



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years.*

ISSUE 26

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.

Winner



2012
AWARDS

ST GEORGE

**IN THE COMMUNITY
FOR THE COMMUNITY
WITH THE COMMUNITY**

SUMMER NEWSLETTER 2017-2018

A MESSAGE FROM THE CEO

Dear Readers,

As we approach the Christmas Season, we reflect on the year that was 2017. We have been very fortunate to continue providing the services to meet the community needs and demands.

It was certainly a challenging year however we managed to strive for the very best in our work.

Our validation and monitoring audit for our Aged Care projects have passed with flying colours. We are eager for the challenges that await us in 2018.

Anne Farah-Hill
CEO



HAPPY NEW YEAR

2018

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



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UP & COMING EVENTS & DATES

	<u>March</u>		<u>April</u>		<u>May</u>
8th:	International Women's Day.	1st:	Easter Sunday.	TBA:	Guest speaker on Healthy Eating.
17th:	St Patricks Day.	2nd:	Easter Monday Public Holiday.	11th:	Mother's Day Long Excursion.
21st:	Harmony Day.	4-15th:	Seniors Week 2018	13th:	Mothers Day.
30th:	Good Friday Public Holiday.	16th:	First day of Vacation Care.	TBA:	Long trip to Berry & Fitzroy Falls.
31st:	Easter Saturday.	25th:	Anzac Day Public Holiday.		

CHEQUE PRESENTATION CEREMONY

In February I had the pleasure of attending Bayside Council, Community Grants presentation ceremony.

We received funding for our POPPY Playgroup which is to assist those suffering from post natal depression and other mental challenges.

We are so happy that this funding will now be able to assist the centre with this program until the end of 2018.

My appreciation to Bayside Council and Steve Kamper, Member for Rockdale for all their support.

Ann Farah-Hill.



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. Call us today for more information on 91507823.



INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

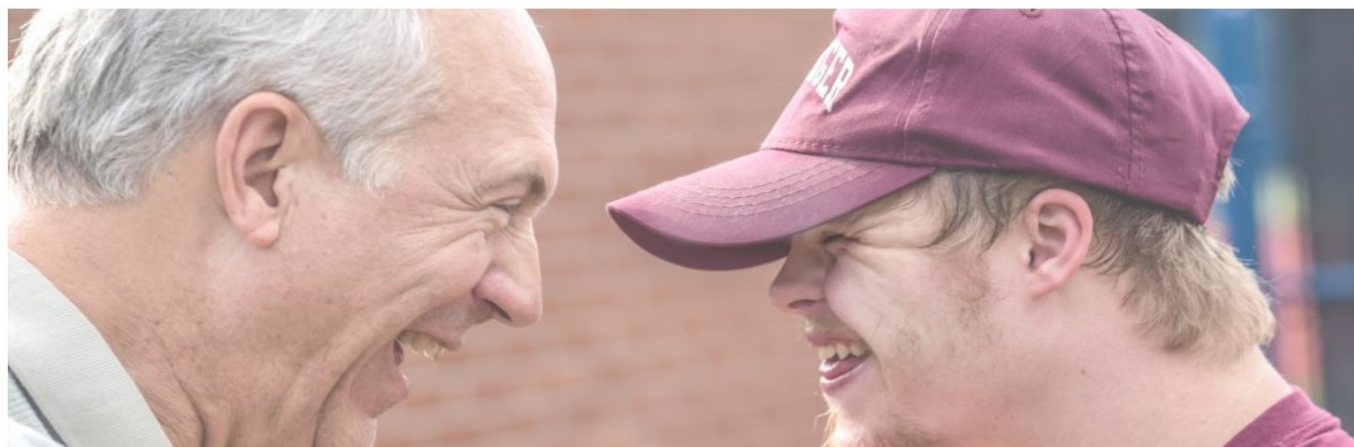


To celebrate International Day of People with a Disability, Kingsgrove Community Aid Centre unveiled a masterpiece called "Wonderland" created by students of its Disability Art Class and Day Care program on Wednesday 6 December. Chief Executive Officer of Kingsgrove Community Aid Centre, Anne Farrah Hill says the aim of the Disability Art Program is to empower local people with a disability to engage with and be active contributors to their community. "We've launched this artwork as a celebration of the program and to demonstrate the enjoyment that our participants get out of exploring their creativity," said Mrs Farah Hill. "We've been supporting young people with disabilities and their families for the past five years and designed this program to provide activities and services for people who are 18 years and over in the Kingsgrove and St George areas. We were grateful to receive a \$13,000 grant from Club Central Hurstville which enabled us to provide this as a free service to the community," she said. Club Central Director, Sandra Coogan, helped launch the artwork and congratulated the group on the finished piece. "What a better way to celebrate International Day of People with a Disability than to unveil a masterpiece created by some talented locals. It's fantastic to see the difference this program is making and Club Central is proud to be able to support community members with a disability to connect and engage with each other in a meaningful way," said Ms Coogan. The "Wonderland" artwork has been created by a group of students ranging in age from 19 to 76 and depicts the beauties of the local environment, full of sunshine, trees, flowers and butterflies. A further eight pieces of art from KCAC's Disability Art Class will be framed and displayed at the Civic Theatre Hurstville with electronic copies on screen rotation at Westfield Hurstville, as part of the Georges River Council's International Day of People with Disability celebrations. As well as gaining significant enjoyment from the art and craft activities, the participants have shown improvements in their interpersonal and independent living skills through the yoga and cooking segments of the program. "The program has been an outstanding success with 15-25 participants for every session since it began in February this year. Based on the feedback we hope to continue the program and introduce more fun activities with clay modelling, singing, dancing, cooking and outdoor activities," said Ms Farah Hill. Other guest speakers who attended this event were Councillor Nancy Liu of Georges River Council and Mr Mark Coure MP, State member for Oatley. For more information on Kingsgrove Community Aid Centre's programs visit www.kcac.org.au/ or call 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.



RECREATIONAL ACTIVITIES FOR PEOPLE WITH DISABILITIES
(18yrs & over or under if accompanied by a carer)

COME ALONG AND JOIN OUR ACTIVITIES AND ENJOY WORKING WITH CLAY, CREATING COLLAGES, MOSAIC, PAINTING, WEAVING, COOKING AND DANCING.

EXCURSIONS TO PLACES OF INTEREST PROVIDED MONTHLY.

When: Every Wednesday for 3 Hours/p.w

Time: 10.30am till 1.30pm

How to join: Please give us a call to register and 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 91507823 or
email on: admin@kcac.org.au

www.kcac.org.au

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

SENIORS CHRISTMAS PARTY 2017



The annual Seniors Christmas Party was held on 13th December 2017 at EBP RSL.

The seniors groups were all combined for this social event where they enjoyed a delicious 3 course lunch and were entertained with music by Mr John Campbell as well as singing by the Monday Chinese group and traditional Chinese fan dance by Mrs Wang Qi Lin. We would like to congratulate the winners of the lucky door prizes and raffles and we hope everyone has a Merry Christmas and a Happy New Year.



STAFF CHRISTMAS PARTY 2017

The staff of the Kingsgrove Community Aid Centre enjoyed their Christmas party at Gebran Restaurant on Saturday the 2nd December 2017.

Everyone had a fantastic time and delighted in the delicious Lebanese banquet.

We would like to thank our CEO Anne Farah-Hill for organising this fun night with the KCAC team.



AUSTRALIA DAY 2018



The seniors groups all celebrated the week leading up to Australia Day at the Kingsgrove Community Aid Centre. A delicious Aussy themed morning tea was provided and a celebratory cake was cut for the seniors to enjoy. The groups love celebrating these occasions together and always look forward to their day at the centre. If you would like to join one of our groups, call us on 91507823 Mon-Friday, or email cbdc@kcac.org.au for more information.



CHINESE NEW YEAR 2018

On Friday 16th February, the KCAC Chinese Grandparent's Support & Activity group celebrated Chinese New Year together with a feast of delicious and healthy dishes made by the group members. This year it was a smaller gathering however they will be planning another spectacular Chinese Opera event for 2018.



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 FIND OUT MORE:
t: 1300 00 1907
e: poppy.playgroup@aftercare.com.au
or drop into Kingsgrove Community Aid Centre
(Monday - Friday 9am-4pm)



Support for Fathers



Support for Fathers is a national project which aims to support young men and fathers in their role as parents and partners.

Support for Fathers will develop:

1. Resources for young men and fathers.
2. A Professionals' Toolkit for support services working with young men and fathers.

We are inviting young men, fathers and service providers across Australia to join in consultations.

If you would like to be involved or need more information, please let us know.

Support for Fathers is funded by the Department of Social Services as part of the National Plan to Prevent Violence against Women and their Children 2010-2022.

Contact:
Dom Alford, Project Coordinator – Support for Fathers
Email: dalford@rav.org.au | Phone: 0437 305 881





**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.

We strive to meet the needs of children and their families who attend our OOSH service.

We aim to develop and implement a balanced program that is stimulating, interesting and exciting which allows opportunities for children to explore and develop new skills and is age appropriate to the developmental and leisure needs of children.

**REMINDER: OUR PRICES FOR 2018 HAVE COME DOWN↓↓↓
BEFORE SCHOOL CARE: \$19 & AFTER SCHOOL CARE: \$27**

ACTIVITIES PLANNED FOR 2018:

- SOCCER PROGRAM
- COOKING
- OUTDOOR GARDEN
- OUR FAMILY TREE
- DANCE FEVER
- ART & CRAFT
- BUILDING & CONSTRUCTION
- HEALTHY BREAKFAST & AFTERNOON TEA’S
- MONTHLY NEWSLETTERS

Follow us on Instagram and Facebook.

**Instagram search for:
kingsgrove_oosh**

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

Santina Pacicca
Kingsgrove OOSH Coordinator



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.

GENERAL NEWS

In July 2018, the Child Care Subsidy (CCS) will replace the current Child Care Benefit (CCB) and Child Care Rebate (CCR) as part of Australia's new child care package. To find out more, and to estimate what your new subsidy might be, visit: education.gov.au/childcare

Quality Area 1. Please take a few minutes to complete a children's survey with your child to help us include your child's suggestions and ideas in our OOSH program. The survey includes suggestions for our Afternoon tea Menu, vacation care excursions and in centre days plus any suggestion and ideas for before and after school care. You may also place any suggestion in our suggestions box.

Vacation Care Enrolments for 2018 will be available on our website, www.kcac.org.au from 9/3/2018. Please enrol your child for vacation care by the end of March as places are limited.

2018 HURSTVILLE OOSH FEES (per child)

→ Before School Care \$17 per day → After School Care \$25 per day.

→ Vacation Care \$50 per day (plus the cost of the excursion).

Please complete an Ezidebit form to make sure your fees are always up to date.

If you are paying by direct deposit or Eftpos, please make sure your fees are up to date.

Statements will be emailed at the end of each month.

DATES TO REMEMBER

Homework Help will commence in week 4 on Monday's and Wednesday's. The session will run from 4pm to 5pm. This program is funded by the Kingsgrove Community Aid Centre.

Term 1 will end for all students on Friday 13 April 2018 and school will resume on Tuesday 1st May 2018.

Vacation care will commence on Monday 16th April and run till Friday 27th April 2018.

Anzac Day public holiday is 25th April.

Pupil Free day is Monday 30th April. If you require care on this day please complete the survey found on the sign in desk.

Follow us on Instagram and Facebook.

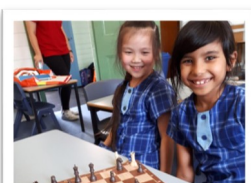
Instagram search for: [hurstville_oosh](#)

Facebook search for: [Kingsgrove Community Aid Centre](#)



Katina Papadakis

Hurstville OOSH Coordinator



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 16th April 2018 and will run until Friday 27th April 2018. **FUN ACTIVITIES AND EXCURSIONS ORGANISED.**

School resumes Tuesday 1st May 2018

KINGSGROVE VACATION CARE PROGRAM APRIL 2018

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR APRIL 2018. 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 APRIL VACATION CARE PROGRAMME

Shaw St Bexley North
WEEK 1: 16th April 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

		WHAT TO BRING	LUNCH	COST
Monday 16th April 2018	<p>Centre Day at 69a Shaw Street Bexley North 2207 Menu Challenge Day</p> <p>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.</p> 	Water bottle, Hat, Morning Tea & closed shoes	Lunch provided	\$50
Tuesday 17th April 2018	<p>Excursion To Glow Crazy</p> <p>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.</p> <p>Depart Centre 9am Return to centre 3pm</p> 	Water bottle, Morning Tea, Hat, comfortable closed shoes, and lunch	Pack lunch	\$68
Wednesday 18th April 2018	<p>Community day fun day out at KCAC</p> <p>Join us at KCAC for a community day with age care , children Will have an opportunity to engage in activities with people from Their local community. Their will be morning tea and lunch provided plus a Magic show For entertainment. Depart Centre 10am Return to centre 3pm</p>	Water bottle, and Hat	Lunch and morning tea provided	\$65
Thursday 19th April 2018	<p>Excursion to Beverly Hills Cinema located at 447/453 King Georges Road Beverly Hills 2209</p> <p>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.</p> <p>Depart centre 9am Return to centre 3pm</p> 	Water bottle, Hat & Morning Tea. Lunch .	Pack lunch	\$70
Friday 20th April 2018	<p>Electronics Day</p> <p>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 The children will decide what we are going to do its FREE CHOICE DAY !!!</p> 	Water bottle, Hat & Morning Tea & Lunch & electronics.	Pack lunch	\$50
Monday 23rd April 2018	<p>Pyjama and Party Day</p> <p>Today wear your pyjama to OSHC and enjoy a day time slumber party , With games, dancing and best of all a pillow case race. Lets hope the Sun is out so we can play lots of novelty games outdoors in the afternoon</p>  	Water bottle, Hat, Morning Tea & Lunch		Extra COST \$50
Tuesday 24th April 2018	<p>Manhattan Super bowl 549 Gardeners Rd, Mascot NSW 2020</p> <p>Take a ride down "Route 66" and immerse yourself in the rare memorabilia, witnessing a revival of those good old days. This includes 1 games + hotdog + drink box</p> <p>Depart Centre 9am. Return to Centre 3.30pm</p>  	Water bottle, Hat, Morning Tea & closed shoes.	Lunch provided	\$70
Wednesday 25th April 2018	<p>ANZAC DAY PUBLIC HOLIDAYCENTRE CLOSED</p>  			
Thursday 26th April 2018	<p>In Centre Day—Cubby house and movie day</p> <p>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</p> <p>Afternoon ACTIVITIES: Science Experiments and outdoor softball game</p>  	Water bottle, Hat, Morning Tea & Lunch	Bring Lunch	\$50
Friday 27th April 2018	<p>Kingsgrove Community Aid Centre</p> <p>Come and join in the fun and learn about the 3 R's – Reduce, Reuse and Recycle. 'Magic Mic' gets the message across with a circus of comedy, magic and mayhem. He puts the fun into Recycling with all kinds of junk musical instruments.</p> <p>Depart Centre at 9.00am and return by 3.30pm.</p>	Water Bottle, Hat, Morning tea	Lunch provided	\$65

HURSTVILLE VACATION CARE PROGRAM APRIL 2018







ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR APRIL 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: 16th to 20th April 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	EXTRA COST	
Monday 16th April 2018		In Centre Day— Nature walk and Craft day Welcome to Hurstville Vacation Cares Autumn school holidays. Start the morning with a nature walk around the school grounds. Get creative and design your own Autumn leaf mobile or dream catcher using feathers, string twigs and leaves.	 Bring water bottle, hat, morning tea and lunch		Must bring your own lunch
Tuesday 17th April 2018		Excursion: AMF Bowling Southgate Enjoy a fun day of bowling with your friends; Plus 5 arcade tokens to use on games of your choice Travelling by private bus, Depart 9am and return by 3pm Afternoon activity: DVD movie	 Bring water bottle, hat, morning tea and lunch	\$18	Must bring your own lunch
Wednesday 18th April 2018		Excursion –Greater Union Hurstville Enjoy a nice walk to the Movies at Hurstville Cinema Snacks will be provided Depart 9:00am and Return 3:00pm Afternoon activity make cubby houses/play board games	 Bring water bottle, hat, morning tea and lunch	\$15	Must bring your own lunch
Thursday 19th April 2018		In Centre - Treasure Hunt Come along and join in the Treasure Hunt at Hurstville Public School Make a team, collect a map and follow the clues to find the hidden treasure Craft activity: plasticine art	 Bring water bottle, hat, morning tea and lunch		Must bring your own lunch
Friday 20th April 2018		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 and return by 3pm	 Bring water bottle, hat, morning tea and lunch	\$18	Must bring your own lunch

			WHAT TO BRING	EXTRA COST	
Monday 23rd April 2018		Celebrating St George's Day Come along and practice your cooking skills by making a delicious feast for afternoon tea to help celebrate St George's Day. Learn about other cultures and how they celebrate this special day. Enjoy the day with some fun out door games including Save the princess, dragon chase grab the treasure and lots more.	Bring water bottle, hat, morning tea and lunch	 	
Tuesday 24th April 2018		Excursion to Chipmunks Bankstown Playland and Café Includes 3 tier climbing equipment, giant inflatable slides And a canon ball battle zone. Lunch will be provided Nuggets or vegetarian spring rolls with chips and a drink Travelling by private bus. Depart 9am and return by 3pm.	Bring water bottle, hat, and morning tea	\$20	Lunch will be provided
Wednesday 25th April 2018		ANZAC DAY Public Holiday		 	
Thursday 26th April 2018		In centre day—Cubby house and movie day Come along and get comfy and make a nice 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 water bottle, hat, morning tea and lunch		Must bring your own lunch
Friday 27th April 2018		Excursion to Kingsgrove Community Aid Centre Enjoy a great day out with your friends including an amazing educational show by the famous Mic Conway about "Rubbish" The performance will teach the children about sustainability. The children will learn about recycling and reusing unwanted items plus pizza, fruit and drink will be provided for lunch Location: KCAC - 30 Morgan Street, Kingsgrove Depart Centre at 9:00am and return by 3:30pm	Bring water bottle, hat, and morning tea	\$15	Lunch will be provided 



2018 NSW SENIORS FESTIVAL 4-15 APRIL

60TH ANNIVERSARY - ALL ARE WELCOME

LETS DO MORE TOGETHER

KINGSGROVE COMMUNITY AID CENTRE INC

ACTIVITIES WILL TAKE PLACE ON 10-13 APRIL 2018

TUESDAY 10TH APRIL 2018 - INFORMATION OPEN DAY

ACTIVITIES: Drop in for Information on services available at Kingsgrove Community Aid Centre, & an introduction computers.

TIME: Information Stall from 10.00am - 2PM
Computer Lesson 1pm - 2.30pm

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

Healthy Refreshments Provided. For more information please contact Ms Gurmeed Nelson on 91507823.



WEDNESDAY 11TH APRIL 2018 - MUSIC, KARAOKE & DANCE OPEN DAY

ACTIVITIES: put your dancing shoes on and Join us for a fun filled day with music, karaoke & dance, with entertainment provided for your enjoyment.

TIME: 10.30am - 2pm

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

Bookings are essential. For more information please contact Ms Gurmeed Nelson on 91507823.



THURSDAY 12TH APRIL 2018 - SENIORS HEALTHY & ACTIVE DAY

ACTIVITIES: Get active and join us for Exercise classes, Chair Yoga & Line Dancing.

TIME: Exercise Classes: 9.30am - 11.00am, Chair Yoga: 11am - 12pm,
Line Dancing: 12.30 - 1.30pm

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

Bookings are essential. For more information please contact Ms Gurmeed Nelson on 91507823.



FRIDAY 13TH APRIL 2018 - SENIORS ART, CRAFT & MULTICULTURAL DAY

ACTIVITIES: Join us for a day of creative activities as well as multicultural music & food. Dress in your favorite cultural outfit and bring a plate of food from your culture to share.

TIME: 10.30 am - 2pm

VENUE: Kingsgrove Community Hall, 30 Morgan St Kingsgrove.

Bookings are essential. For more information please contact Cathy Chen on 9150 7823.



KINGSGROVE COMMUNITY
AID CENTRE INC.

For More Information please 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



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. From the staff and Board at KCAC.

A Big Happy Birthday to our KCAC CEO, Anne Farah-Hill who celebrated her birthday in December. Lots of happy wishes to you from all of us at KCAC

XOXO.



- > 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.



Do you need a new website for your business?

Net Fusion Technology is a great team of people who not only create vivid and easy to navigate websites but also support local community organisations such as KCAC.

Have a look at the website NFT created & donated to KCAC at www.kcac.org.au

NFT
NET FUSION TECHNOLOGY
 — Empire Expanding —

For more information, give them a call on 9089 8875.

WHAT'S ON AT KINGSGROVE RSL CLUB



ANZAC DAY

WEDNESDAY, APRIL 25TH

SUB-BRANCH PROGRAMME:

6.45am Assembly – Shaw Street Carpark
7.00am March to Kingsgrove R.S.L. Club followed by Service in Memorial Park

CLUB PROGRAMME:

8.00am Club opens for Breakfast march attendees
9.00am Club open for Members and Ex-Service Personnel Only
12 Noon Rations & Jade Palace open for lunch
12 Noon Two Up Commences
1.00pm Club opens to visitors
4.00pm LIVE Music by Just Jammin' Duo
5.30pm Rations Dining and Jade Palace open for dinner

I.R. TODD, General Manager

RATIONS DINING

Rations the Destination dining scene at Kingsgrove RSL Club.

The relaxed, family friendly atmosphere, offering flavoursome food from a Seasonally changing WESTERN menu; from traditional classics like Steak and chips to more modern twist like Spaghetti Gamberi with the slightest hint of spice; the full menu include weekly specials, shared plates, salads, sides and kids meals.



OPENING HOURS

7 Days a Week
Daily – Lunch & Dinner
Monday – Sunday 12 noon –
8:30pm (closed Tue & Wed 2-5pm)

**Kingsgrove RSL members can enjoy a 15% discount on all food purchased at Rations Dining with a swipe of their membership card.*

KINGSGROVE RSL CLUB IS A PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE

WHAT'S ON AT CLUB CENTRAL HURSTVILLE

SHOWS ON SALE 表演门票正在发售

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

TRIBUTE SHOW 献礼演出



Courtesy Bus Available

SHOWTIME
Tribute to Tom Jones/John Farnham and Olivia Newton John

SUN 4 MAR 3.30PM
3月4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 综艺节目



Connect Hearing
Free Hearing Tests

Includes light morning tea

MORNING MELODIES
Featuring John Vickers and Lisa Cook

MON 19 MAR 10.45AM
3月19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 献礼演出



Courtesy Bus Available

SHOWTIME
Featuring Ross Maio and The ABBA Girls and Friends

SUN 8 APR 3.30PM
4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 综艺节目



Includes light morning tea

MORNING MELODIES
Featuring Seamus Earley and Craig Giles

MON 16 APR 10.45AM
4月16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.

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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.

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