



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years.*

ISSUE 29



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**

SPRING NEWSLETTER 2018

A MESSAGE FROM THE CEO

Dear Readers,

What an amazing year it has been with all the events and festivals we have organised and engaged our community in, we can proudly say that 2018 was very eventful indeed.

In this newsletter we highlighted our work with our multicultural groups, our school community, Georges River Council and Bayside Council to name a few.

Our work reached out to many and across varying age groups in 2018.

Our new program targeting people with disability has been very challenging. However we have weathered the storm and we are on our way to ensuring that our program will reach out to as many participants as possible who require our services.

Our staff, Board and volunteers have over the years worked tirelessly in the many varied programs we deliver, and at this note I'd like to acknowledge the hard work of all those involved to make this organisation a vibrant, active community centre.

I wish to thank our supporters and funders over the past year, whether it be government departments, local clubs or sponsors, because without your assistance our work can not be achieved.

I take this opportunity to wish all a very Merry Christmas and a Happy New Year. I look forward to the highlights and challenges of serving you in 2019.

Anne Farah-Hill

CEO

The KCAC Office will be closed from 4pm on the 21st December 2018 and will re-open on the 7th January 2019. We hope you all have a very Merry Christmas and a happy & safe New Year!

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



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UP & COMING EVENTS & DATES

December

- 12th: Seniors Christmas Party.
- 21st: KCAC office closes for 2018.
- 20-21st: Vacation Care extra days at Hurstville OOSH.

January

- 7th: KCAC Office Reopens
- 7th: Vacation Care starts for both Hurstville & Kingsgrove OOSH.
- 25th: Vacation Care ends.
- 26th: Australia Day.
- 29th: Vacation Care extra day for Hurstville OOSH.

February

- 5th: Chinese New Year.
- 14th: Valentines Day.



HURSTVILLE PUBLIC P&C AWARD

CEO of KCAC Anne Farah Hill, was presented with a certificate of appreciation in early November, on behalf of the P&C of Hurstville Public School. This was in recognition the work that the Kingsgrove Community Aid Centre does in the Out Of School Hours Care services at Hurstville Public School. KCAC has been running the OOSH services for over 18 years. Pictured below are Anne Farah-Hill with President of the P&C Mr Jason Yeo and Principal of Hurstville Public School Mr Mark Steed.



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.

MID AUTUMN MOON FESTIVAL 2018

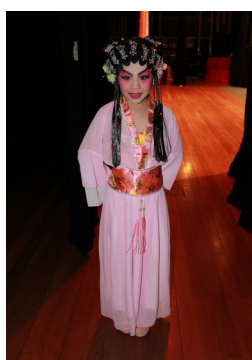
Friday 21st September 2018, in partnership with the KCAC Chinese Activity Group and Sun Sing Choir, we celebrated in true style the Chinese Moon Festival Opera.

The performances along with the costumes and makeup was spectacular! The 5 hour long opera attracted around 1000 people to the Marana Civic Centre in Hurstville.

Community leaders along with State and Federal political representatives attended to support the event.

The highlight was the CEO of KCAC Mrs Anne Farah-Hill addressing the community in Chinese only having to be outstaged by Mr Mark Coure, State Member for Oatley.

Appreciation also goes to Mrs Nancy Liu, Councillor of Georges River Council for her efforts as Master of Ceremonies. A very successful event



POPPY PLAYGROUP - HELPING MOTHER'S TO COPE



POPPY Playgroup (Parent's Opportunity to Participate in Play with their Young) is a supported playgroup specifically for mothers who have mental health challenges. It operates at the Kingsgrove Community Aid Centre On Monday's 10:30am till 12:30pm.

Michelle, a regular participant says:

"I joined POPPY Playgroup as a way to connect with other parents and also, I guess to learn more about raising my kids.

I heard about it through a referral through the child health centre I was going to. One of the nurses referred me to it. I've been coming for 3 years, since my daughter was 11 months old.

It has helped me in lots of ways. Just meeting other parents in similar situations as a way to combat the isolation that comes from being a stay at home parent with young children. Learning information about how to manage their emotional outbursts, tips

about sleep both for them and for myself. Relevant issues, everything from domestic violence to taking care of yourself, putting on your oxygen mask first before you can help others is a good lesson that I've learnt and helping yourself before you can help your family and your kids.

I've learned new techniques to better help me cope, things like having a routine for taking time out just to stop and breath and be mindful every day.

Attending this group has given me a connection to other parents and gives my daughter someone to play with, she always asks when are we going to playgroup?

Its always got a variety of activities for the kids and someone to talk to such as the staff, mental healthcare workers, other parents.

I drive to get to the group each Monday, there used to be a transport service to help get people here before funding was decreased and I've noticed attendance has dropped off after that stopped, but sometimes parents just stop coming because their kids are going to school.

In coming to this playgroup, I've met many people going through similar things and it helps you realise that you're not alone. Even just to talk about things that parents who don't have mental illness won't necessarily understand. Even ways that I wouldn't have anticipated like, my daughter's pretty shy and even though she goes to day care she find playgroup less confronting as it's a smaller group. Just coming here over the years has increased her confidence in dealing with groups of people. She has made good friends here.



POPPY OPEN DAY!

Join POPPY Playgroup for our first session of the year!

Learn more about the group, meet the POPPY staff and other POPPY families.

Date: Monday 4th February
 Time: 10:30am – 12:30pm
 Venue: Kingsgrove Community Aid Centre, 30 Morgan Street



I see myself coming back next year and I say to others to definitely come along and if you already come along keep coming. Sometimes I feel like I'm too tired or have too much on but if I force myself to come here it just makes my day better and makes it easier to cope. We also get together outside of POPPY time, so I've made some really good friends through this group.

I would highly recommend people joining this playgroup."

For more information and to join, please call the Kingsgrove Community Aid Centre on 9150 7823 or email admin@kcac.org.au.

TO MAKE A REFERRAL OR FIND OUT MORE:
 t: (02) 9150 7823 e: poppy.playgroup@eftercare.com.au
 or drop into Kingsgrove Community Aid Centre
 (Monday - Friday 9am-4pm)



DIWALI, FESTIVAL OF LIGHTS 2018

Diwali was celebrated on Wednesday 31st October at the Kingsgrove Community Aid Centre with a colourful array of multi-coloured Diyas and the sand art of Rangoli welcoming the crowds as they arrived. Over 400 people attended the days event which was organised by the Kingsgrove Community Aid Centre in Partnership with the Resourceful Australian Indian Network (RAIN) and Georges River Council.

Guests welcomed the festival of light wearing traditional saris in many colours mixing and mingling together from many cultures.

Acknowledgement of Country began the event by Ms Brenda Eggleton from Georges River Council signifying the traditional custodians of the land and paying homage to the ancestors past and present .

High Priest Pundit Paras Maharaj showered traditional Diwali blessings on all present for good health and peace extending his blessings to the Community Aid Centre and its members and staff to continue receiving resources to be able to serve the needs of those most vulnerable in the community.

CEO Anne Farah Hill in her opening speech spoke about the significance of Diwali in a local western perspective.

"Through light the beauty of this world is revealed . Light is a metaphor for knowledge and through knowledge we aim to destroy negative forces , weaknesses, injustice oppression and suffering". "By organising this festival, we bring people together from all cultures" Ms Farah Hill says . We hope that people will learn from each other and appreciate and respect each other's backgrounds, values and beliefs so that we become a more respectful and harmonious community to contribute constructively to the wider Australian society. Anne also thanked her team led by Ms Gurmeed Nelson, volunteers and Dr Sudah Natarajan Executive Director of RAIN and

Speeches from the official guests and members of parliament. Present were, Mr Chris Mins Member for Kogarah, Mr Mark Coure Member for Oatley, Mr Sam Elmira Deputy Mayor of Georges River, Councillor Sandy Greakos Georges River Council, Councillor Nancy Liu Georges River Council, Mrs Adarch Sachdev Chairperson of RAIN and Dr Saraja Srinivasan RAIN all resonated with the message of peace and acceptance.

The formalities then ending with a lively piece of entertainment by the famous Indian entertainer Varun and his Bollywood entourage of dancers. All guests being picked on one by one to the stage to contribute their talented moves and flow with the music. The young and the elderly mixing with each other.

Parliamentary and civic Members not let off the hook showing some interesting and artistically motivated moves under a shower of tinsel and glitz that bombarded the stage filling all with glitter in their hair and eyelashes.

Surviving this all were served with a scrumptious array of samosas and barfi to end the day .

Happy Diwali to all.



LEBANESE HARMONY DAY

On Wednesday 21st November 2018 Kingsgrove Community Aid Centre Celebrated the Lebanese National Day of Independence with the Local Lebanese Community of the Kingsgrove and surrounding areas. The event brought together many community people from many cultural backgrounds to celebrate, learn from each other harmoniously and to share traditional folklore dancing and food.

"It is events like this that we promote to keep people engaged with their local community and to have a little bit of fun and share delicious food together "For many of these people they have immigrated from Lebanon many years ago. Although they now live in Australia and call Australia their home, they still retain a sense of identity and affinity with their mother homeland. The Independence of Lebanon signified a new unified Lebanon of new beginning and new hope." "Overall the day was very successful as it brought people together in appositive way and if it makes people happy then that's what resilient communities are all about." Says Anne Farah Hill CEO of Kingsgrove Community Aid Centre Inc.



FRIDAY SUPPORTED PLAYGROUP



Our KCAC Friday Supported Playgroup have so much fun time with Rachel each Friday. Playgroups are a great way to make new friends and become part of a community. If you would like to join this Playgroup, give us a call on 9150 7823.

INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

On Friday 30 November Kingsgrove Community Aid Centre in partnership with Georges River Council, celebrated International Day of People with Disability, which falls on Monday 3 December. This year's theme is "Let's Celebrate". It was a spectacular day full of craft, an art exhibition, photo booth, dancing, henna tattooing and much more. The following groups attended and performed: Civic Centre, Disability Services Australia (The Weeklies) and Cairnsfoot School. There was also a special guest appearance by Georgie the Dragon from Georges River Council. Special guests attending were Councillor Vince Badalati Georges River Council, acknowledging the day and Mr Scott Andrews, Community & Culture Manager Georges River Council who also gave a speech. Thank you also to Maria Athanasopoulos, Disability Services Officer at Georges River Council for working with KCAC to organise this event. CEO Anne Farah-Hill said the day was exciting for all. There were many activities for those attending to participate in. The photo booth was very popular as well as the henna tattoo. It was a day to showcase 'our ability' and to have a good time connecting and ensuring that people with disabilities can contribute to the wider society. This will be the third year that we have held this celebration and we hope to be able to organise it in future years.





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

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
- over 50 years history of community services to the local community
- Commitment to local issues and quality affordable care
- Relevant and innovative activities.

**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.**

Term 3 vacation care was an opportunity for children to develop new skills and make new friends, This holiday time ,the children enjoyed

Art's and craft ,movie day ,magic show, Glow crazy, and a wide variety of sports activities in our amazing outdoor environment amongst the beautiful gum trees.

At KOOSH our professional team of educators are well organized with risk assessments completed before each activity, staff are briefed and well prepared before each vacation care to ensure the safety and wellbeing of your children.

We look forward to caring for your children in the upcoming summer holidays.

Notice to Families of change in payment Provider

In the next few weeks we are changing the company that processes payments for us. The new company, Debitsuccess PTY LTD ,the only change that you will notice is that you will see " Debitsuccess" as the company processing your payments. On your bank statement.

Important Dates

- 19/12/2018:Children Christmas party
 - 20/12/2018-13/01/2019: Centre Closed for summer Holidays
 - 14/01/2019-25/01/2019-vacation care dates for January 2019
- Wishing all a safe and Happy Holiday!

Program Term 4

- Life cycle of a bird.
- World Disability week
- Sports program outdoors
- Our garden
- Diwali celebration
- World names celebrations
- Health and safety
- Christmas activities

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 • over 50 years history of community services to the local community • Commitment to local issues and quality affordable care • Relevant and innovative activities.

In term 3 2018, our educators were very busy preparing a fun and creative program for the children. This included Chinese moon festival, Grandparents week, craft activities and displaying children's art work and making lots of fun creative craft including colouring in competitions. Our October vacation care program went very well. We went to The Movies at Greater Union Hurstville, Zone Bowling in Southgate, The Powerhouse Museum, Glow crazy Party Centre in Carlton and had a fun Multicultural incursion day at KCAC.

Our Homework help program has been very successful and will continue to be available in term 4 on Mondays and Wednesdays between 4 and 5pm. This program is sponsored by Kingsgrove Community Aid Centre. Organised activities the children participated in are Halloween, Melbourne Cup, Xmas craft and outdoor nature play. Indoor activities and games the children are interested in are puzzles, board games such as scrabble, connect 4, monopoly and chess. Our educational activities include crosswords, word search, colouring by numbers. Our recreational activities include playing schools, playing shops, musical chairs, musical statues playing guitar, Lego and mobile. On Friday afternoon we encourage children to make something from items in our recycle container to encourage sustainability we are also encouraging children to play outside and be involved in the HOOSH garden project. This term we have grown beans and cucumbers. We planted these next to the mint and parsley. During vacation care we cut the beans and served them for afternoon tea. We also added fresh mint from the garden to our HOOSH water to give it a nicer taste and encourage children to drink more water. Outdoor activities include playing twister, creating an obstacle course using the balance beams in the playground and playing ballgames and interacting with friends. Parents are welcome to view images of these activities in our programming and reflection journal located next to the sign out book. Families may also follow us on Instagram to view images posted of these activities.

Please make sure your information is correct on your myGov account so you can receive your childcare subsidy.

The last day of school for Term 4 will be Wednesday 19 December 2018 we will be open on 20 and 21 December for vacation care. Our Centre will be closed from Monday 24 December to Friday 4 January for the Christmas and New Year break. We will reopen for Vacation care on Monday 7 January 2019. The program will run for 3 weeks up to the 25 January. Monday 28 January is the Australia Day public holiday. On the 29 January we will run a vacation care day and school will resume as normal on Wednesday 30 January 2019.

Please look at our vacation care program to view the scheduled activities for the January school holidays. I hope all families, children and educators have enjoyed 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 ACREDITED.

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 7th January 2019 and will run until Friday 25th January 2019. Extra care for Pupil Free days available at Hurstville OOSH ONLY. FUN ACTIVITIES AND EXCURSIONS ORGANISED.

School resumes Monday 30th January 2019

KINGSGROVE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR JANUARY 2019. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE KINGSGROVE & HURSTVILLE AREAS!



KINGSGROVE COMMUNITY AID CENTRE INC.

KINGSGROVE OUT OF SCHOOL HOURS CARE JANUARY VACATION CARE PROGRAMME
 Shaw St Bexley North
WEEK 1: 14th January 2019

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 14th January 2019	Centre Day at 69a Shaw Street Bexley North 2207 <u>Create your very own summer menu</u> Today we are going to throw ingredients at you and see what your group of junior chefs create. We will create our own restaurant and munch away. Between cooking and baking we will play ball games to burn off some energy.	WHAT TO BRING Water bottle, Hat, Morning Tea & closed shoes	LUNCH Lunch provided	COST \$50
Tuesday 15th January 2019	<u>Excursion To Glow Crazy</u> 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. <u>Depart Centre 9am Return to centre 3pm</u>	Water bottle, Morning Tea, Hat, comfortable closed shoes, and lunch	Pack Lunch	\$70
Wednesday 16th January 2019	<u>Electronics Day</u> Today we will play with the wii, you are welcome to bring in your own G-rated games and your own electronic devices. In the afternoon Its children's free choice	Water bottle, Morning Tea, Hat, comfortable closed shoes, and lunch	Pack Lunch	\$50
Thursday 17th January 2019	<u>Carss Bush Park at Carss Park</u> Children will enjoy a picnic in the park ,Go for bush walks and explore the beautiful nature that Carss Park has to offer. The play equipment is amazing with lots to do. <u>Depart Centre 9am Return to centre 3pm</u>	Water bottle, Hat, and comfortable closed shoes,	Morning Tea & Healthy vegetable wraps or chicken wraps provided for lunch	\$70
Friday 18th January 2019	<u>Happy Kids Sand art Incursion</u> Come along for some sand art fun at KOOSH, Kids can create colourful artwork using coloured sand . Lots of activities to chose from	Water bottle, Hat & Morning Tea & Lunch & electronics.	Pack Lunch	\$60
Monday 14th January 2019	<u>Centre Day at 69a Shaw Street Bexley North 2207</u> <u>Create your very own summer menu</u> Today we are going to throw ingredients at you and see what your group of junior chefs create. We will create our own restaurant and munch away. Between cooking and baking we will play ball games to burn off some energy.	Water bottle, Hat, Morning Tea & closed shoes	Lunch provided	\$50
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HURSTVILLE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR DEC 18 - JAN 2019. 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: 7 TO 11 JANUARY 2019

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

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

Monday 7 JANUARY 2019		Welcome to Hurstville Vacation Care January 2019 Start the year off with a blast and lots of fun with water bomb games Get creative with your friends showing us your artistic skills In our clay modelling workshop Afternoon Activity : nature art craft		WHAT TO BRING Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Tuesday 8 JANUARY 2019		Excursion to the Australian Museum Come and see the dinosaurs, bugs and bees! at the Australian Museum. Enjoy a lovely picnic lunch in the beautiful grounds of Hyde Park. Travelling by private bus, Depart 9am return by 3pm Afternoon activity: make butterfly prints		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes (Bring a picnic lunch) EXTRA COST \$15
Wednesday 9 JANUARY 2019		Excursion - Greater Union Hurstville Enjoy a nice walk to the Movies at Hurstville Cinema No need to bring money. Lunch and Snacks will be provided Travelling by foot, Depart 9:00am Return 3:00pm Afternoon activity: make a grass head monster		Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$20 (HAPPY MEAL LUNCH PROVIDED)
Thursday 10 JANUARY 2019		In Centre Day Join our Zoomers sustainable Science workshop. This will be a fun day with lots of learning from fun experiments using every day items Afternoon activity: Hamma beads		Please bring morning tea, Lunch, water bottle and hat. Must wear closed shoes
Friday 11 JANUARY 2019		Excursion to Pancakes on the Rocks at Beverly Hills Enjoy a lovely lunch at our favourite restaurant Pancakes on the Rocks . You may choose your meal from the kids menu. This will be followed with a play in woodville Park Travelling by bus, Depart 9am and return by 3pm Afternoon Activity: Construction time! Use your imagination and get creative making something out of recycled items		Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$15 Lunch provided
Monday 14 JANUARY 2019		In centre day : Creative cooking day Make a delicious meal for lunch and afternoon tea. Learn about fresh food that is healthy and how to make it tasty and yummy! Includes fruit smoothies, ice blocks, slices and salads Afternoon activity: Make your own Terrarium		WHAT TO BRING Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Tuesday 15 JANUARY 2019		Water play and Kinetic Sand day Come along and bring your muck up clothes to enjoy a great day playing some terrific water games then learn how to make your very own Kinetic Sand Afternoon Activity: musical 4 corners		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Wednesday 16 JANUARY 2019		Excursion: to 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		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$18
Thursday 17 JANUARY 2019		Excursion to Woodville Park for a Scavenger Hunt Join us in a scavenger hunt in Woodville Park Collect a map, make a team and follow the clues. There will be prizes for the winning team Afternoon activity sand art		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes NO EXTRA FEE
Friday 18 JANUARY 2019		Excursion to Glow Crazy indoor party Centre Includes air hockey, arcade games, Xbox, play station, table tennis, karaoke and disco! There will be party games and prizes for the winners Travelling by private bus, Depart 9am and return by 3pm Afternoon activity : Balloon volley ball		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$20
Monday 21 JANUARY 2019		Incentre Day Paint a masterpiece on a mini canvas Get creative using mixed media Afternoon activity: board game challenge— connect 4 and snakes and ladders		WHAT TO BRING Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Tuesday 22 JANUARY 2019		Excursion to Chipmunks playcentre Have fun on the jumping castle, giant slide, ball pits and lot more At Chipmunks Bankstown Depart 9am and return by 3pm, Travelling by bus Afternoon activity :origami madness		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes Extra cost \$15
Wednesday 23 JANUARY 2019		Excursion to Blaxland River Park Picnic lunch and play in water playground Bring change of clothing Depart 9am and return by 3pm, Travelling by bus Afternoon activity: Karaoke challenge		Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$15 Lunch will be provided
Thursday 24 JANUARY 2019		In Centre Day Water fun day Bring your water guns, water bombs and a change of clothing. Afternoon activity: musical statues		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Friday 25 JANUARY 2019		Excursion to KCAC laser skirmish Enjoy a day playing laser tag with your friends Includes a sausage sizzle lunch to celebrate Australia Day Depart 9am and return by 3pm Travelling by bus		Please bring morning tea, water bottle and hat. Must wear closed shoes EXTRA COST \$15

FATHER'S DAY STALL @ HURSTVILLE PUBLIC



Staff of KCAC, Hurstville OOSH helped out at the Hurstville Public Schools P&C Fathers Day Stall on Thursday 30th August 2018. It was a great way to engage with the students and teachers and the staff hope to be able to assist again next year.

ST GEORGE AGED CARE EXPO



KCAC held a stall at the St George Aged Care Expo at Rockdale Town Hall on Thursday 30th August. People were able to come and chat to us about our programs and services, collect information, enter our raffle and meet the friendly staff. Over 400 pieces of information were handed out and congratulations to the winners of our raffles.

NEW SERVICE STARTING 2019

ONE CALL AWAY,

FROM SUNRISE TO SUNSET

A telephone support service for housebound seniors who feel isolated, provided by the Kingsgrove Community Aid Centre Inc.

This project is supported by Kingsgrove RSL, EBP RSL & Bexley RSL through the CDSE Clubs Grants program.

Are you lonely?

Do you need someone to talk to?

You are not alone, we are here to listen.

Call the Kingsgrove Community Aid Centre from 6am sunrise to 6pm sunset.

We are just one call away!

9150 7823 or 0402 443 763 after hours



www.kcac.org.au

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



WHAT'S ON AT KINGSGROVE RSL CLUB



**MONDAY 31ST
DECEMBER 2018**

**JJ DUO
BUFFET DINNER
TICKETS \$35PP
SEATING LIMITED**

**New Year's Eve Party, Mon 31st
December 2018.**

**Australia Day Mega Meat
Raffle, Sat 26th January 2019
from 2pm.**

**Valentine's Day Lunch and
Dinner at Rations, Thursday
14th February.**

**Chinese New Year Banquets at
Jade Palace, Sat 9th February.**

SERVICES @ KCAC



PODIATRY SERVICES FOR SENIORS

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

To see if you are eligible or to make a booking, please call the Kingsgrove Community Aid Centre on 9150 7823, between Monday & Thursday 9am till 4pm.

This service is available to those in the St George & Sutherland Shire area.

Subsidised Service. Fees are applicable.

Alternatively call the My Aged Care Hotline on 1800 200 422.

We can assist you with registering for My Aged Care.

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

PH: 9150 7823



www.kcac.org.au

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



SUPPORT SERVICES PROVIDED TO 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 2.30pm***

***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



KCAC COMMUNITY ANNOUNCEMENTS



Kingsgrove Community Aid Centre would like to wish all those clients, born in September, October & November a very HAPPY BIRTHDAY!!

We wish you all the very best.

From the staff and Board at KCAC.



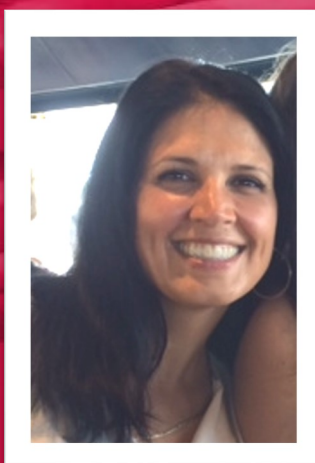
The Beatles, The Rolling Stones, Elvis Presley, Jimmy Barnes, Elton John, ABBA, Dusty Springfield, Billy Joel



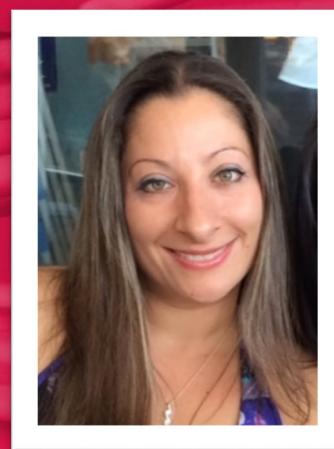
All the hits from the 60's & 70's

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE INC.

A Big Happy Birthday to our staff members Rachel & Rose as well as our volunteer Ruth who celebrated their birthday's in SEPTEMBER & NOVEMBER. Lots of happy wishes to you from all of us at KCAC xoxo.



Rachel



Rose



Ruth



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**



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