



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years.*

ISSUE 27

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**

AUTUMN NEWSLETTER 2018

A MESSAGE FROM THE CEO

Dear Readers,

Welcome to the autumn edition of the Kingsgrove news.

I am happy to report that our Seniors Week activities were very successful with all there that attended. We had almost 800 people recorded as attending throughout the week long event.

The Highlight was the fashion parade of Nations as well as visit from the Mayor of Georges River, Mr Kevin Green. We hope to be able to again organise these events in future years.

Our Disability Day Care program is growing and we hope to be able to offer a more varied program in future months.

As we expand and overcome the challenges we may be able to diversify and offer excursions to places of interest as well. We are an accredited disability approved provider and we welcome any referrals.

Our dedicated staff are more than happy to help clients to work on a plan that suits them.

Please call our organisation to make an appointment.

We also welcome our new Disability Support worker Mrs Diana Wehbee who will work with this program.

Continued page 2..



**THE SPIRIT
LIVES
2014 - 2018**

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



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UP & COMING EVENTS & DATES

June	July	August
8th: Dragon Boat Festival.	9th: Vacation Care starts.	3rd: First Aid Course
29th: Seniors Long Trip to Berry.	20th: Vacation Care Ends.	TBA: Picnic in the Park.
TBA: Guest Speaker, Medication Management.	TBA: Guest Speaker, Diabetes Awareness Week.	TBA: World Continence Week.
TBA: Macular Degeneration Awareness Week.	27th: First Aid Course	TBA: Information Session for Chinese Grandparents Support Group.

In recent months there have been some major changes in the children's services.

From July 2, the Child Care Subsidy will replace the existing child care benefit and child care rebate, supported by a child care safety net. This new child care procedure is supposed to give the most vulnerable children a strong start, while supporting parents into work.

We have been asked by the Australian Institute of Family Studies to submit our views on this change.

We are at the moment compiling a survey with our views and concerns.

We need to ensure that all parents who receive this service, are informed of this information, of these changes and of the regulations.

Any parent who requires any further information on this can contact our child care coordinator staff. We will be more than happy to assist as best we can with these changes.

Wishing you all a happy Autumn.

Anne Farah-Hill

CEO

Allied Health Podiatry for Seniors

(Toenail Cutting and Foot Care in your own home, or at our clinic)

To see if you are eligible, please call the Kingsgrove Community Aid Centre for more information or to make a booking on 9150 7823. We are open Monday to Thursday 9am till 4pm. **Fees are applicable.** Alternatively call the My Aged Care Hotline on 1800 200 422.

This is a Commonwealth Home Support program subsidised by the Federal Government.



ST PATRICKS DAY 2018



Green was the colour of the week leading up to St Patricks Day. The seniors groups all enjoyed their morning tea during this annual Irish celebration.

This was followed by a trip to Lane Cove National Park and a delicious lunch at North Ryde RSL Club.

If you would like to join one of our groups, call Ms Nelson on 9150 7823.

EASTER 2018

Easter is always a great time to do art and craft. Pictured right are some colourful artworks created by the KCAC Disability Recreational group participants and far right created by the kids at Hurstville OOSH.

The walls of KCAC are filled with various works of art created by our clients. Come in and have a look at the lovely displays and have a cuppa with us!



EASTER RAFFLE WINNERS 2018

Congratulations to the winners of the KCAC Easter Raffle. Beryl Harris from our Wednesday seniors group, Helen Averkiou & Carol McDonald from our exercise group and to Carol from our podiatry services, we hope you all enjoy your cute and yummy Easter prizes.



RECREATIONAL ACTIVITIES FOR PEOPLE WITH DISABILITIES

- JOIN US FOR FUN, INTERACTIVE & CREATIVE ACTIVITIES • ENGAGE WITH YOUR COMMUNITY •
- Enjoy Various art & craft, cooking, music & dancing • Excursions to places of interest •
- Meet new people • Have a cuppa & a chat •

When:

*Every Wednesday for 4 Hours/p.w (expanded due to demand)
10.30am till 1.30pm*

How to join:

Please call us to register as places are limited (9150 7823)

Venue:

Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove

NDIS Applicants are welcome. (Participants must be 18yrs & over)

*For more information please contact 91507823 or
email on: admin@kcac.org.au*



www.kcac.org.au

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



The Kingsgrove Community Aid Centre is an NDIS Approved provider. If you or anyone you know would like to join our Disability Recreational Activities program, give our friendly staff a call on 91507823.

Pictured below are some of the creative art, craft and food activities that the participants of the KCAC Disability Recreational group worked on.

The participants really enjoyed colouring the various birds, painting keepsake boxes, making bracelets, the fun colouring in for St Patricks Day and decorating biscuits which they ate for morning tea during Easter week.

This group has so much fun getting together every Wednesday for these activities as well as music & dancing, cooking and the occasional excursion. If you would like to join this group, call us today on 91507823.



HARMONY DAY 2018

Harmony Day is an important day because it gives Australians an opportunity to celebrate our successes as a culturally diverse society. KCAC celebrated on the 21st of March 2018, throughout all of our services including Seniors groups and playgroups as well as our OOSH programs. Various Activities and outings were planned for all to enjoy. KCAC is a very culturally diverse organisation and we have clients and staff from many different nationalities, making Harmony Day a very important day to celebrate together.



SENIORS & KIDS CONNECT DAY



On Wednesday the 18th of April 2018, the Kingsgrove Community Aid Centre held a Kids & Seniors Connect day which combined the Wednesday Arabic seniors group and the KOOSH vacation care kids together. The day was a great success! The young and old got to share in a delicious lunch as well as the entertainment provided by the magician. This was a great bonding session which brought the seniors much joy and the kids just loved all the extra attention. We hope to hold more of these intergenerational connect days in the future because it has many benefits for both generations. If we can improve the standing of older adults in society, and nurture what they can bring through intergenerational connections, then we can achieve a better community with a better quality of life for all ages.



INTERNATIONAL WOMEN'S DAY



International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women.

To celebrate International Women's Day at KCAC, we held a lunch for our groups where 2 of our amazing volunteers who were presented with certificates of appreciation for all of their years of assistance at the Kingsgrove Community Aid Centre Inc.

Congratulations to all!



CHINESE LANTURN FESTIVAL

The Lantern Festival is a Chinese festival celebrated on the fifteenth day of the first month in the lunisolar Chinese calendar. Usually falling in February or early March on the Gregorian calendar, it marks the final day of the traditional Chinese New Year celebrations.

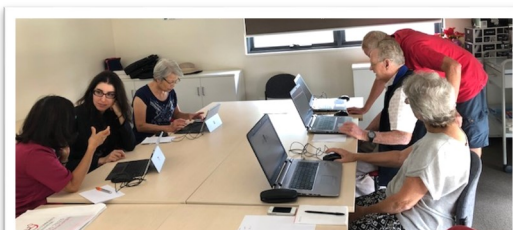
Our Friday Cantonese Grandparents Support group celebrated this occasion on the 2nd March 2018, by sharing plates of food they prepared with the community.



SENIORS WEEK 2018

Inclusive program supporting Wellness & Reablement in a Multicultural Setting.

Another successful Seniors Week achieved at KCAC. Around 800 Seniors were provided with an array of activities ranging from Day trips, KCAC Concerts, Chinese dancing, line dancing, Seniors information Forums As well as Music & Karaoke. The seniors were entertained on the Wednesday by Mr Brian Gillet with his fantastic live music which they loved dancing to. The CEO of KCAC, Anne Farah-Hill and Mr Kevin Green, Mayor of George's River Council delivered speeches before cutting the cake. CEO Anne Farah-Hill gave a big thanks to the Aged Care Team and Volunteers the for the very well planned and organised week long activities. Through holding events such as Seniors Week as well as the work that we do at KCAC, we have been able to assist many seniors to connect and build friendship with each other in the hope of alleviating their loneliness and to enhance their wellbeing. If you would like to join one of our seniors groups, make new friends or just pop in for a cuppa & a chat, we are happy to talk to you. Call our Aged Care Coordinator and Ms Nelson on 91507823.





KIDS CONNECTING AT KINGSGROVE KOOSH
 AN OUT OF SCHOOL HOURS CARE SERVICE
 OPERATED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

**AVOID LATE PICK UP FEES!
 PICK UP YOUR KIDS ON TIME.**
**PLEASE SEE OUR KCAC POLICY
 REGARDING LATE PICK UPS.**

**KINGSGROVE COMMUNITY
 AID CENTRE PROVIDES
 OUT OF SCHOOL HOURS
 CARE AND VACATION
 CARE FOR ALL SCHOOLS
 IN THE KINGSGROVE,
 BEXLEY NORTH,
 BARDWELL PARK &
 BEVERLY HILLS AREA
 FROM OUR CENTRE AT:**
 69A Shaw St, Bexley North.
**OUR CENTRE IS FULLY
 ACREDITED.**
**CALL US TODAY!
 FOR MORE INFORMATION
 PLEASE CONTACT
 SANTINA ON 91507823 OR
 0407659766.**

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
 WEBSITE FOR
 ENROLMENT FORMS AND
 PROGRAMS.**
 www.kcac.org.au
 Programs are located in
 MEDIA tab.

KINGSGROVE OUT OF SCHOOL HOURS CARE & VACATION CARE

Providing exceptional Out of School Hours Care in line with the National Quality Framework for School Aged Care as outlined in "My Time Our Place".
 Our programmes deliver key learning areas through the following:

- Caring and trained staff
- Children's Health, Safety and Wellbeing
- Diverse educational programmes and practices
- Relationships with the children
- 8 years history of community services to the local community
- Commitment to local issues and quality affordable care
- Relevant and innovative activities.

Program

- Children have been learning about music and movement, aboriginal arts and symbols.
- Daily, children do Drama workshops with Miss Maryanne
- Children have been learning about the Aboriginal Dream time.
- Sports obstacle workshops outdoors daily
- Cooking and gardening also part of our weekly program.
- Educators have 5 focus children a month who they observe and write up learning stories to extend on the children's interest.

Ms Faten attends every Thursday and dose cooking workshops with the children. This show how children get involved with their community as Ms Faten also works at KCAC.

Vacation Care

The KOOSH vacation care program is diverse, child focused and stimulating for all children 5 to 12 years of age. Keeping children entertained during holidays can sometimes be difficult but KOOSH delivers!!!

During our April vacation care program children had a blast, especially with our master chef cooking day children created such an amazing and yummy menu. They enjoyed setting up their restaurants and serving each other a variety of food.

Children participated in a community fun day at KCAC where the children and the seniors of our local community come together to enjoy a day of fun interactions, especially with a magician show. The senior group organised a game for the children with prizes and the children organised lucky Door prizes for the seniors. It was such an enjoyable day.

The children attended many local community venues during the school holidays like Beverly hills cinema Glow Crazy party centre and not to mention Kingsgrove Community Aid centre.

If you're looking for something fun for your child to do these July school holidays, KOOSH Vacation Care programs have just the thing! Jam packed with a wide variety of engaging activities, from art, craft and cooking, to sport, dance and drama, our programs are structured to include activities children choose to do...helping to build their independence and enhance their life skills.

Children can also enjoy all kinds of fascinating incursions, and supervised excursions to an array of exciting destination. This coming July School holidays children will go to Stardust Circus, Powerhouse Museum, Beverly Hills Cinema and not to mention Laser Tag at the Kingsgrove Community Aid Centre. BOOK IN FAST AS PLASES ARE LIMITED!

Santina Pacicca, Kingsgrove OOSH Coordinator

Follow us on Instagram and Facebook.

Instagram search for: kingsgrove_oosh

**Facebook search for: Kingsgrove
 Community Aid Centre Inc**



HURSTVILLE OUT OF SCHOOL HOURS CARE & VACATION CARE

Providing exceptional Out of School Hours Care in line with the National Quality Framework for School Aged Care as outlined in "My Time Our Place". Our programmes deliver key learning areas through the following:

- Caring and trained staff • Children's Health, Safety and Wellbeing • Diverse educational programmes and practices • Relationships with the children • 8 years history of community services to the local community
- Commitment to local issues and quality affordable care • Relevant and innovative activities.

Dear Parents,

As you may already know, from 2 July 2018, the new Child Care Subsidy (CCS) system will come into effect. This will replace the current Child Care Benefit (CCB) and Child Care Rebate (CCR) arrangement and makes it easier for families to access childcare.

The onus is on parents to create their MyGov account and apply for the subsidy through Centrelink.

If you are needing assistance registering with MyGov, we can help you. Please contact Katina to arrange an appointment on a Monday or Tuesday only between the hours of 9am-2pm. **Please Note:** This help is not provided while the educators are on duty, as we are very strict with all educators being with the children for their care.

Vacation Care

The April school holidays at Hurstville Vacation Care were lots of fun for the children and staff who came along and enjoyed the two weeks of our wonderful educational program. The excursions included AMF bowling in Southgate, going to the movies at Events Cinema Hurstville, Glow Crazy indoor party Centre in Carlton, Chipmunks indoor play Centre in Bankstown and Kingsgrove Community Centre which included an incursion about sustainability and up cycling. The Incentre days included a nature walk through the school where the children collected items they could use for craft, cubby house and movies day the children could bring in a movie of their choice to watch with their friends. This gives the children the opportunity to bond and make new friends as well as developing their communication and teamwork skills while making their cubby house. They also enjoyed a Treasure hunt activity which we program each vacation care due to popular demand by the children.

Our next vacation care will be from the 9th to 20 July. Our six fantastic excursions will be to Kingsgrove Community Aid Centre where the children will join the seniors group making beautiful teddy bears or Teddy Bear picnic day, Fun time 4 kids indoor play Centre which includes laser tag, Glow Crazy which is an indoor party centre in Carlton. The children will enjoy Friday the 13 Activities such as making a haunted house getting a spider tattoo then go to Glow Crazy and playing X box, play station, air hockey plus a Karaoke and dance off competition. To Celebrate NAIDOC week we will be doing lots of fun arts and craft activities and we will have an incursion with the famous Matthew Doyle who will teach children about aboriginal music, dance and story telling.

The second week we will go to events Cinema to watch the latest Movie. All the children will receive yummy snacks to munch on while watching a movie with their friends. We will also be going to Pancakes on the Rocks in George Street and give the children a little tour of Sydney's History. Our last excursion is a combined excursion with Kingsgrove Vacation Care to Kingsgrove Community Aid Centre where the children will have a great time playing laser tag.

Due to requests from many parents, we will also run a vacation care day on Monday 23 July which is a pupil free day.

Homework help will continue to be available Mondays and Wednesdays between 4 and 5pm. This program is sponsored by Kingsgrove Community Aid Centre.

Our educators have been very busy preparing a fun and creative program for the children. Parents are welcome to view images of these activities in our programming and reflection journal located next to the sign out may book. Images of activities are also posted on Instagram please follow us on Instagram. I hope all families, children and educators are enjoying 2018.

Katina Papadakis, Hurstville OOSH Coordinator

Follow us on Instagram and Facebook.

Instagram search for: **hurstville_oosh**

Facebook search for: **Kingsgrove Community Aid Centre Inc**



AVOID LATE PICK UP FEES! PICK UP YOUR KIDS ON TIME.

PLEASE SEE OUR KCAC POLICY REGARDING LATE PICK UPS.

KINGSGROVE COMMUNITY AID CENTRE PROVIDES OUT OF SCHOOL HOURS CARE AND VACATION CARE IN THE HURSTVILLE AREA AT:

**Hurstville Public School,
Forest Rd Hurstville**

OUR CENTRE IS FULLY ACCREDITED.

CALL US TODAY!

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

VACATION CARE

The next Vacation Care period will commence on Monday the 9th July 2018 and will run until Friday 23rd July 2018. FUN ACTIVITIES AND EXCURSIONS ORGANISED.

School resumes Tuesday 24th July 2018

KINGSGROVE VACATION CARE PROGRAM APRIL 2018

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR JULY 2018. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE KINGSGROVE & HURSTVILLE AREAS!



KINGSGROVE OUT OF SCHOOL HOURS CARE JULY VACATION CARE PROGRAMME 69A Shaw St Bexley North WEEK 1: 9th of July 2018	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
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Date	Activity	WHAT TO BRING	LUNCH	COST
Monday 9th July 2018	<u>In centre day Technology and Pizza day</u> Come join in a fun day of cooking pizza and enjoying it for lunch. Today you will bring along an electronic device to play along side friends. We will explore the wonders of technology.	Water bottle, Hat, Morning Tea	Lunch provided	\$50
Tuesday 10th July 2018	<u>Excursion To Glow Crazy</u> Join Kingsgrove vacation care for an exciting day out at the 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 and lunch	Bring lunch	\$68
Wednesday 11th July 2018	<u>In Centre day Bunnings Sustainability workshop</u> Bunnings staff will be visiting our centre to run a Sustainability workshop With the children. The children will have the opportunity To design and create Don't MISS OUT!!!	Water bottle, Hat, Morning Tea & Lunch.	Bring lunch	\$55
Thursday 12th July 2018	<u>Stardust Circus Rosehill</u> Stardust Circus featuring performing animals hilarious clowns and skilled Acrobats, this fast-paced show will delight children. Depart centre 9.30am return to centre 3pm	Water bottle, Hat & Morning Tea & Lunch	Bring lunch	\$70
Friday 13th July 2018	<u>In Centre Sports and Games day</u> Children will love a fun-filled day of games and activities . We will play soccer, egg and spoon race, poison ball , And so much more.	Water bottle, Hat, Morning Tea & Lunch	Bring Lunch	\$50

KINGSGROVE OUT OF SCHOOL HOURS CARE JULY VACATION CARE PROGRAMME 69A Shaw St Bexley North WEEK 2: 16th of JULY 2018	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
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Date	Activity	WHAT TO BRING	LUNCH	Extra COST
Monday 16th July 2018	<u>Centre day at 69a Shaw street Bexley North Wacky Hair and Craft day</u> Today children will come dressed in their wacky outfits and the staff will create some wacky hair styles. Children will also be involved in craft activities Making clay models, loom bands and not to mention craft with outdoor resources.	Water bottle, Hat, Morning Tea , lunch	Bring lunch	\$50
Tuesday 17th July 2018	<u>Centre Day at 69a Shaw Street Bexley North 2207 LED Hoop RAVE incursion.</u> The kids will be singing and Hula Hooping all day long. They will learn Epic dance moves, Fun games and a Glow Hoop performance	Water bottle, Hat, Morning Tea & lunch	Bring lunch	\$65
Wednesday 18th July 2018	<u>Excursion to the Power House Museum</u> Children will travel by bus to the Museum Exhibitions on :Boulton and what Engine ,Science of sound lights & colour and so much more. Then children will have lunch in the café area. Depart Centre 9am Return to Centre 3pm	Water bottle, Hat, Morning Tea & Lunch	Bring lunch	\$70
Thursday 19th July 2018	<u>Excursion to Beverly Hills Cinema</u> We will travel by bus to the Cinema to watch the latest and exciting movie Hotel Transylvania 3: A Monster vacation Children will be provided with a Ticket and popcorn. Depart Centre 9am Return to Centre 3pm	Water bottle, Hat, Morning Tea & Lunch	Bring Lunch	\$65
Friday 20th July 2018	<u>Kingsgrove Community Aid Centre Laser Tag</u> Children will be participating in laser tag . Lunch will be provided. Location: KCAC 30 Morgan Street, Kingsgrove Depart Centre at 9.00am and return by 3.30pm	Water Bottle, Hat, Morning tea	Lunch provided	\$70

HURSTVILLE VACATION CARE PROGRAM APRIL 2018

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR JULY 2018.
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: 9TH TO 13 JULY 2018

**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**

			WHAT TO BRING
Monday 9 JULY 2018		Mini Master chef day Welcome to Hurstville Vacation Care's winter school holidays Get creative making a delicious feast for our teddy bear picnic tomorrow plus some lovely pancakes for our afternoon tea treat Afternoon activities: Bingo challenge and a treasure hunt (By popular demand from the children's survey)	 Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Tuesday 10 JULY 2018		Excursion to Kingsgrove Community Aid Centre Christmas in July Teddy bear's Picnic day. Enjoy making a lovely cuddly teddy bear with the Kingsgrove Social Support Seniors Group Bring your new teddy along to a fun Christmas in July teddy bear picnic lunch with the Kingsgrove Social Support Group followed by fun games and activities. Travelling by private bus, Depart 9am return by 3pm	 Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$15 (LUNCH PROVIDED)
Wednesday 11 JULY 2018		Excursion—Funtime 4 kids Menai A great indoor adventure playground includes a 3 tier maize, Jumping Castle, Ball pools & Slides and a laser tag session Travelling by private bus, Depart 9am return by 3pm	 Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$15
Thursday 12 JULY 2018		In centre day—Green and Groovy day Construct a city using recycled material Learn about the three R's reduce, reuse and recycle plant seeds to start our own garden Quality Area 3 3.1, 3.2,3.3 Sustainable practice Inursion - Music Workshop with Matthew Doyle demonstration of the didgeridu, clapsticks and boomerangs.	 Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST: \$8
Friday 13 JULY 2018		Excursion to Glow Crazy Party Centre Includes air hockey, arcade games, Xbox, Play Station, table tennis, karaoke and disco! Travelling by private bus, Depart 9am and return by 3pm Afternoon activity includes haunted house, tattoos and crazy hair	 Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$18

**HURSTVILLE OUT OF SCHOOL HOURS CARE
VACATION CARE PROGRAMME**
Hurstville Public school, Forest Rd Hurstville
WEEK 2: 16th TO 20th JULY 2018

**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**

			WHAT TO BRING
Monday 16th July 2018		In Centre Day— Nature walk and Craft day Start the morning with a nature walk around the school grounds. Get creative and design your own winter masterpiece using feathers, string, twigs, wool and leaves	 Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Tuesday 17th July 2018		Excursion: Pancakes on the rocks Lets go on a Geo catching treasure hunt around the Rocks Plus enjoy a delicious lunch at Pancakes on the Rocks Travelling by private bus, Depart 9am return by 3pm	 Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$15 (LUNCH PROVIDED)
Wednesday 18th July 2018		Excursion –Greater Union Hurstville Enjoy a nice walk to the Movies at Hurstville Cinema No need to bring money as Snac's will be provided Movie choices : Hotel Transylvania3 –Summer Vacation or Incredibles 2 Depart 9:00am Return 3:00pm	 Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$15 (SNACKS PROVIDED)
Thursday 19th July 2018		In Centre –Cubby house and movie day Come along and get comfy and make a nice cubby house with your friends. Morning activity: cooking popcorn and hot chocolate and toast some marsh mellow. You can bring your own sleeping bag and tent or use the centres. Sit back, relax and watch a DVD movie of your choice	 Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Friday 20th July 2018		Excursion to Kingsgrove Community Aid Centre (KCAC) Enjoy a great day out with your friends at Kingsgrove Community Aid Centre". With a fantastic and fun laser tag incursion plus lunch will be provided . location: KCAC - 30 Morgan Street, Kingsgrove Depart Centre at 9am and return by 3pm	 Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$20 (LUNCH PROVIDED)
Monday 23 July 2018		Pupil free day Construction day and games day plus excursion to KFC for lunch Depart 11.30am Return 1:00pm Inursion - Dance Workshop demonstrating the symbolism and significance of Aboriginal Dance.	 Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$15 (LUNCH PROVIDED)

BINGO DAY



On Tuesday 6th March, our Seniors enjoyed a morning playing Bingo together at the Kingsgrove RSL Club, which was followed by a delicious lunch at the clubs beautifully refurbished restaurant.

This is just one example of the fun activities that KCAC organises for our seniors groups. The group members really enjoy being together, laughing and engaging with each other while getting out of the house and staying active in their local community.

The Kingsgrove Community Aid Centre would like to wish all Mothers in the community a very Happy Mother's Day. We hope you all know how special and loved you are.

We hope you all had a wonderful day on May 13!

Happy Mother's Day



INFORMATION SESSION "MAKE LESS WASTE"

On Friday 25th May 2018, the Chinese Grandparents Support group attended an information session at the Kingsgrove Community Aid Centre about Recycling and Reducing Waste.

The group found this talk very informative and highlighted to them how important reducing our waste is for the environment. The talk was given in Cantonese specifically for this Chinese group.

Kingsgrove Community Aid Centre holds information sessions on topics of interest to our clients various times throughout the year. If you would like to attend one of these talks, keep an eye out for our up and coming events by either following us on Facebook or visiting our website at www.kcac.org.au and click onto our blog found in the Media tab.



KCAC COMMUNITY ANNOUNCEMENTS



Kingsgrove Community Aid Centre would like to wish all those clients, born in March, April & May 2018 a very HAPPY BIRTHDAY!! We wish you all the very best. From the staff and Board at KCAC.

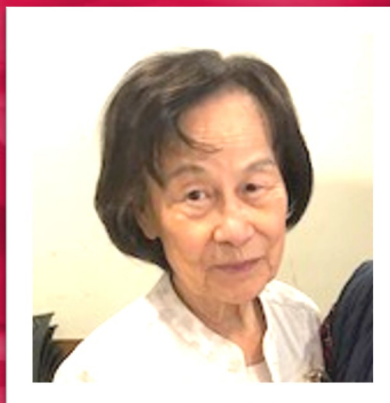
A Big Happy Birthday to our staff members Gurmeed & Julie as well as our long time volunteer Josephine who celebrated their birthdays in April. Lots of happy wishes to you from all of us at KCAC xoxo.



Gurmeed




Julie




Josephine

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



**Live
And
Local**



PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE INC.



SUPPORT SERVICES

POPPY PLAYGROUP

Parents Opportunity to Participate in Play with their Young

A supported playgroup for mothers and their children

POPPY is a supported playgroup specifically for mothers who have mental health concerns.

- Meet other mothers • Share your experiences • Learn to have fun with your children • Safe and welcoming environment •

Each week, friendly and experienced facilitators provide tips to help you with parenting and managing your mental health.

When: MONDAYS 10:30am - 12:30pm **Venue:** Kingsgrove Community Aid Centre, 30 Morgan St, Kingsgrove

TO MAKE A REFERRAL OR TO FIND OUT MORE:
 t: 9150 7823
 e: admin@kcac.org.au
 or drop in to Kingsgrove Community Aid Centre at
 30 Morgan St Kingsgrove (Monday-Friday 9am-4pm)



First Aid Course for Parents

Kingsgrove Community Aid Centre is running a fully accredited First Aid Course for the Parents and Carers of babies and young children.

The course runs every month over two days from 10:00am – 2:00pm, lunch is provided and babies are welcome to attend with their carer.

Course costs \$60 and has been heavily subsidised by Kingsgrove Community Aid Centre

Venue
 Kingsgrove Community Aid Centre, 30 Morgan St, Kingsgrove

For information and bookings please contact
 Rachel Ph: 9150 7823

www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208

Tax Help available here for 2018!

IS YOUR INCOME AROUND \$50,000 OR LESS?

WOULD YOU LIKE ASSISTANCE WITH YOUR TAX RETURN?

WE HAVE A FREE SERVICE TO HELP YOU!

Kingsgrove Community Aid Centre is providing TAX HELP from July till the end of September 2018 at 30 Morgan St Kingsgrove.

To see if you are eligible or to book an appointment please contact the centre on 9150 7823.



www.kcac.org.au

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208 ph: 91507823



WHAT'S ON AT CLUB CENTRAL HURSTVILLE

SHOWS ON SALE 表演門票正在發售

Tickets available at www.clubcentral.org.au
Bookings essential. No refunds or exchanges on show tickets.

TRIBUTE SHOW 獻禮演出



SHOWTIME

Featuring Shayne Anne O'leary
Stephen & Darcy Fisher-King

Courtesy
Bus
Available

SUN 3 JUN 3.30PM
6月3日星期日 下午3.30PM

MEMBERS \$5.50 // GUESTS \$6.60
會員價 \$5.50 非會員價 \$6.60

Over 18s only. 限18歲以上.

VARIETY SHOW 綜藝節目



MORNING MELODIES

Featuring Roland Storm and Natalie Colavito

Includes
light morning
tea

MON 18 JUN 10.45AM
6月18日星期一 上午10.45AM

MEMBERS \$7.70 // GUESTS \$8.80
會員價 \$7.70 非會員價 \$8.80

Over 18s only. 限18歲以上.

TRIBUTE SHOW 獻禮演出



SHOWTIME

Featuring Lillian Del Los Reyes, Brian Lorenze & Sophie Dalasay

Courtesy
Bus
Available

SUN 8 JUL 3.30PM
7月8日星期日 下午3.30PM

MEMBERS \$5.50 // GUESTS \$6.60
會員價 \$5.50 非會員價 \$6.60

Over 18s only. 限18歲以上.

VARIETY SHOW 綜藝節目



MORNING MELODIES

Featuring Donna Boyd & James Cassar

Free blood
pressure and
sugar testing

Includes
light morning
tea

MON 18 JUL 10.45AM
7月18日星期一 上午10.45AM

MEMBERS \$7.70 // GUESTS \$8.80
會員價 \$7.70 非會員價 \$8.80

Over 18s only. 限18歲以上.

CLUB CENTRAL HURSTVILLE IS A PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE

9 150 7823 - WWW.KCAC.ORG.AU - 30 MORGAN ST KINGSGROVE NSW 2208

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

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Proudly Australian | 24 Hours | All Areas | Prepaid Funerals

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE