up and Coming Events

March

6-10th: Seniors Week.
 8th: International Women's Day.
 17th: St Patricks Day.
 21st: Harmony Day.

April

10th: Vacation Care Commences.
 14th: Good Friday.
 16th: Easter Sunday.
 17th: Easter Monday.
 21st: Vacation Care Ends.
 25th: Anzac Day.

May

14th: Mother's Day
 1-7: Neighbourhood Centre Week.
 5th: Open Day
 TBA: National Heart Week
 TBA: Cultural Diversity Week.

A Message from the CEO cont..

For many organisations the impact of these competitive processes will just evaporate their existence.

The fear is that once organisations fold they will disappear along with their history to the detriment of the local community they once served.

The current trend that we all face as community organisations is that this is imminent and could affect us overnight when we least expect it unless we radicalise the way we run community services.

Cost cutting and shifting cost responsibility is the main objective for government.

Commercialism, corporate governance and competition is now expected to be the normal jargon in community care.

Sustainable projects and the user pay principle will be instilled in the strategic planning process for those organisations that remain in the marketplace.

This is a far cry from the principles of community development and engagement, and empowering the most vulnerable in our community.

So we have a lot to look forward to at the same time as informing those that we serve about the changes.

For most, these changes are happening too soon and often too hurried. The saving grace is that we are still around to hold the hands of those that seek our help to assist them navigate the system.

Who will be doing this when we are gone?

Anne Farah-Hill
Chief Executive Officer



Are you over 65?
 Would you like to belong to one of our seniors social support groups?
 Give us a call and speak to one of our friendly staff on 9150 7823, or simply just drop in for a chat!
 We are open Mon to Fri 9am to 4pm at 30 Morgan St Kingsgrove.
 Hope to see you here!

CELEBRATING SENIORS WEEK 2017 3-12 MARCH

KINGSGROVE ACTIVE AND HEALTHY SENIORS

www.kcac.org.au

MONDAY - SENIORS EXERCISES OPEN DAY

ACTIVITIES: Demonstration of Tai Chi, Yoga, Chinese Baduanjin Exercise Dance, Chinese Rouli Ball Exercise Dance, Chinese Dragon Dance.

WHEN: MONDAY 6TH MARCH 2017, 10.30AM TILL 2PM

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

BOOKINGS ARE ESSENTIAL - HEALTHY REFRESHMENTS PROVIDED



TUESDAY - INFORMATION OPEN DAY

ACTIVITIES: Drop in for Information on services available at Kingsgrove Community Aid Centre. Information about nutritious eating and healthy living available on the day. ALL ARE WELCOME!

WHEN: TUESDAY 7TH MARCH 2017, 10.00AM TILL 2PM

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

BOOKINGS ARE ESSENTIAL- HEALTHY REFRESHMENTS PROVIDED



WEDNESDAY - MENTAL HEALTH AWARENESS DAY

ACTIVITIES: Special Guest Speaker DAN HUNT, NRL Player from St George Illawarra Dragons & Founder of the Mental Health Movement will provide a talk on Mental Health. Other guest speakers from Calvary Health Care.

WHEN: WEDNESDAY 8TH MARCH 2017, 10.30AM TILL 2PM

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

BOOKINGS ARE ESSENTIAL- HEALTHY REFRESHMENTS PROVIDED



THURSDAY - SENIORS HEALTHY LIVING DAY

ACTIVITIES: Seminars about Healthy Diet & Lifestyle and falls prevention for Seniors provided by a dietitian and guest speakers from The George Institute.

WHEN: THURSDAY 9TH MARCH 2017, 10.30AM TILL 2PM

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

BOOKINGS ARE ESSENTIAL- HEALTHY REFRESHMENTS PROVIDED



FRIDAY- SENIORS FUN DAY

ACTIVITIES: A day of celebrating different Cultural Backgrounds. Multicultural performances by various groups & Cultural food sharing.

WHEN: FRIDAY 10TH MARCH 2017, 10.30AM TILL 2PM

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

BOOKINGS ARE ESSENTIAL- HEALTHY REFRESHMENTS PROVIDED



For More Information please don't hesitate to contact us on
91507823 or email us on: admin@kcac.org.au

www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208

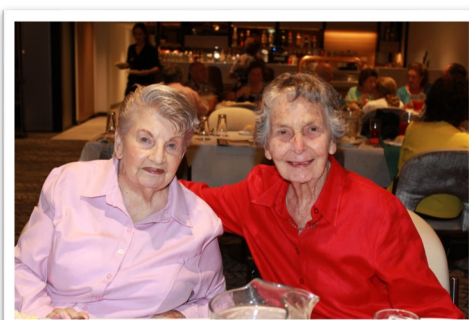
**NSW
SENIORS
FESTIVAL**
Community Partner

Seniors Christmas Function 2016

The seniors enjoyed a wonderful lunch at the Kingsgrove RSL to celebrate the Christmas season.

The groups were entertained by Brian Gillett with his music and singing, sword tai chi and Monkey King comedy performed by members of our Monday Chinese seniors group.

Santa made an appearance and gave out candy to all. It was a great day with much laughter and Christmas joy all round.



Staff & Volunteers Christmas Party 2016

The KCAC staff and volunteers were brought together for a combined Christmas party in 2016. CEO Anne Farah Hill wanted to say thank you to all who worked so hard this year for the 50th Anniversary celebration. Everyone put great effort into making the milestone event run smoothly.

All enjoyed a delicious spread of Lebanese food and danced the afternoon away.



Australia Day 2017 & Sheila's Award



During the Australia Day week, the seniors groups enjoyed a celebration each day leading up to the National Holiday. An assortment of yummy Aussie foods was provided. Everyone had a great time together.

On Monday 16th January 2017 Sheila Kovacs was awarded with the Georges River Council Volunteers Award. Sheila was nominated for her services by the of the Kingsgrove Community Aide Centre for her much appreciated work teaching English the Chinese Community. We celebrated with Sheila during Australia Day week.

Sheila was awarded this by the Senior administrator of Georges River Council at a special ceremony honouring all those who have been nominated and attended by the CEO of Kingsgrove Community Aid Centre Ms Anne Farah Hill and Aged Care Co-coordinator Ms Gurmeed Nelson.

Thankyou Sheila for all you hard work.



Chinese New Year Celebration With The Chinese Activity Group

The Chinese lunar new year fell on 28 January 2017 and was duly celebrated by members of the group. Traditionally, celebrations continue all through the first 15 days of the new year, each day having its own special significance in terms of food and associated activities. The last day of the festival is called "Valentine's Day" and was the day we celebrated with the group.

On this day every family traditionally makes and eats rice balls made from glutinous rice flour. These cooked rice balls may be either sweet, with sugar or red bean paste and syrup, or savoury with minced pork and soup. The Cantonese call these rice balls "Tong Yuen". The rice balls and the bowl in which they are served symbolise family togetherness, happiness and good luck.

Many years ago, young people were "chaperoned" in the streets in the hope of finding love, with the help of matchmakers.

With the passing of time, this custom has lost its popularity, except for the tradition of eating the rice balls which continues in many Asian countries.

Josephine Oen

Volunteer Coordinator.



Kingsgrove Community Aid Centre is a Not for Profit Organisation. We have 50 year experience providing services to the local community.

What we offer:

- Group Outings & Gatherings.
- Social Engagement & Interaction.
- My Aged Care Assistance.
- Case Management Service.
- Allied Health Podiatry Foot Care. In your home or at the centre.
- Computer & Technology Courses
- Gentle Exercise Classes
- Line Dancing Classes

Benefits of Joining:

- ✓ Enhance Emotional Health.
- ✓ Form New Friendships.
- ✓ Renew a sense of Empowerment in your life.
- ✓ Keep you independent living in your own home.

Seniors Support Services



Call Us Today For More Information on 9150 7823

www.kcac.org.au

Kingsgrove Out Of School Hours Care Client Testimonial

We love hearing feedback from our clients. Thank you to Carolynne and Renae for your letter. It's great to hear testimonials about the great job our care staff are doing.

Kingsgrove Community Aid OOSH
Caroline Street
Kingsgrove

3rd February 2017

To the Co-ordinator

My granddaughter, Elouise Corban has just started school at Our Lady of Fatima Kingsgrove, she's in year 5. My daughter is planning on putting her into your OOSH care.

On Wednesday we picked her up from school with the intention of going to your facility to enquire about enrolment.

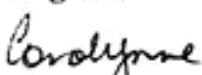
As we were waiting at the school gates, we noticed your staff there, organising the children ready for the bus pick up. We deliberately stayed and watched from a distance as we wanted to be assured she would receive a high standard of care. We were very impressed with the staff we observed, there was a high level of interaction with the children, laughing, a casual hand on the shoulder, a gentle brush of hair out of the eyes. They were organised and had the children proceed to the bus in a safe and orderly manner. All in all we were highly impressed with what we observed.

We then proceeded to your building and were greeted at the door in a very friendly manner from one of the staff we had seen at the school. She introduced herself as Mary-Ann.

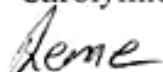
We were then introduced to Georgia, who gave us a very thorough overview of the centre's policies and activities, she also showed examples of some of the food served, children's activities etc.

We left there feeling very confident Elouise will receive a high level of care and we would like to congratulate all concerned with the operations at Kingsgrove Community Aid OOSH

Regards



Carolynne and Renae



KINGSGROVE OUT OF SCHOOL HOURS CARE & VACATION CARE

KINGSGROVE OOSH IS A FULLY ACCREDITED SERVICE PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

LATE PICK UP FEES APPLY!
PLEASE SEE OUR KCAC POLICY REGARDING LATE PICK UPS.

FOR MORE INFORMATION PLEASE CONTACT SANTINA 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 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.



Welcome back to KOOSH to all our current families and a warm welcome to our new families from KPS, OLF and to the Bexley North Families who have joined the KOOSH community in 2017.

We would like to thank you all for your ongoing support. We look forward to an exciting year with many wonderful planned workshops for your children to participate in including gardening ,cooking and visiting the local library for Reading and computer access.

Vacation Care in January was a successful 3 weeks packed with fun activities for the children.

EDUCATORS 2017

We are very lucky that we have Hazel and Luke Join our Shaw St team. Luke recently graduated from university with a Bachelor of science, biology and molecular biology and he is very excited to teach and show your children experiments so they can understand more about the world around them. Take an opportunity when you are at the centre to introduce yourself to them and say hello.

FEES

Just a friendly reminder that the fee have increased by \$2.00 this year.

Also we have introduced the new Direct Debit. If you wish to pay your fees by direct Debit please see the staff at KOOSH to obtain a form.

MENU

When creating the OSHC menu we gain the input from children, families and educators through open discussion and suggestions sheets.

Our menu is created each week and displayed at the service. We are currently using the Dietary guidelines for children and adolescents as a referral when creating the OSHC menu.

Physical activity will be imbedded into the program and children will be encouraged to do physical activity through fun experiences.

Santina Pacicca

Kingsgrove OOSH Coordinator



HURSTVILLE OUT OF SCHOOL HOURS CARE & VACATION CARE

Welcome to 2017 year of the Rooster. The year began with a wonderful vacation care program. This included eight great excursions and five in centre days. The excursions began with a trip to the Rocks Discovery Museum which is located off Argyle St in the city. At this excursion, the children had an opportunity to learn about the history of Sydney and were involved in many hands on education activities which were provided to us by the warm and welcoming staff at the museum. This was followed by a delicious lunch at the children friendly Pancakes on the Rocks restaurant on George Street.



In the second week of our summer holidays, we had an adventurous educational experience at Sydney's famous Royal Botanic Garden in the Domain. The children had the opportunity to explore the Oriental Garden to find out about plants, mythical animals and culture. They then painted a lantern in preparation for Chinese New Year and constructed their own mini Zen Garden to take home, complete with a tiny clay lantern.

The Maritime Museum was also a great excursion which included entry onto the HMS Vampire, the Onslow, the HMS Endeavour and the Submarine. It also included the chance to get creative together with art-making activities, craft, dress-ups, science activities and more.

We also attended three indoor play centre excursions including Glow Crazy indoor party Centre in Carlton, Carnival Kingdom in Revesby and Attractivity indoor play centre in Alexandria.

Our two regular excursions which are always booked out are the Event Cinema's Hurstville and AMF Bowling at Southgate. The Movies includes treats such as lolly bags and chips for all the children and we all watched "Middle school" with a Friday 13th theme and a haunted house activity in the afternoon.

The children had a wonderful time enjoying our in centre days which included treasure hunts, craft days and water play days.

Term 1 began with some fantastic craft to help celebrate Chinese New Year and Valentine's day. Self-defence classes will be continue on Thursday afternoons 4pm to 5pm and Kingsgrove Community Aid Centre will continue to cover the cost of this activity.

Katina Papadakis

Hurstville OOSH Coordinator



HURSTVILLE OOSH IS A FULLY ACCREDITED SERVICE PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

EZY DEBIT WILL BE THE ONLY METHOD OF PAYMENT FROM JAN 2017.

REGISTER NOW!

FEEES WILL INCREASE IN 2017 BY \$2

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

VACATION CARE

The next Vacation Care period will commence on Monday the 10th April 2017 and will run until Friday 21st April 2017.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

School resumes Wednesday 26th April 2017.

HURSTVILLE VACATION CARE PROGRAM APRIL 2017

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR APRIL 2017. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE KINGSGROVE & HURSTVILLE AREAS!



HURSTVILLE OUT OF SCHOOL HOURS CARE VACATION CARE PROGRAMME
Hurstville Public school, Forest Rd Hurstville
WEEK 1: 10th to 14th April 2017

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM. PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES
VACATION CARE FEE IS \$50 PER DAY

PLEASE CONTACT KATINA on 0418 481 358 OR 0403 123 880 OR HEAD OFFICE ON 9150 7823

Day	Image	Activity	Image	WHAT TO BRING	EXTRA COST	Notes
Monday 10 April 2017		In Centre Day—Craft day Make creative Easter cards, Decorate your own standing flower pot frame Design and create your own Easter mobile Easter colouring in competition		Bring water bottle, hat, morning tea and lunch		Must bring your own lunch
Tuesday 11 April 2017		Excursion to Glow Crazy Party Centre 305 Princes Highway Carlton Includes air hockey, arcade games, Xbox, play station, table tennis, karaoke and disco! Travelling by private bus, Depart 9am return by 3pm		Bring water bottle, hat, Morning tea And lunch	\$18	Must bring your own lunch
Wednesday 12 April 2017		Excursion—Greater Union Hurstville Enjoy a nice walk to the Movies at Hurstville Cinema Snacks will be provided Depart 9:00am Return 3:00pm Afternoon activity make a haunted house		Bring water bottle, hat, morning tea and lunch	\$15	Must bring your own lunch
Thursday 13 April 2017		In Centre Games day Craft— make an Easter hat Make Easter treats to take home Enjoy an Easter Egg Hunt with your friends Join in traditional Easter activities such as Egg and spoon race, And an Easter hat parade		Bring water bottle, hat, morning tea and lunch		Must bring your own lunch
Friday 14 April 2017		Centre closed Good Friday Public Holiday				



HURSTVILLE OUT OF SCHOOL HOURS CARE VACATION CARE PROGRAMME
Hurstville Public school, Forest Rd Hurstville
WEEK 2: 17th to 21st April 2017

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM. PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES
VACATION CARE FEE IS \$50 PER DAY

PLEASE CONTACT KATINA on 0418 481 358 OR 0403 123 880 OR HEAD OFFICE ON 91507823

Day	Image	Activity	Image	WHAT TO BRING	EXTRA COST	Notes
Monday 17 April 2017		Easter Monday Public Holiday				
Tuesday 18 April 2017		Excursion to Carnival Kingdom At Revesby Workers Club Indoor play centre Lunch will be provide Travelling by private bus, Depart 9am return by 3pm		Bring your water bottle, hat, and morning tea	\$18	Lunch will be provided
Wednesday 19 April 2017		Excursion: AMF Bowling Southgate Enjoy a fun day of bowling; Plus 5 arcade tokens to use on games of your choice Travelling by private bus, Depart 9am return by 3pm Afternoon activity: DVD movie		Bring your water bottle, hat, morning tea and lunch	\$18	Must bring your own lunch
Thursday 20 April 2017		In centre day—Cubby house and movie day Come along and get comfy making a nice and cosy cubby house with your friends. Morning activity:cooking popcorn and pancakes You can bring your own sleeping bag and tent or use the centres. Sit back, relax and watch a DVD movie of your choice		Bring your water bottle, hat, morning tea and lunch		Must bring your own lunch
Friday 21 April 2017		Excursion to Kingsgrove Community Aid Centre Enjoy a great day out with your friends including live performances from our talented students, guided by a wonderful Bollywood instructor plus enjoy an amazing education reptile show A sausage sizzle, and drink f will be provided for lunch Location: KCAC - 30 Morgan Street, Kingsgrove Depart Centre at 9:00am and return by3:30pm		Bring your water bottle, hat, and morning tea . Sausage sizzle lunch included	\$15	Lunch will be provided

KINGSGROVE VACATION CARE PROGRAM APRIL 2017

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR APRIL 2017. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE KINGSGROVE & HURSTVILLE AREAS!



50th
Anniversary



**KINGSGROVE OUT OF SCHOOL HOURS CARE
APRIL VACATION CARE PROGRAMME**
Kingsgrove Public School & Shaw St Bexley North
WEEK 1: 10th APRIL 2017

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT,
COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON
THE PROGRAM.
PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES!
VACATION CARE FEE IS \$50 PER DAY.

PLEASE CONTACT
SANTINA on 0407 659 766
OR 9502 3212 OR
HEAD OFFICE ON 91507823

Monday 10th April 2017	Excursion to Monkey Mania at Bankstown Come along and enjoy a bus ride to Monkey Mania at Bankstown. Children can climb, jump and have fun. Lunch provided (nuggets and chips). Don't forget your water bottle and socks. Depart 9am Return 3pm	WHAT TO BRING Water bottle, Hat, Morning Tea & closed shoes and socks	LUNCH Lunch provided	Extra COST \$18
Tuesday 11th April 2017	Centre day at 69a Shaw St Bexley North 2207 Sports and Games day at the centre and Gardening We will play cricket, hip hop and dance, multi-sports and much more. Afternoon activities : Gardening in our outdoor environment working on our vegetable garden	Water bottle, Hat, comfortable closed shoes, and lunch	Pack lunch	
Wednesday 12th April 2017	Excursion To Glow Crazy Join Kingsgrove vacation care for an exciting day out at the new indoor party centre ! Included in the cost is arcade games, air hockey, table tennis ,disco ,X-box and play station games. Depart Centre 9am Return to centre 3pm	Water bottle, Hat, Morning Tea & Lunch.	Pack lunch	\$18
Thursday 13th April 2017	Centre day at 69a Shaw St Bexley North 2207 Craft day Join in on a Easter Egg Hunt with your friends. Join in Traditional Easter activities such as Egg and spoon race And a Easter hat parade.	Water bottle, Hat & Morning Tea. Lunch Included.	Pack lunch	
Friday 14h April 2017	CENTRE CLOSED GOOD FRIDAY PUBLIC HOLIDAY			



50th
Anniversary



**KINGSGROVE OUT OF SCHOOL HOURS CARE
APRIL VACATION CARE PROGRAMME**
Kingsgrove Public School & Shaw St Bexley North
WEEK 2: 17th APRIL 2017 Week!

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT,
COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON
THE PROGRAM.
PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES!
VACATION CARE FEE IS \$50 PER DAY.

PLEASE CONTACT
SANTINA on 0407 659 766
OR 9502 3212 OR
HEAD OFFICE ON 91507823

Monday 17th April 2017	EASTER MONDAY PUBLIC HOLIDAY	WHAT TO BRING	LUNCH	Extra COST
Tuesday 18th April 2017	Centre Day at 69a Shaw Street Bexley North 2207 A Celebration of multicultural Food and Electronics Master Chef day . Come and enjoy making all different food from around the world . Compete with your friends and be named KOOSH Master chef . Children will enjoy their own cooked meals for lunch. Please bring an Apron and your electronic game	Water bottle, Hat, Morning Tea & Apron & Electronic	Lunch provided	
Wednesday 19th April 2017	Excursion to Beverly Hills Cinema located at 447/453 King Georges Road Beverly Hills 2209 We will travel by bus to the Cinema to watch the latest and exciting movie . Children will be provided with a snack to enjoy in the movie. Depart centre 9am Return to centre 3pm	Water bottle, Hat, Morning Tea & Lunch Snacks Provided Juice and popcorn	Bring lunch	\$15
Thursday 20th April 2017	In Centre Day—Cubby house and movie day Come along and get comfy making a nice and cosy cubby house with your friends. Morning activities : Cooking popcorn and pancakes . Bring your own sleeping bag and tent to use at the centre, and sit back relax and watch a movie of your choice. Afternoon ACTIVITIES: Science Experiments and outdoor softball game	Water bottle, Hat, Morning Tea & Lunch	Bring Lunch	
Friday 21st April 2017	Kingsgrove Community Aid Centre Enjoy a great day out with friends , we will have Bollywood performance and a Reptile show. A sausage sizzle and a drink will be provided for lunch. Location: KCAC 30 Morgan Street, Kingsgrove. Depart Centre at 9.00am and return by 3.30pm	Water Bottle, Hat, Morning tea	Lunch provided	\$15

KCAC COMMUNITY ANNOUNCEMENTS



Kingsgrove Community Aid Centre would like to wish all those clients, born in December, January & February a very **HAPPY BIRTHDAY!!**

We wish you all the very best.

All of the staff and Board at KCAC.

A Big Happy Birthday to our CEO Anne Farah Hill who celebrated her birthday in December, to staff member Cathy who celebrated in January and to staff members Kim, Ramona and Santina who all Celebrated their birthday's in February. Lots of happy wishes to you from all of us at KCAC xoxo.



> Beatles
 > Rollingsstones
 > Elvis
 > Madonna
 > Jimmy Barnes
 > Elton John
 > ABBA
 > Dusty Springfield
 > Billy Joel

2 nbc 90.1 fm

Live And Local

PROUD SUPPORTER OF THE KINGS GROVE COMMUNITY AID CENTRE



KCAC COMMUNITY ANNOUNCEMENTS

50th
Anniversary



KINGSGROVE COMMUNITY
AID CENTRE INC.



ART CLASS FOR PEOPLE WITH DISABILITIES (18yrs & over)

COME ALONG AND JOIN OUR ART CLASS AND ENJOY GETTING TOGETHER FOR FUN ACTIVITIES SUCH AS WORKING WITH CLAY, CREATING COLLAGES, MOSAIC, PAINTING & WEAVING.

WE WILL HAVE QUALIFIED ART TEACHERS FOR THIS GREAT PROGRAM.

When: Every Wednesday 10:30am-12:30pm

2 Hours/p.w Commencing 22 Feb. 2017

For 20 Weeks

How to join: Please give us a call to register as this is essential to secure your place as places are limited. **NDIS Applicants are welcome.**

Venue: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove

For more information please contact Cathy Chen for Information on 91507823 or mobile on: 0414 745 878 or email on: cathychen@kcac.org.au

THIS PROJECT IS PARTLY SUPPORTED BY THE HURSTVILLE C.D.S.E GRANTS CLUB CENTRAL.

www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823

KCAC COMMUNITY ANNOUNCEMENTS



SENIORS COMPUTER & TECHNOLOGY 10 WEEK COURSE

Computer and Technology Classes are available to seniors at KCAC.

Learn How To:

Navigate the My Aged Care website - for your aged care needs, Interact with Facebook, Use basic word processing programs, Learn how to use skype to keep in touch with family, Website safety and more.

When: *Tuesday's 2pm till 3.30pm. See term dates below:*

7/3/ 2017 to 16/05/2017

23/5/2107 to 25/07/2017

1/8/2017 to 3/10/2017

10/10/2017 to 12/12/2017

Venue: *Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove*

Cost: *\$5.00 per session. Booking is essential. Call us to register for a session.*

Payment will be collected on the first day of course.

No refunds will be given for non attendance.

www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208

KCAC COMMUNITY ANNOUNCEMENTS

50th
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KINGSGROVE COMMUNITY
AID CENTRE INC.



Gentle Exercise Classes for Seniors

Exercise classes for seniors Living In The St George Area.

Time: Every Thursday 9.30am till 10.30 except during school holidays.

Place: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

DATES for 2017 start from 2/2/2017 till 14/12/2017

Booking is Essential.

COST \$5.00

For more information please contact Ms Nelson for
Information on 91507823

www.kcac.org.au

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823

Guardian understands every goodbye is different.



Tas Aronis JP
Funeral Director

Saying goodbye to a loved one can be a daunting and emotional time and no-one understands this better than Guardian Funerals.

Whatever your needs, our funeral home will help you make a service that is heartfelt, memorable and tailored to the life of your loved one.

With more than 20 funeral homes across Sydney, Guardian Funeral providers are local to you.

Every funeral is different, because every goodbye is different.

39 Meredith Street, **Bankstown 9709 5044**



GUARDIAN FUNERALS

INCORPORATING J&C HARDY FUNERALS

EVERY GOODBYE IS DIFFERENT

guardianfunerals.com.au

 facebook.com/GuardianFunerals

Proudly Australian | 24 Hours | All Areas | Prepaid Funerals

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE