



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for over 50
Years.*

ISSUE 43

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
SEPTEMBER - NOVEMBER 2022**

A MESSAGE FROM THE CEO

Dear Readers and community Supporters.

We blink and its that time of the year again. What a wonderful, hectic, busy eventful year we had.

We came out of the COVID lockdown concentrating and treading very lightly on how we will resume back with all our activities that you all love at the community centre.

We quickly had to ensure the safety of our clientele and staff so we commenced with our COVID Safety and Business resumption policy and procedures plan. Once this was done, we slowly returned all your favourite services back as well as implement and establish new ones.

Our community centre also received new enhancement to its building with the erection of security shutters and the concreted pavements making it easy for mums with prams and those on wheelchairs to access the rooms at the rear of the centres.

We met our new Local Area Ward Councillors and are grateful for the support of Georges River Councillor Colleen Symington and Mayor Nick Katris for their ongoing support to our community initiatives.

Our Annual General meeting was held in November attracting the attendance of many of our members who witnessed the launch of our new KCAC website and Disability arts project which was conducted by our Guest Speaker Wallangari Kartanundra. This Year our theme focused on acknowledging our Indigenous First Nations people and to highlight the wonderful contributions they make to our great land and supporting their indigenous voice.

Our governing Board continues to work on its responsibilities to ensure that we are updated with all the challenges of the reforms that is currently taking place in the Aged Care Sector. We are continually bombarded with information and reporting requests which is always adhered to promptly in order that we

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



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UP & COMING EVENTS & DATES

<u>December</u>	<u>January</u>	<u>February</u>
7th: Combined Seniors & Disability Christmas Party.	2nd: Vacation Care commences at Hurstville OOSH	1st: Chinese New Year
9th: Playgroup Christmas Party.	16h: Head office opens	14th: Valentines Day
23rd: Head Office Closes	26th: Australia Day	22nd: National Pancake Day
	30th: Vacation Care Ends	

remain viable and compliant.

The work of our dedicated staff has made this organisation a centre for improved health & wellness for all those seniors and people with disabilities that attend our activities. We continue to excel supporting seniors and people with disabilities to find a safe haven meeting place where they can meet and forge friendship's as well as find support for their individual care needs.

We are grateful to our local government representatives the Hon Chris Mins Leader of the opposition and member for Kogarah for his ongoing support to our organisation and to The Hon Mark Coure Member for Oatley for his recognition of our work and for the donation to purchase our much-needed coffee machine to support our KCAC community.

Our work and effort to extend our supervision to the many BA of Social work Students has been a success with as many as 10 students completing their placements at KCAC from the varying universities across NSW.

I wish to take this opportunity to thank our many partners and supporters this year especially the State and Federal government for their continuation of Funding for our TEIP program and for the CHSP Program. Also, to Earlwood Bardwell Park RSL and to the Big Sister Foundation for their financial support towards our POPPY playgroup and towards our fundraising efforts to purchase our second bus which will be used for our growing Seniors and Disability recreational programs.

Als our gratitude to Georges River Council for the support with our venue.

Thank you to all our Volunteers and to our Clients and Consumers and participants.

Without your support and patronage, we would not be able to achieve what we set out to do.

My team and I are looking forward to a welcomed end of the year break.

Our Centre will be closed from the 23rd December 2022 reopens back on the 10th Of January with our Vacation care program at Hurstville Public School.

On that note I wish you all a Very Merry Christmas and a happy and safe new year.

Anne Farah-Hill, OAM
 CEO of KCAC



VISIT FROM THE MAYOR AND COUNCILLOR OF GRC



It was wonderful to have hosted a visit to our community centre by Mayor Nick Katris and Councillor Colleen Symington from George's River Council on the 3rd September 2022.

It was a fruitful visit that will benefit the constituent of our local area.

Thank you both for your visit and your support to our work.

POPPY PLAYGROUP NEWS

In POPPY Playgroup during spring, we explored nature to create some beautiful art works! Exploring textures and colours found in nature allowed us to promote a sensory experience and boost creativity.

"The highlight of this seasons POPPY session included music and craft! We had a lovely music therapist join us who inspired us to sing and dance. There was also a fun craft activity to encourage the children to learn about their facial features while also stimulating their fine motor skills. There was also finger painting and exploring what's under the sea!

If you have any questions or would like more information, please call 0421 762 399 or email poppyplaygroup@kcac.org.au on Mondays between 9-5."



MID AUTUMN MOON FESTIVAL 2022



On the 9th September, the Chinese Grandparents Support Group celebrated the Mid Autumn Moon Festival. There was an array of yummy food and the traditional moon cakes for lunch. KCAC wishes our Chinese community a happy moon festival!



SPRING TIME TRIPS FOR THE SENIORS GROUPS



On Tuesday the 13th September the KCAC seniors enjoyed an excursion on a beautiful sunny day.



On Wednesday 22nd September, the Arabic Seniors group went to beautiful Bowral to see the colourful display of tulips at the annual tulip festival.



Tuesday 27th September, the seniors went to Mt. Annan for their excursion and Cross Roads at Preston's for lunch. These combined outings have been a great way to meet the members from the other groups that would normally not meet. They have made new friends while enjoying the new scenery.



On the 24th September, there was another combined seniors excursion to Bowral to see the tulip festival.



SPRING TIME TRIPS FOR THE SENIORS GROUPS



On the 25th October, the seniors attended a long day trip to the beautiful town of Berry, where they enjoyed shopping and a delicious lunch together.



On the 18th October, the seniors enjoyed an excursion to Camellia Gardens. Thankfully the rain held off and turned out to be a wonderful day out.

DIWALI CELEBRATED AT KCAC



KCAC celebrated Diwali on the 25th October 2022. This festival is an important day in the calendar of a number of our staff and clients. Happy Diwali everyone

ABLE & LOVING IT, SPRING DISABILITY ACTIVITIES



On Wednesday 7th and 14th September, the KCAC "Able & loving it" disability group created some vinyl bags and pouches. The vinyl was kindly donated to KCAC by Matt, Carrie and Denise from the Department of the Interior in Kingsgrove. We would like to thank them for the generous donation. The participants really enjoyed creating their bags.

On the 14th, we also celebrated the birthdays of Peter, Frank and Melissa. Happy birthday to you all and we wish you all the very best!

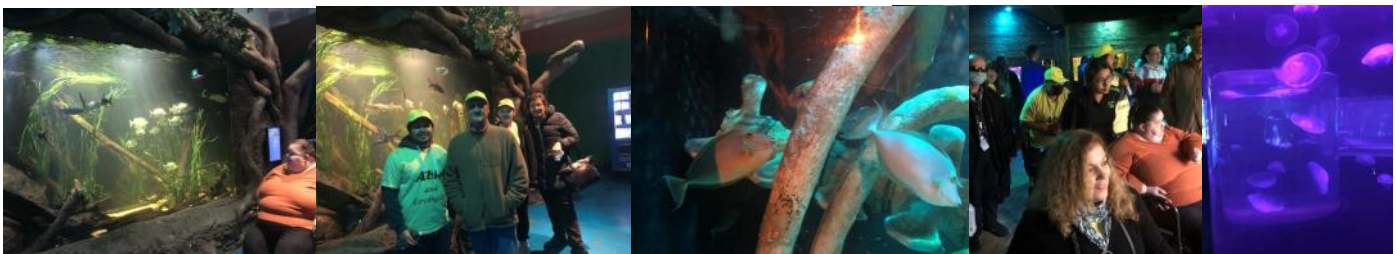
It was also the last day for our wonderful student Norman, who has been doing his placement with us. Norman has gone above and beyond in his work placement and we wish him the very best in his future endeavors. We will miss him at KCAC.



On Wednesday 21st September, the KCAC disability group activity was Paint & Sip. They enjoyed sipping on some non alcoholic apple and pear drinks while they painted cherry blossoms. They have come such a long way. We are so proud of their amazing work. Well done everyone.



On the 28th September, the KCAC "Able & loving it" disability group, enjoyed a music therapy session with our special guest music therapist, Belinda. Lunch was penne bolognaise, garlic bread and salad. The group loved every minute of the day. This activity was made possible through the Bayside Clubs Grants & the generosity of Kingsgrove RSL & EBP RSL Clubs.



On the 5th October, the KCAC "Able and Loving it" disability group, went on an excursion to the Sea Life Sydney Aquarium. They absolutely loved the experience and had the best day. We then had lunch at Helm Bar before heading back to the centre. A big thank you to Rob, our bus driver for the day from St George Community Transport for getting us there and back safely.

ABLE & LOVING IT, SPRING DISABILITY ACTIVITIES



On the 19th October, the KCAC "Able & loving it" disability group, celebrated Oktoberfest at the EQ Sydney. They enjoyed browsing through the local markets, some live music and a yummy German lunch at the Bavarian, which of course included pretzels and beer!! We also celebrated the birthday of our participant, Leslie for the month of October. Thankfully it was a glorious day with the perfect weather for an excursion.



The disability group enjoyed a Halloween themed day on the 26th October. There was spooky music, art and craft, where they made their own masks while sipping on lemonade spiders. The food table was covered in spooky treats and cobwebs. The pumpkins were everywhere, from the crème cheese to the dumplings and even the cupcakes. The mummified cupcakes were to die for and the almond fingers were as delicious as they were creepy. Mark Couré MP, popped in to say hello to the group too. All the participants had a fun day. A big thank you to the staff and students who helped out with everything on the day.

ABLE & LOVING IT, SPRING DISABILITY ACTIVITIES



On Wednesday 9 November, the KCAC Able and loving it disability group celebrated Diwali with a Bollywood dress up, music and dancing day as well as painting their own Diyas (tea light candles) The participants also enjoyed a delicious curry and rice for lunch and some fresh fruit.



On Wednesday 16 November, the KCAC Able & Loving It disability group, participated in some bottle cap art. These art activities assist with improving their fine motor skills, which is a goal for most of them. They also enjoyed a healthy and delicious lunch of lentil rice, cabbage salad, hummus and a banana smoothie.



Wednesday 30 November, the KCAC Able & loving it disability group, created their own Christmas wreaths using paper plates, leaves, pine cones and gum nuts that had been painted red and gold. They turned out pretty spectacular and they really enjoyed this activity. Morning tea was pancakes, and lunch was chicken and salad rolls with hot chips.



INTERNATIONAL DAY OF PEOPLE WITH DISABILITY & 56TH AGM

On the 2nd November 2022, we celebrated International Day of People with Disability (which falls on the 3rd November 2022) & we also held the 56th Annual General Meeting for the 2021-2022 financial year.

We had our very special guest Kris's Feathered Friends entertain us with her educational and colourful presentation about her beautiful birds and fluffy bunny. Krissy delighted the group with her fantastic personality and the birds stole the show with their gorgeous characters and colours. Kris's Feathered Friends is sponsored by Southern Cross Funeral Directors, and we would like to thank the director, Matthew Kwoka, for their sponsorship of this show for us. We hope to see you again next year!

Opening up our AGM with a Welcome to Country, we had special guest Colin Walagari Karntawarra of the Arrernte, Luritja, Warlpiri, Yankunytjatjara, Pintubi, Anmatjerre and Alyawarre peoples of the Central and Western Desert. Colin is an Australian Aboriginal Artist and Aboriginal Elder from Alice Springs. After the formalities of the meeting, Walangari launched the artwork which was created by the KCAC "Able & Loving It" Disability participants, their carers and the KCAC staff. This artwork was done during NAIDOC Week and represents the participants interpretation of Aboriginal art created on boomerangs and small canvases interpreting Australian land, plants and animals. We are very proud of their work and this artwork will be displayed on the community centre walls.

The new KCAC website was also launched formally also on the day, and after cutting the cake, all enjoyed some refreshments.

Thank you also goes to the Mayor of Georges River Council, Mr. Nick Katris and Councillor Colleen Symington, for attending and also Mr. Brian Langton, representing Mr Chris Minns MP, Leader of the Opposition, for joining us on the day.



ABLE & LOVING IT DISABILITY PROGRAMME 2023

2023 NDIS Planning Calendar

January

HAPPY NEW YEAR!!	
CENTRE CLOSED	
18	Welcome Back for 2023 NEW YEAR CELEBRATION
25	AUSTRALIA DAY CELEBRATION Australia Day art lamingtons morning tea, meat pies for lunch
25	Steering Committee Meeting Disability Group @ 2.30pm

April

AMAZING APRIL	
EASTER & ANZAC MONTH	
5	Decorating Arrowroot biscuits with Easter icing.
12	Easter Origami Craft Day Making animals
19	Anzac Craft, Making Poppy's & Make Anzac cookie dough biscuits
26	Excursion Visit the grounds of Alexandria for lunch

July

NAIDOC WEEK MONTH	
5	Aboriginal Dance classes Aboriginal scratch board art
12	Art Activity Stained glass art and craft
19	Movies at Event Cinema Hurstville Lunch at Westfield Food Court
26	Christmas in July Baked veggies & roast lunch Dress Christmassy

October

OUTGOING OCTOBER	
4	International Music Day Combined groups - Special guest
11	World Mental Health Day Information Session Yoga and relaxation special guest
18	Cooking Day Pie making activity - apple pies
25	Excursion St George Leagues Club for lunch
1	Steering Committee Meeting Disability Group @ 2.30pm

February

FEBRUARY FUN MONTH	
1	Chinese New Year Paper craft, make a Chinese paper lantern.
8	Excursion Picnic at Carrs Park
15	Valentine's Day, make paper flowers with tissue paper and pipe cleaners.
22	National Pancake Day Pancakes for lunch

May

MAGIC MAY	
3	Cooking Day Calzone Making
10	Mother's Day craft with Georgia
17	May Movie Day at the Centre At the Centre - Zootopia
24	Tie Dye Day Bring a white T-shirt or Canvas bag to dye
31	Excursion Ashfield RSL Buffet Lunch

August

ACTIVE AUGUST	
2	Boxing & Stretching day with Nikki plus Information session
9	Music Therapy Day with Belinda
16	Excursion - 10 Pin Bowling Zone Bowling Sylvania
23	Healthy Cooking Day Making Rice paper rolls
30	Father's Day Craft Make 3D Father's Day cards

November

NATURE NOVEMBER	
1	Art & Craft Day Sand art & Sausage Sizzle
8	Make your own nature wreath Collect hardy dry items to use
15	November for mens mental health- Make your own Mo
22	Excursion St George Motor Boat Club for lunch
29	International Day of People with Disability - Animal Farm

March

1	March Movie Day New Pinocchio
8	International Women's Day Big combined celebration
15	St Patrick's Day art and dress up
22	Harmony Day Multicultural food and dress day Bring a plate and dress traditional
29	Excursion Oatley Park Picnic

June

JAM PACKED JUNE	
7	Queen's Birthday High Tea Dress up & craft Sandwiches and finger food
14	Colouring Day Colour some tricky patterns
21	Game Day - Play giant Jenga Indoor Bocce
28	Footy Jersey Day Wear your favorite team jersey or colors. Footy trivia. Meat Pies for lunch
28	Excursion Lunch at Canterbury Leagues Club

September

SPRING SEPTEMBER	
6	Sushi Making Day Eat own Sushi For lunch
13	Spring Garden Day Plant herbs into outside garden beds Fish and chips for lunch
20	Excursion to St George 16-foot sailing club for lunch
27	Octoberfest Activity Making your own pretzel

December

DELIGHTFUL DECEMBER	
6	Christmas Movie Day - Home Alone Make chocolate pudding in a mug
13	Combined Christmas Party Day
20	NO GROUP TILL JAN 2024

HEALTHY RECIPES TO COOK AT HOME

Rosemary Roasted Turkey

INGREDIENTS

- ¾ cup Olive Oil
- 3 tablespoons Garlic (minced)
- 2 tablespoons Fresh Rosemary (chopped)
- 1 tablespoon Fresh Basil (chopped)
- 1 tablespoon Italian Seasoning
- 1 teaspoon Black Pepper (ground), add Salt
- 1 Whole Turkey

Serves: 16 **Time to make:** 25 mins **Cook:** 4hrs



INSTRUCTIONS

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a small bowl, mix the olive oil, garlic, rosemary, basil, Italian seasoning, black pepper and salt. Set aside.
3. Wash the turkey inside and out; pat dry. Remove any large fat deposits. Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin. Work it loose to the end of the drumstick, being careful not to tear the skin.
4. Using your hand, spread a generous amount of the rosemary mixture under the breast skin and down the thigh and leg. Rub the remainder of the rosemary mixture over the outside of the breast. Use toothpicks to seal skin over any exposed breast meat.
5. Place the turkey on a rack in a roasting pan. Add about 1/4 inch of water to the bottom of the pan. Roast in the preheated oven 3 to 4 hours, or until the internal temperature of the bird reaches 180 degrees F (80 degrees C).

THE RECIPE ABOVE IS FROM THE ALKALINE RECIPE BOOK.

THE RECIPE BELOW IS THANKS TO ONE OF OUR SENIOR SOCIAL SUPPORT GROUP CLIENTS.

Apple and Sour Cream Slice

INGREDIENTS

- 125g butter
- 1 packet plain cake mix
- 1/2 cup coconut
- 1 can pie apples
- 1 carton sour cream
- 1 egg

INSTRUCTIONS

Melt butter & mix together with cake mix & coconut. Put into lamington cake tin and bake for 10 mins at 180°. Allow to cool.

Spread can of apples onto base. Mix together sour cream & egg.

Pour over the apple and cook for 20-25mins at 180°.

Sprinkle with cinnamon sugar and allow to cool in tray before slicing.

(I prefer to refrigerate before slicing.)



HURSTVILLE VACATION CARE PROGRAM

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



KINGSGROVE COMMUNITY
AID CENTRE INC.

HURSTVILLE OUT OF SCHOOL HOURS CARE
VACATION CARE PROGRAMME:
Hurstville Public School, Forest Rd Hurstville
Opening hours: Monday to Friday 7am to 6pm

FOR EXCURSIONS AND IN CENTRE DAYS, PLEASE
BRING SUN HAT, COMFY SHOES & A PACKED
LUNCH UNLESS OTHERWISE STATED ON THE
PROGRAM.

VACATION CARE FEE IS \$50 PER DAY

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

Date	Week One 2 - 6 JANUARY 2023	Cost
Monday 2 January	CENTRE CLOSED NEW YEARS DAY PUBLIC HOLIDAY	N/A
Tuesday 3 January	IN CENTRE DAY - NATURE WALK AND NATURE ART GET CREATIVE AND MAKE MASTERPIECE USING RESOURCES FROM YOUR ENVIRONMENT INCLUDING RECYCLED AND NATURAL MATERIAL	\$50 Bring Water bottle, Morning tea & lunch
Wednesday 4 January	EXCURSION DAY - WILDLIFE ADVENTURES WITH KYM THE REPTILE MAN COME ALONG AND SPEND THE DAY MEETING AND LEARNING ABOUT LIZARDS, FROGS AND OTHER AUSTRALIAN NATIVE ANIMALS.	\$65 Bring Water bottle, Morning tea & lunch
Thursday 5 January	IN CENTRE DAY - MARKET DAY SET UP STALLS & BUY AND SELL YOUR STALL ITEMS USING SPECIAL VACATION CARE MONEY. THE CHILDREN HAVE THE OPPORTUNITY TO DEVELOP THEIR SOCIAL SKILLS & MATH SKILLS. MORNING TEA IS INCLUDED.	\$55 Bring Water bottle, & lunch Morning tea is included
Friday 6 January	EXCURSION DAY - EXCURSION TO GLOW CRAZY INDOOR PARTY CENTRE KARAOKE, MUSICAL GAMES, ELECTRONIC GAMES, AIR HOCHEY TABLE TENNIS AND A SLUSHY INCLUDES TRANSPORT BY PRIVATE BUS DEPART 9AM RETURN BY 3PM	\$80 Bring Water bottle, Morning tea & lunch
Date	Week Two 9 -13 JANUARY 2023	Cost
Monday 9 January	IN CENTRE DAY - LEGO DAY LEGO MASTERS CONSTRUCT A CREATIVE MASTERPIECE FROM LEGO BLOCKS PRIZES FOR THE MOST CREATIVE WORK	\$50 Bring Water bottle, Morning tea & lunch
Tuesday 10 January	EXCURSION DAY - MOVIES AT ENTERTAINMENT QUARTER INCLUDES SNACKS TRANSPORT BY PRIVATE BUS DEPART 9AM RETURN BY 3PM	\$80 Bring Water bottle, Morning tea & lunch
Wednesday 11 January	IN CENTRE DAY - ORIGAMI AND SCRAP BOOKING DAY CHILDREN WILL HAVE THE OPPORTUNITY TO DEVELOP THEIR CREATIVE AND FINE MOTOR SKILLS	\$50 Bring Water bottle, Morning tea & lunch
Thursday 12 January	PAINTING ON CANVAS DAY THE CHILDREN WILL GET CREATIVE AND LEARN HOW TO MIX AND MAKE NEW COLOURS WHILE PAINTING A MASTER PIECE. THEY WILL HAVE THE OPPORTUNITY TO USE THEIR IMAGINATION AND DEVELOP THEIR CREATIVE AND FINE MOTOR SKILLS.	\$55 Bring Water bottle, Morning tea & lunch
Friday 13 January	IN CENTRE DAY - FRIDAY 13TH FACE PAINTING, HAUNTED HOUSE AND TREASURE HUNT. A DAY OF FUN ADVENTURES. THE CHILDREN WILL HAVE THE OPPORTUNITY TO DEVELOP THEIR SOCIAL SKILLS AND TEAM WORK	\$50 Bring Water bottle, Morning tea & lunch

HURSTVILLE VACATION CARE PROGRAM

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



HURSTVILLE OUT OF SCHOOL HOURS CARE VACATION CARE PROGRAMME:

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BRING SUN HAT, COMFY SHOES & A PACKED
LUNCH UNLESS OTHERWISE STATED ON THE
PROGRAM.

VACATION CARE FEE IS \$50 PER DAY

PLEASE CONTACT KATINA

on 0418 481 358 OR
HEAD OFFICE ON
9150 7823

Date	Week Three 16 - 20 January 2023	Cost
Monday 16 January	SCIENCE DAY HAVE A FUN DAY DOING SCIENCE EXPERIMENTS INCLUDE MAKING SLIME, PLAY DOUGH, VOLCANO AND MARBLE ART	\$50 Bring Water bottle, Morning tea & lunch
Tuesday 17 January	IN CENTRE DAY - COOKING DAY MAKE PANCAKES FOR MORNING TEA AND FRUITSALAD FOR AFTERNOON TEA THE CHILDREN WILL HAVE THE OPPORTUNITY TO LEARN SOME BASIC COOKING SKILLS	\$50 Bring Water bottle, Morning tea & lunch
Wednesday 18 January	EXCURSION DAY - EXCURSION TO GLOW CRAZY INDOOR PARTY CENTRE KARAOKE, MUSICAL GAMES, ELECTONIC GAMES, AIR HOCHEY TABLE TENNIS AND A SLUSHY INCLUDES TRANSPORT BY PRIVATE BUS DEPART 9AM RETURN BY 3PM	\$80 Bring Water bottle, Morning tea & lunch
Thursday 19 January	INCURSION DAY - WATER GAMES INCURSION HAVE A FUN DAY PLAYING WATER GAMES INCLUDING RELAYS, TAG AND WATER BALLOON GAMES BRING CHANGE OF CLOTHING	\$65 Bring Water bottle, Morning tea & lunch
Friday 20 January	IN CENTRE DAY TYE DYING ACTIVITY BRING WHITE SOCKS, PILLOW CASE OR T-SHIRT	\$50 Bring Water bottle, Morning tea & lunch
Date	Week Four 23 – 27 January 2023	Cost
Monday 23 January	IN CENTRE DAY CRAFT AND GAMES DAY PAINT ON PLASTA, BEADING, ROCK PAINTING AFTERNOON ACTIVITY: BINGO CHALLENGE	\$50 Bring Water bottle, Morning tea & lunch
Tuesday 24 January	EXCURSION DAY FUNHOUSE ADVENTURE INDOOR PLAY CENTRE - 35 BARRY AVENUE MORTDALE INCLUDES TRANSPORT BY PRIVATE BUS DEPART 9AM RETURN BY 3PM	\$80 Bring Water bottle, Morning tea & lunch
Wednesday 25 January	INCURSION DAY - LASER TAG AND WATER GAMES LASER TAG WARRIORS' GAMES ARE TEAM SPORTING ACTIVITIES AND INVOLVE A WIDE RANGE OF SKILLS AND TEAM DEVELOPMENT, AS THEY WORK ON DEVELOPING CHILDREN'S MOBILITY SKILLS, TEAM WORK AND HAND EYE COORDINATION.	\$65 Bring Water bottle, Morning tea & lunch
Thursday 26 January	CENTRE CLOSED AUSTRALIA DAY PUBLIC HOLIDAY	N/A
Friday 27 January	IN CENTRE DAY - PARTY DAY. PARTY GAMES, PINATA, KARAOKE AND DISCO! INCLUDES PARTY FOOD	\$50 Bring Water bottle, Morning tea & lunch
Monday 30 January	ELECTRONICS AND GAMES DAY BRING YOUR FAVOURITE GAME TO PLAY. ELECTRONICS OR BOARD GAME. ALL ITEMS MUST BE CLEARLY LABELLED AFTERNOON ACTIVITY: MAKE A SPECIAL TREAT TO EAT FOR AFTERNOON TEA	\$50 Bring Water bottle, Morning tea & lunch

KINGSGROVE COMMUNITY COFFEE CLUB



Our Kingsgrove Community Coffee Club was finally up and running in November, with our new coffee machine, which makes freshly ground coffee for an affordable price at \$2.00 a cup for Community Centre Members. If you're not a member yet, why not come along to your local community centre and share a cuppa and a chat with us!

A shout out to Di Pacci Coffee Company Roselands, for this great coffee machine and coffee cart. If you're looking to buy a coffee machine, big or small, they will have everything you need. Look them up at Dipacci.com.au

HAPPY 89TH BIRTHDAY FRANK!



Happy birthday to Frank from our Italian Social Support Group!! We hope you had a wonderful birthday and wish you many more to come.

HAPPY 100TH BIRTHDAY OLYMPIA

On the 26th October 2022, we celebrated the 100th birthday of Olympia Sleiman, who has been a part of our Arabic seniors group for many years.

Olympia was very happy today celebrating her special milestone with all her friends and family members at the community centre. Thank you to the dedicated and caring staff, volunteers and students of KCAC that made her day so special, organising the cake, balloons and food. Thanks also to the Hon Mark Coure, Minister for Multiculturalism and Minister for Seniors, for attending and presenting Olympia with flowers and a certificate. She was very pleased and happy with how her day transpired.

We wish her many more years of happiness and great health ahead. The local media was also present and we thank the St George Leader and the Futures Arabic paper.



EXCURSION TO THE GROUNDS OF ALEXANDRIA

The Friday Seniors social support group, enjoyed an excursion to the Grounds of Alexandria on the 11 November. They loved the Christmas displays and lunch. They all had a really great day.



UP & COMING EVENTS

You are invited to the KCAC Combined Groups **CHRISTMAS LUNCH**

Wednesday 7th December 2022

10:30am till 02:00pm

DOLTONE HOUSE

223 Belgrave Esplanade,
Sylvania Waters

3 Course Christmas Banquet
Menu Lunch, including soft
drinks, tea & coffee as well as
entertainment.

Cost: \$45

Please pay by 25 November 2022
to secure your place.



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



SUPPORTED PLAYGROUPS AT KCAC



Friday playgroup has the best time each week!! Story time with Rachel is very popular. The group is also loving the new walkway outside that makes it safer and more accessible for them. Thank you [Georges River Council](#) for installing this walkway.


 KINGSGROVE COMMUNITY AID CENTRE INC.

Kingsgrove Community Aid Centre Inc. PLAYGROUP CHRISTMAS PARTY

Date: Friday 9th December 2022 Venue: 30 Morgan St Kingsgrove

Time: 10.30am till 1.30pm Cost: \$5 & Please bring a small plate to share.

RSVP: Rachel 0449 556 138 or family&childrenservices@kcac.org.au

Last day for 2022 is the 9th December. First Day back for 2023 is the 3rd February.

If you feel you are not coping with the world you are welcome here 欢迎 dobrodošć أهلا بك

poppy PlayGroup

A FREE SUPPORTED PLAYGROUP FOR MOTHERS AND THEIR CHILDREN

POPPY Playgroup is a playgroup run by the Kingsgrove Community Aid Center in partnership with South Eastern Sydney Local Health District. POPPY aims to specifically engage mothers who are experiencing emotional distress, mental health challenges, or have a diagnosed mental illness. The playgroup is open to all mothers from all areas, however, priority is given to those residing in the St George area.

When: Mondays from 10am till 12pm
Where: Kingsgrove Community Aid Center, 30 Morgan St, Kingsgrove
Email us: Poppyplaygroup@kcac.org.au

This program is partially funded by the Big Sister Foundation & Department of Communities Justice


 KINGSGROVE COMMUNITY AID CENTRE INC.

This program is supported by Department of Communities and Justice and the big Sister Foundation

You are cordially invited to the

POPPY PLAYGROUP

End Of Year Cenebration

When: 19 December, 2022
Monday at 10:00am

Where: 30 Morgan St, Kingsgrove
Kingsgrove Community Aid Centre

Come join us to honor the end of another wonderful year. Together we will enjoy delicious refreshments and fun activities!

ABLE & LOVING IT DISABILITY SUPPORT SERVICES

KCAC INC. DISABILITY SUPPORT SERVICES

SOCIAL PARTICIPATION, EXCURSIONS & THERAPEUTIC SUPPORT (PODIATRY).

We are Able and loving it!



REGISTERED
NDIS
PROVIDER

Up and coming special events & activities for the KCAC "Able & Loving It" disability program for 2022:

6th JULY: NAIDOC Week (featuring Aboriginal dancers)

17th AUGUST: African Drumming Day (interactive sessions)

2nd NOVEMBER: International Day of People with Disability (featuring Kriss's Feathered Friends)

↻ Reduce isolation ↻ Engage with your community ↻ Meet new people ↻ Learn new skills

Receive a complimentary "Able & Loving It" T-Shirt & hat when you register for our weekly program.

KCAC INC. provides weekly fun, interactive, educational, active and creative social activities in a fully accessible, modern facility, with plenty of parking and surrounded by beautiful parklands.

Come along and enjoy various art & craft, cooking lessons, computer classes, music & dancing, excursions to places of interest, community events, information sessions or home visit podiatry services.

When: Wednesday's Weekly (Social Activities) 10.30am - 2.30pm

Monday-Friday Weekly (In home Podiatry Services) by appointment only.

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

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

For more information or to join, please contact 91507823 or email on: disabilityservices@kcac.org.au or rose@kcac.org.au

"It does not matter who you are or where you come from. The friendship of others and being part of a community is tonic to the soul and health, to the bones."



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

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



SENIORS GENTLE EXERCISE CLASSES

GENTLE EXERCISE CLASSES

FOR SENIORS OVER 65 PROVIDED BY KCAC INC.



Great News!
We have a new
instructor!

Come and meet Nikki,
who will be guiding you
in these classes starting
21st April 2022.



Come along and meet our new instructor, Nikki starting 21st April 2022.

Provided over 2 sessions every Thursday.

Session 1: 9.30am till 10.30am

Session 2: 10.30am till 11.30am

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

Booking is Essential. Subsidised contribution is applicable.

Please bring your own water bottle and face towel.

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

This program is provided under the Commonwealth Home Support Program (CHSP). KCAC Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



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KCAC INC. SERVICES

FIRST AID COURSE

FOR PARENTS AT KINGSGROVE COMMUNITY AID CENTRE INC



Kingsgrove Community Aid Centre runs 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

This program is funded by the Department of Family & Community Services TEIP program.



www.kcac.org.au

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



FRIDAY PLAYGROUP

SUPPORTED BY THE KINGSGROVE COMMUNITY AID CENTRE



Come and join our Friday Supported Playgroup here at the Kingsgrove Community Aid Centre.

Learn to play, do craft, sing, meet new people and have fun in a friendly and safe environment.

This playgroup is for children under 2 years old.

When: Friday's 10.30am to 12pm.

Where: 30 Morgan St Kingsgrove.

For more information please contact Rachel on 9150 7823.

This program is funded by the Department of Family & Community Services TEIP program.



www.kcac.org.au

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



SOCIAL SUPPORT GROUPS

FOR SENIORS 65 & OVER
PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC



Join one of our Seniors Social Support Groups for people 65 & over. Enjoy morning tea with friends, bus outings & excursions to places of interest and much more.

When: Tuesday's, Wednesday's & Thursday's between 9am & 4pm.

Where: Pick up from & returned to your home

Registration through My Aged Care is essential.

Call them on 1800 200 422. We can help you with this.

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

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



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ALLIED HEALTH PODIATRY

TOENAIL CUTTING SERVICES FOR SENIORS



Kingsgrove Community Aid Centre offers a subsidised Podiatry Service to people who are Frail Aged over the age of 65 or younger disabled living in the St George area and parts of the Canterbury area.

The Domiciliary Podiatry is available on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm

The Centre Based Clinic is offered on Wednesday's between 12.30pm and 2.45pm at the Kingsgrove Community Aid Centre, 30 Morgan Street, Kingsgrove.

Appointments are essential and can be made by phoning the Centre on (02) 9150 – 7823 Mon – Thurs 9am-4pm

Registration through My Aged Care is essential. We can help you with this.

FEES: Fees are applicable. Please call the Kingsgrove Community Aid Centre on 91507823 for fees and charges.

For More Information please don't hesitate to contact us on the above number or Email us on: admin@kcac.org.au

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc. uses person centred care as well as wellness and reablement approaches to deliver support to older people.



www.kcac.org.au

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



KCAC MENTAL HEALTH SUPPORT FOR STRUGGLING MUMS

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 Stride and supported by South Eastern Sydney Local Health District. It is led by qualified facilitators and specifically for mothers who are experiencing emotional distress or mental health challenges. The playgroup is open to mothers from all areas, however priority is given to those residing in the St George area.

Meet other mums, share your experiences, learn to have fun with your children in a safe and welcoming environment.

A healthy morning tea is provided.

Mondays, 10am till 12pm at 30 Morgan St Kingsgrove.

For more information contact 9150 7823 or drop into the centre.

Mon – Fri 9am-4pm or Email us on: poppyplaygroup@kcac.org.au

This program is funded by the Department of Family & Community Services TEI program.

If you feel you are not coping with the world you are
 welcome here • 欢迎 • dobrodošli • أهلا بك

STRIDE For better
 mental health

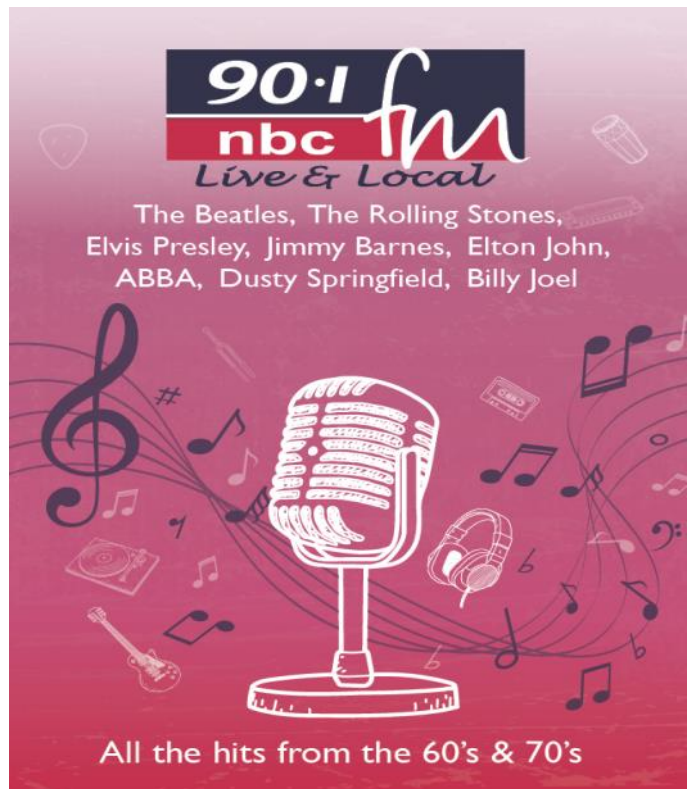
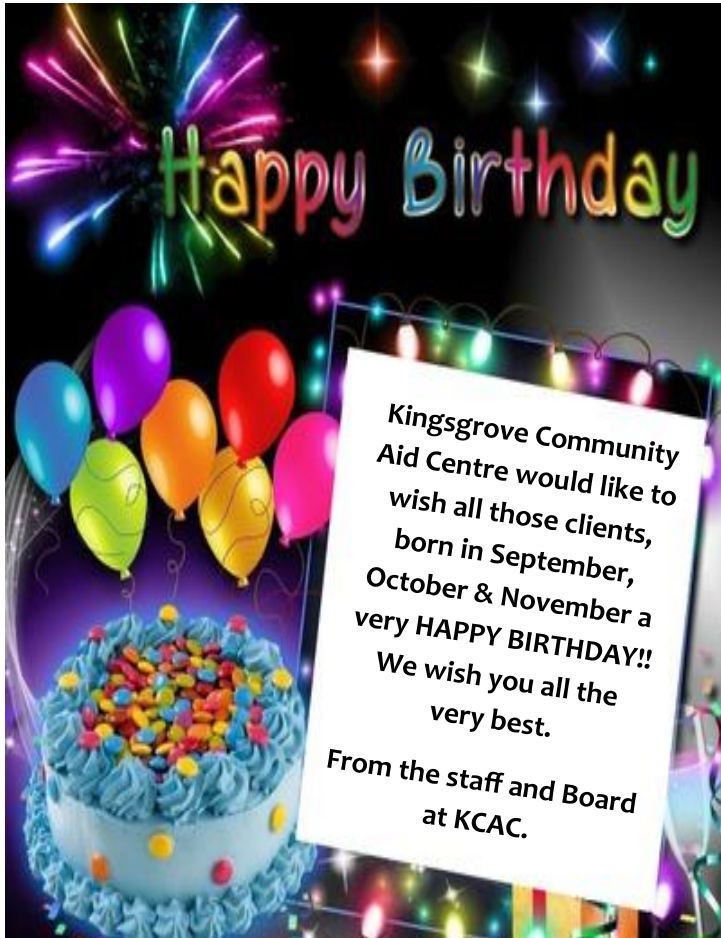


KINGSGROVE COMMUNITY
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Health
 South Eastern Sydney
 Local Health District

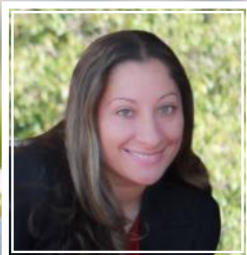
KCAC COMMUNITY ANNOUNCEMENTS



PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE INC.

A Big Happy Birthday to Max, Rachel, Tracy & Rose, who celebrated their birthdays in Sep, Oct & Nov 2022.

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



Would you like to donate to us and the community work we do?

It's easy, just go to kcac.org.au and click on the donate button.

All donations over \$2 are tax deductible.

Thank you for supporting the Kingsgrove Community Aid Centre Inc.



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Tas Aronis JP
Funeral Director

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