



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for 50 Years.*

ISSUE 31



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 2019

A MESSAGE FROM THE CEO

Dear Readers,

We have had an exciting time over the past few months.

Firstly our anticipated wait for the results of our assessment and rating for our Hurstville Out of School Hours Care program, has resulted in a favourable outcome in that we have met all Quality areas. This is attributed to the hard work of our dedicated team at Hurstville OOSH. We are looking forward to a positive future ahead!

In March we celebrated International Women's Day with a High Tea which was very well attended at our Community Centre hall. Many women from the local community attended and contributed their stories with each other, of their struggles and their achievements to become strong, resilient women.

The highlights of the day were the stories contributed by our multicultural women that spoke of their journeys to resettle in a new land with new languages, customs and expectations. Listening to their experiences and struggles to get to where they are today inspired most of us as it was emotional as well as inspiring.

I salute all women who have gone through this journey and of similar journeys and who have come through it to become strong, resilient and giving of their time to volunteer in their local community setting.

Thank you to all our staff that worked tirelessly in making sure that the High Tea was so successful and looked scrumptious.

Our Mother's Day & Neighbourhood Centre Week Open day attracted hundreds walking through our doors requiring information on our services.

We have been able to sign up many who wish to be part of our activities across the range of programs we deliver.

Please call our number on 91507823 and ask to speak to our friendly staff if there is anything you wish us to assist you with.

Anne Farah-Hill

CEO

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



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UP & COMING EVENTS & DATES

<u>June</u>	<u>July</u>	<u>August</u>
19th: KCAC Strategic Planning Meeting.	8th: Vacation Care Starts.	10th: KCAC Staff Team Bonding.
26th: Information Session—Seniors Safety	22nd: Vacation Care ends.	29th: Mid Autumn Moon Festival at Marana Auditorium Hurstville.
:	24th: Xmas In July	

INTERNATIONAL WOMEN'S DAY 2019

Article from the St George Leader on March 6 2019:

International Women's Day was celebrated at Kingsgrove Community Aid Centre Inc. today with a high tea for some very special local women.

Four women who are regular supporters at the centre shared stories of their lives as mothers and workers.

Stephanie Cario spoke about raising her children as a single parent as best she could and how she dedicated her time to them and juggled running a business. Her children are now doctors and professors including Dr Cario from St George Hospital.

Irene Greer, who was a nurse spoke about working in that industry and caring for people. She is now a member of the Board of KCAC and has seen the centre grow from 50 people to hundreds over the years.

Najat Geha came to this country from Syria and now calls it her home and is proud to be an Australian. She didn't speak a word of English and taught herself the language. She ran a shop business with her husband and educated herself. She spoke about the importance of love and that the purpose of all women is to love. She loves the community centre and is very grateful to be a part of it.

Juliette Khoury came to Australia from Lebanon and has been a part of this centre for many years. She spoke about how she came to this country just for a holiday but then met her husband here and got married. She said how much she loves this country and how proud she is to be an Australian. She also spoke about how being a part of the centre's social group has helped her through the hard times and how it is like her second home.

Kingsgrove Community Aid Centre's chief executive Anne Farah Hill presented the ladies with certificates of appreciation and flowers before telling the story about the centre's Gurmeed Nelson and how she has been here from the beginning and has grown this centre with her. She spoke about how Gurmeed raised three boys as a single mum and how she has educated herself to achieve what she has today. Gurmeed was then presented with a surprise award from the management of KCAC.



INTERNATIONAL WOMEN'S DAY 2019



What a fantastic turn out we had on Wednesday 6th March for our International Women's Day High Tea @ KCAC. We would like to thank all who attended and who generously donated to the centre and the community work that we do.

A big thank you to those ladies who spoke on the day. Stephanie Cario, Irene Greer, Najat Geha and Juliette Khoury inspired us with their stories about what they have experienced in their lives, their careers as well as raising their families and about their love for this country. It was great to hear about all of their achievements as women.

There was an array of delicious finger foods provided on the day. Some were donated by clients and some were cooked and donated by the staff of KCAC.

We thank all who contributed to this amazing spread and for all their help on the day.



AUSTRALIA DAY 2019



Our CEO Anne Farah-Hill attended the seat of Banks Volunteer Awards ceremony presented by the Hon David Coleman Minister for Immigration citizenship and multicultural affairs. Also present was the Hon Ken Wyatt Minister for Aged Care.

Congratulations to our Volunteer Ms Julie Becher for her many hours of dedicated service to Kingsgrove community Aid centre.

Congratulations also to all other volunteers nominated for awards. Job well done.

ST PATRICKS DAY 2019

Leading up to St Patrick's Day, our groups enjoyed some green in their morning tea to mark the occasion. We hope everyone had a fabulous St Patrick's Day on Sunday March 17!!



Kingsgrove Community Aid Centre Inc embraces harmony. We promote a tolerant, respectful, inclusive, multicultural community for all.

HAPPY HARMONY DAY!

Australian Government

21 MARCH
HARMONY DAY

EVERYONE BELONGS
www.harmony.gov.au



The Hurstville OOSH kids celebrated Harmony Day on the 21 March wearing their orange colours with some art and craft, creating flags from the many nationalities that Australia is made up of.



This years theme of "everyone belongs" was a great way to teach the kids about inclusiveness and living in harmony together.

MACULAR DEGENERATION SEMINAR

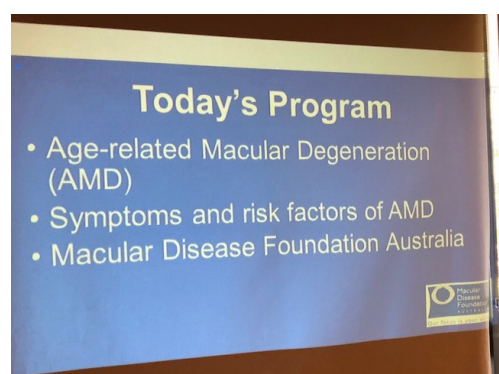


KCAC recently held a seminar about Macular Degeneration.

The Macular Disease Foundation Australia attended on the day to inform the attendees about this condition that can affect 1 in 7 people over the age of 50 and 1 in 3 people over the age of 80.

All who attended found the seminar very helpful and informative.

Thank you to MDFA for coming along to speak about this important issue.



FAREWELL MARITA FROM POPPY PLAYGROUP



On Wednesday 29 May we farewelled Marita Wilder-Mbeya who has been a facilitator of our POPPY playgroup for the past 2 years. Marita has done an amazing job with this group and she will be missed dearly by the team.

We wish her all the best in her future endeavours.

POPPY playgroup will still be running each Monday. If you would like to join this beneficial program, please call the centre on 91507823. or email admin@kcac.org.au

POPPY PLAYGROUP

PARENTS OPPORTUNITY TO PARTICIPATE IN PLAY WITH THEIR YOUNG
A FREE SUPPORTED PLAYGROUP FOR MOTHERS AND THEIR CHILDREN



POPPY is a FREE supported playgroup run by the Kingsgrove Community Aid Centre in partnership with Aftercare and supported by South Eastern Sydney Local Health District. It is lead by qualified facilitators and specifically for mothers who are experiencing emotional distress or mental health concerns.

Meet other mums, share your experiences, learn to have fun with your children in a safe and welcoming environment in the park.
A healthy morning tea is provided.

When: Mondays, 10.30am till 12.30 pm

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

For more information contact 91507823 or drop into the centre.
Mon – Fri 9am-4pm or Email us on: admin@kcac.org.au

KINGSGROVE COMMUNITY
AID CENTRE INC.



Health
South Eastern Sydney
Local Health District

Aftercare
Journeys to emotional wellbeing since 1971

EASTER CELEBRATIONS 2019

Easter was celebrated at KCAC the whole week leading up to the holiday. Our lucky seniors enjoyed yummy Easter eggs as a special treat along with their healthy morning tea at the colourfully decorated community centre, before being taken on their outings for the day.

Our groups love getting together every week. As well as catching up with friends it also improves their mental health



PARENTS LEARNING FIRST AID



Pictured above are a happy group of parents learning first aid in the comfort of the community centre.

The fully accredited First Aid course provided at KCAC gives parents the confidence to act in case of an emergency with their child or children in their care. The great thing about this course is that you can bring your children along and learn in a safe and welcoming environment.

We provide a delicious lunch which is included in the cost of \$75.

If you would like to book in for this course, call the centre on 9150 7823.



FIRST AID COURSE FOR PARENTS AT KINGSGROVE COMMUNITY AID CENTRE

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, refreshments are provided & babies are welcome to attend with their carer.

Course costs \$75 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, ph:9150 7823



MOTHER'S DAY MORNING TEA & NEIGHBOURHOOD CENTRE WEEK

The KCAC Mother's Day Morning Tea and Neighbourhood Centre Week sausage sizzle OPEN DAY was a great success on Wednesday the 8 May 2019. Members of the local community joined in with members from our regular groups for this happy occasion. Approximately 120 people attended on the day. We were entertained by The Weeklies, a band organised by Disability Services Australia who delighted us with their instruments and voices. KCAC would like to thank them for coming along to this event. Thanks goes to Mr Brian Gillet, who also entertained us with his wonderful music and singing which got people up out of their seats and dancing. A big thank you to those generous people who brought in cakes and treats to add to the array of scrumptious food on our buffet table. Thank you to the many volunteers who gave up their time to assist our staff on the day. From setting up to manning the information desk, serving the morning tea and lunch, manning the BBQ and cleaning up afterwards, this event ran so smoothly thanks to all your help and we couldn't have done it without you. KCAC would like to wish everybody a very happy Mother's Day for Sunday.





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

Bookings and cancellations are important! We must adhere to the strict child/staff ratio and regulations. Most importantly, I can't stress enough the significance of notifying OSHC if your child is not attending their booked session. Unfortunately, this adds to the complexity of the situation of staff having to activate the procedure to locate the child whereabouts, which is time consuming for staff, and most importantly for the safety and wellbeing of the child. Please adhere to the legal responsibilities of the service and provide staff with prior knowledge of your child's attendance and non-attendance .

Just a reminder parents if your child is going to be absent just send a SMS to Santina on 0407 659 766 . Thank you

Term 2 Program

- Week 1 – Welcome Back!**
- Week 2 – Mother's Day Activities**
- Week 3 – Nature Crafts**
- Week 4 –Sports Week**
- Week 5 – Creative Art**

- Week 6 – All Around the World**
- Week 7 – Sports week**
- Week 8 – Book week**
- Week 9 – Science week**
- Week 10 – Christmas in July**

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.
- Dear Parents,

Term 1 2019, began with lots of new Kindergarten children enrolled in our Before and After School Care service. Our educators were very busy programming craft ideas for the children through their interests including themes such as Chinese New Year, Valentine's day, St Patrick's Day Harmony Day, Easter, indoor outdoor games and 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, counting blocks and much more. Our children's choice recreational activities include playing schools, playing shops, musical chairs, musical statues, playing guitar, playing families, playing with train set, Lego and mobile construction. Our Homework Help program is now available on Monday, Tuesday and Wednesdays between 4 and 5pm. On Friday afternoons, 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. Outdoor activities include playing twister, creating an obstacle course using the balance beams in the playground and playing ballgames and interacting with friends.

On the 4th and 5th April, we had our Assessment and rating and the results show that we are Meeting in all 7 quality areas of the NQF.

Our Vacation Care Program ran from 15 to 29th April and included three public holidays. In the first week we included lots of Easter activities such as traditional Easter games and an egg hunt. There was also lots of fun craft and cooking activities. This was followed by 3 fantastic excursions in the second week. Our enrolments were high as this was a very successful program. We returned to Before & After School Care in term two to a full two weeks of Mother's day activities and followed by winter craft. 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 2 will be Friday 5 July 2019. We will open for Vacation care on Monday 8 July to Friday 22 July 2019 where we will be celebrating NAIDOC week and Christmas in July. The program will run for 2 weeks as well as Monday 22 July which is Pupil Free day and we will run vacation care on that day. Before and After School Care will resume as normal on Tuesday 23 July 2019.

Please look at our vacation care program to view the scheduled activities for the school holidays. Please complete a feed back form and add your email address to receive our quarterly newsletters.

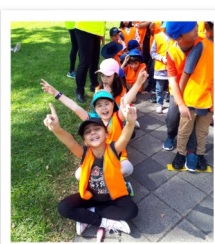
Katina Papadakis,

Hurstville OOSH Coordinator

Follow us on Instagram and Facebook.

Instagram search for: hurstville_oosh

Facebook search for: Kingsgrove Community Aid Centre Inc



KIDS CONNECTING AT HURSTVILLE HOOSH
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 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 8th July 2019 and will run until Monday 22nd July 2019.

Extra care for Pupil Free days now available at Hurstville OOSH.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

HURSTVILLE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP FOR APRIL 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: 8 to 12 JULY 2019 NAIDOC WEEK

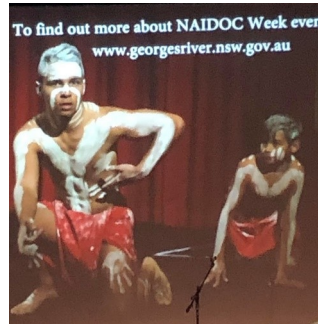
ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM. PARENTS PLEASE TAKE NOTE OF EXCURSION TIMES

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

Monday 8 July 2019		In Centre Day Come along and join us to Celebrate NAIDOC Week with an Arts and craft day. Make a digeridoo, nature art, rock painting, sand art, and lots more!		WHAT TO BRING Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Tuesday 9 July 2019		Excursion to Manhattan Superbowl Includes 1 game of bowling and lunch Arcade games tokens may be purchased at an extra cost Travelling by private bus Depart 9:00am Return 3:00pm Afternoon activity make a masterpiece out of plasticine		Please bring morning tea, water bottle and hat. Must wear closed shoes Lunch is included EXTRA COST \$25
Wednesday 10 July 2019		Excursion – Fox Studios Enjoy a nice day at the Movies at Fox studios, Moore Park Snacks will be provided Travelling by private bus Depart 9:00am Return 3:00pm Afternoon activity teddy bear picnic and make a nature collage.		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes EXTRA COST \$20
Thursday 11 July 2019		Treasure hunt and talent quest day Collect a map and follow the clues . Fastest team wins the prize Followed by singing and performing in a Karaoke and dance off challenge !		Please bring morning tea, lunch, water bottle and hat. Must wear closed shoes
Friday 12 July 2019		Excursion to the Power house Museum Enjoy a fun day at the Power House Museum Explore and learn at the power house Museum. Join in the activities including the exhibitions and the outdoor play ground. 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
Monday 15 July 2019		In Centre Day— Xmas in July craft and cooking day Start the day making delicious and yummy Xmas meals and treats This will be followed by lots of fun Xmas arts and craft activities Afternoon activity: join in lots of fun and games.		WHAT TO BRING Bring water bottle, hat, morning tea and lunch
Tuesday 16 July 2019		Excursion to Glow Crazy Party Centre 305 Princes Highway Carlton Includes air hockey, arcade games, Xbox, play station, table tennis, karaoke and disco! Travelling by private bus, Depart 9am return by 3pm		Bring water bottle, hat, Morning tea and lunch Extra Cost \$20
Wednesday 17 July 2019		Excursion to Caruso's Italian restaurant, for an Easter Pizza Party Make your own pizza organised by lifestyle catering. Everyone will make their own pizza to have for lunch and followed by our favourite games and activities organised by the restaurant. Travelling by private bus, Depart 9am return by 3pm		Bring water bottle, hat, morning tea Lunch is included Cost: \$25
Thursday 18 July 2017		History, Culture and environment day Come dressed in traditional clothes and learn about the History of the local community. Learn to cook traditional food and play traditional games Plant seeds in the garden to be ready for spring.		Bring water bottle, hat, morning tea and lunch
Friday 19 July 2017		Incursion at KCAC Magic Show Enjoy a fun day out with your friends including a 1 hour show with the famous Jean Paul Bell Location: KCAC - 30 Morgan Street, Kingsgrove Travelling by private bus, Depart 9am return by 3.30pm		Bring water bottle, hat, Morning tea Cost \$15 Lunch is included
Monday 22 July 2019		In centre day—Cubby house and movie day Come along and get comfy making a nice and cosy cubby house with your friends. Morning activity: cooking popcorn and pancakes You can come in your pyjamas, bring your own sleeping bag and tent or use the centres. Sit back, relax and watch a DVD movie of your choice or play your favourite game.		WHAT TO BRING Bring water bottle, hat, morning tea and lunch.

FUNCTIONS ATTENDED BY CEO OF KCAC

Our CEO Anne Farah-Hill was invited to attend the Iftar dinner at the Canterbury-Bankstown Council Mayoral Dinner with Mayor Karl Asfour and Councillor Nadia Saleh on Thursday 16 May 2019.



Our CEO Anne Farah-Hill attended Reconciliation Day event at Georges River Council on 25 May 2019. Reconciliation Day celebrates Aboriginal Australian culture and promotes cultural exchange and understanding.

UP & COMING EVENTS

Kingsgrove Community Aid Centre Inc, INFORMATION SESSION - SENIORS SAFETY



Invite a friend along and join us for an Information Session about Seniors Safety at KCAC on

Wednesday 26th June 2019

Time: 11.00am - 12.00pm.

Venue: 30 Morgan St, Kingsgrove.

A special guest speaker from the NSW Police Department will be joining us to share tips on how to stay safe in your own home and out in the community.

A light morning tea will be provided.

Bookings are essential.

For more information and to book your place, please call Ms Nelson on 9150 7823.



www.kcac.org.au

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



SERVICES @ KCAC

Kingsgrove Community Aid Centre Inc.

TAX HELP AVAILABLE HERE!



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

WOULD YOU LIKE ASSISTANCE WITH YOUR TAX RETURN?

WE HAVE A FREE SERVICE TO HELP YOU!

Commencing 22nd July 2019

Kingsgrove Community Aid Centre is providing TAX HELP from 22nd July till the end of September 2019 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, 9150 7823



myagedcare - www.myagedcare.gov.au

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



SERVICES @ KCAC

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



COMPUTER CLASSES

FOR SENIORS & NDIS PARTICIPANTS



Come and learn basic computer skills at the Kingsgrove Community Aid Centre and share a cuppa in a social & caring environment.

When: Tuesday's 12.30pm till 2.30pm.

Venue: Kingsgrove Community Aid Centre,
30 Morgan St Kingsgrove

Booking is Essential. Call us today! 91507823

For more information please contact Ms Nelson on
91507823 or Email us on: cbdc@kcac.org.au



www.kcac.org.au

Kingsgrove Community Aid Centre Inc
30 Morgan St Kingsgrove 2208 - 91507823



YOGA CLASSES

OPEN AGE GROUP



Chair Yoga classes for people Living In The St George Area.

Time: Every Thursday 11am till 12pm

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

Starting from Thursday 7th February 2019

Booking is Essential. A small fee is applicable.

For more information please contact Ms Nelson for on
91507823 or Email us on: cbdc@kcac.org.au



www.kcac.org.au

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



RECIPE OF THE MONTH

Butter Chicken

INGREDIENTS

1/2 cup Tamar Valley Greek Style Yoghurt
 2 garlic cloves, crushed
 3cm piece ginger, peeled, finely grated
 2 teaspoons ground cumin
 2 teaspoons ground coriander
 1 teaspoon garam masala
 1/4 teaspoon chilli powder
 600g chicken thigh fillets, trimmed, cut into 3cm pieces
 1 tablespoon vegetable oil
 20g butter
 1 brown onion, halved, thickly sliced
 410g can tomato puree
 1/2 cup Massel chicken style liquid stock
 1/2 cup thickened cream
 Basmati rice, to serve
 Coriander leaves, to serve

METHOD

Step 1: Place yoghurt, garlic, ginger, cumin, coriander, garam masala and chilli powder in a glass or ceramic dish. Add chicken. Stir to coat. Cover. Refrigerate for 2 hours.

Step 2: Heat oil and butter in a heavy-based saucepan over medium-high heat. Add onion. Cook, stirring occasionally, for 3 to 4 minutes or until softened. Add chicken mixture to pan. Cook, stirring, for 5 minutes or until chicken just starts to change colour. Add tomato puree and stock. Cover. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 10 minutes or until chicken is tender and mixture has thickened slightly.

Step 3: Stir in cream. Simmer for a further 5 minutes or until heated through. Serve with steamed rice and coriander leaves.



WHAT'S ON AT KINGSGROVE RSL

**Fathers
 • DAY •
 Breakfast**

**SUNDAY 1ST SEPTEMBER
 FROM 8.30AM**

.....

**ALL FATHERS WILL RECEIVE A FREE
 BREAKFAST AND COMPLIMENTARY MIDDY
 OF BEER**

Booking essential. Call club reception on 02 9336 1500 to make a booking.
 Adults \$17.50 | Children \$8.50 (12yr & under)

Kingsgrove
 RSL CLUB LTD

KCAC COMMUNITY ANNOUNCEMENTS



Kingsgrove Community Aid Centre would like to wish all those clients, born in March, April & May 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

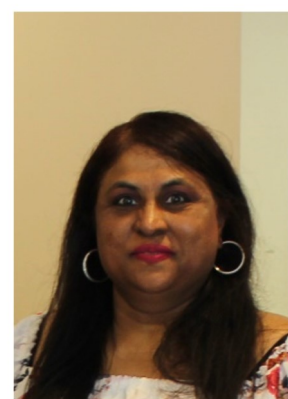
PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE INC.

A Big Happy Birthday to our staff members Diana, Gurmeed and Julie who all celebrated their birthdays' in April.

Lots of happy wishes to you from all of us at KCAC xoxo.



Diana



Gurmeed



Julie



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.

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