



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for over 50
Years.*

ISSUE 47

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

**WINTER NEWSLETTER
SEPTEMBER-NOVEMBER 2023**

A MESSAGE FROM THE CEO

Dear Readers and community Supporters,

As the Kingsgrove Community Aid Centre is a not-for-profit community-based organisation, we are always looking to funding from the various levels of government and donators and benefactors to continue supporting our programs to those most vulnerable in our local community.

Therefore, we are always very appreciative of any organisation or business that supports our mission.

We provide valuable services to those that are ageing and to mothers who suffer from mental health challenges as well as people with disabilities, new migrants and parents with young children.

We provide support and assistance to those people with varying levels of disability that the NDIS does not provide.

In fact, most of our unfunded services are supported by other sources of grants and or donations and at times ad hoc from the local Clubs grants.

This year although we submitted our applications to a number of clubs for support in our local area the only club that assisted our cause was the Earlwood Bardwell Park RSL Club.

Therefore, I wish to take this opportunity to thank EBP for their clubs' grant funding in 2023 which will go a long way to assisting our participants in our disability group program to access much needed recreational activities that they would not be able to access on their own. Their story and their activities are always shared on our KCAC Facebook page. I urge you all to go into the KCAC Facebook page and have a look at the wonderful work that our staff do for their consumers.

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



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UP & COMING EVENTS & DATES

December

- 22nd KCAC Centre Closes
- 25th Christmas Day
- 26th Boxing Day

January

- 2nd Vacation Care starts
- 15th KCAC Centre Opens
- 25th Last day Vacation
Care
- 26th Australia Day

February

- 10th Chinese New Year
- 13th National Pancake Day
- 14th Valentines Day

Our Aged Care services are booming and many want to join in our activities we are always listening to our community and endeavouring our best with our community partners to meet your needs.

As we are coming to the season of giving and good will and on behalf of our staff and board of management, I wish to take this opportunity to wish all our readers and partners a very Merry Christmas and for a happy, fruitful and safe New Year in 2024.

Anne Farah-Hill, OAM
CEO of KCAC



A SNAPSHOT OF SEPTEMBER 2023



Our new 25 seater KCAC bus was delivered. A big thank you to those who supported KCAC to get this bus, NSW Government, EBP RSL CLUB (Earlwood Bardwell Park RSL Club), Domus Lighting, Kingsgrove Hotel.



On 5th September, the combined disability and seniors out and about groups, enjoyed a beautiful day at the historical, indigenous area of Barangaroo. After coffee by the water, they went for a scenic walk along the new pier, and afterwards had lunch at House Bar, before heading back to the centre in the KCAC bus. The trip back was filled with their favourite music playing, and they all happily sang along.



Thank you to all who attended and to our helpful staff and students, as well as our wonderful bus driver Max, for getting us there and back safely.



The Tuesday out and about combined seniors, enjoyed a picnic at Centennial Park on 12th September.

It turned out to be a beautiful day with perfect weather.

If you would like to join these excursions, please call Ms Nelson on 91507823.

A SNAPSHOT OF OCTOBER 2023



In October, the out and about seniors enjoyed a long trip to Kiama to see the famous Blowhole. Unfortunately, it wasn't blowing on the day, but they still had a wonderful outing, with coffee at Sublime Point and lunch in Kiama.

The combined disability and out & about senior's, spent the day at Auburn Botanical Gardens. After morning tea in the shady picnic area, a walk in the gardens and bird aviary, we moved to the Auburn Tennis Club, to escape the heat, have a drink and some lunch.



The KCAC out and about Tuesday seniors, enjoyed an excursion to Stanwell Tops and a visit to Nan Tien Temple in Wollongong on the 10th October.

The group enjoyed a cultural meal, which also included a Historical tour and learnt much about the history of the Buddhist temple. The day was relaxing and enlightening for all.

On Tuesday 17 October, the Italian social support group celebrated the birthdays of all those born from July-December, at Enzo's in Penshurst.

Happy birthday to all of you from KCAC!



A SNAPSHOT OF NOVEMBER 2023



On the 7th November, the combined Disability and Seniors, adventure group took a trip to the beautiful Royal National Park. They had morning tea at the Audley Weir Cafe, followed by a scenic drive to the picturesque Bundeena for an ice cream. Fortunately, the weather was stunning and the group had a relaxing and peaceful day in the great outdoors. The wildlife also put on a show.



Diwali celebrations at the centre with the KCAC seniors Exercise Group. Happy Diwali to all those who celebrated.



On Tuesday 21st November, the out and about seniors, took a trip to the beautiful Auburn Gardens. They loved seeing the birds, fish and the stunning landscaped gardens.



On the 22nd November, the Arabic seniors group celebrated Lebanese Independence Day at KCAC. There was a delicious array of food for the occasion. They also celebrated the 80th birthday of Berta Bakhos. A big happy birthday to Berta and wishing her the very best from all at KCAC.



INTERNATIONAL MUSIC WEEK 2023



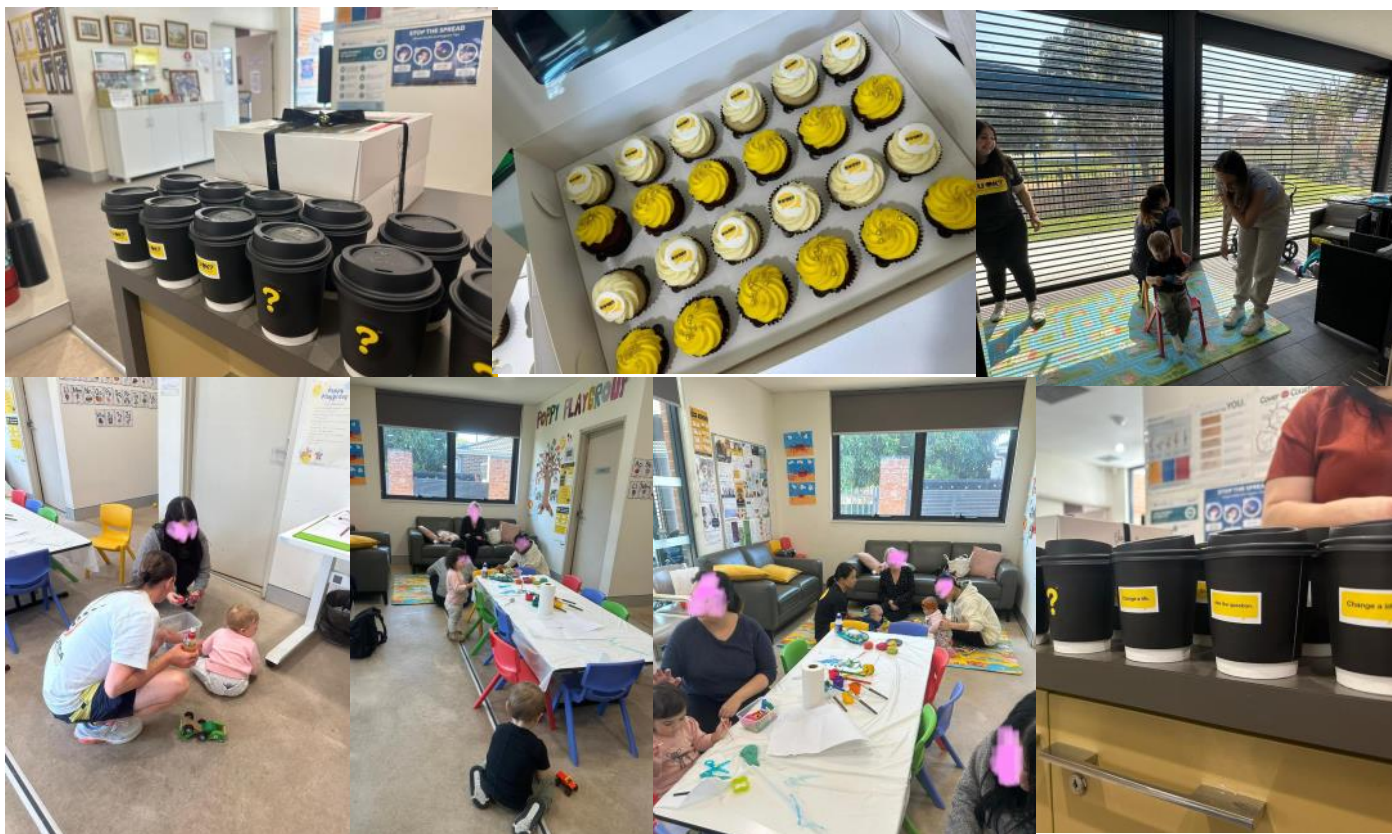
On the 4th October, the disability participants came together with the vacation care kids for international music day at KCAC, with a disco music theme. The group were taken back to the disco era and entertained by Spindarella, who wowed them with her disco moves, roller skates and some circus skills. Lunch was yummy hot dogs and fruity ice blocks. It was a great way to get the diverse generations and communities to engage together in a way they normally wouldn't. This programme was made possible through the Bayside Club Grants and the generosity of the EBP RSL Club. We thank them for supporting the KCAC Disability & Intergenerational Programme.

MELBOURNE CUP 2023



Melbourne Cup Day at Kingsgrove RSL Club on Tuesday 7th November, where the KCAC seniors enjoyed lunch before the race. Congratulations to the race winners on the day and to the raffle winners.

POPPY PLAYGROUP R U OK DAY 2023



♥ Today was R U OK Day at KCAC. The POPPY supported playgroup gave their mums and bubs in the group a treat to brighten up their day. The coffees, cupcakes and goodie bags were a hit!

FRIDAY SUPPORTED PLAYGROUP

For anyone interested there is a wonderful playgroup on 10:30am Friday mornings at Smith Park on Morgan St Kingsgrove and it's run by Rachel. Playtime, story time, art and craft, morning tea and more!!

This is a supported playgroup operated by the Kingsgrove Community Aid Centre Inc. It welcomes all parents, carers and children under 5, living in the George's River Precinct. Please call the community centre on 91507823 for details and registrations.



ABLE & LOVING IT, DISABILITY ACTIVITIES



On the 13th September, the Able & Loving it disability group, enjoyed another party day as they celebrated Peter's 60th and Franks 47th birthdays.

The days activity, was paint and sip with a spring inspired theme.



The 27th September, was cooking day, for the Able & loving it disability group, where they learned how to roll their own spring rolls, which they then had for lunch along with freshly made fried rice and crunchy Asian salad. Well done to everyone.



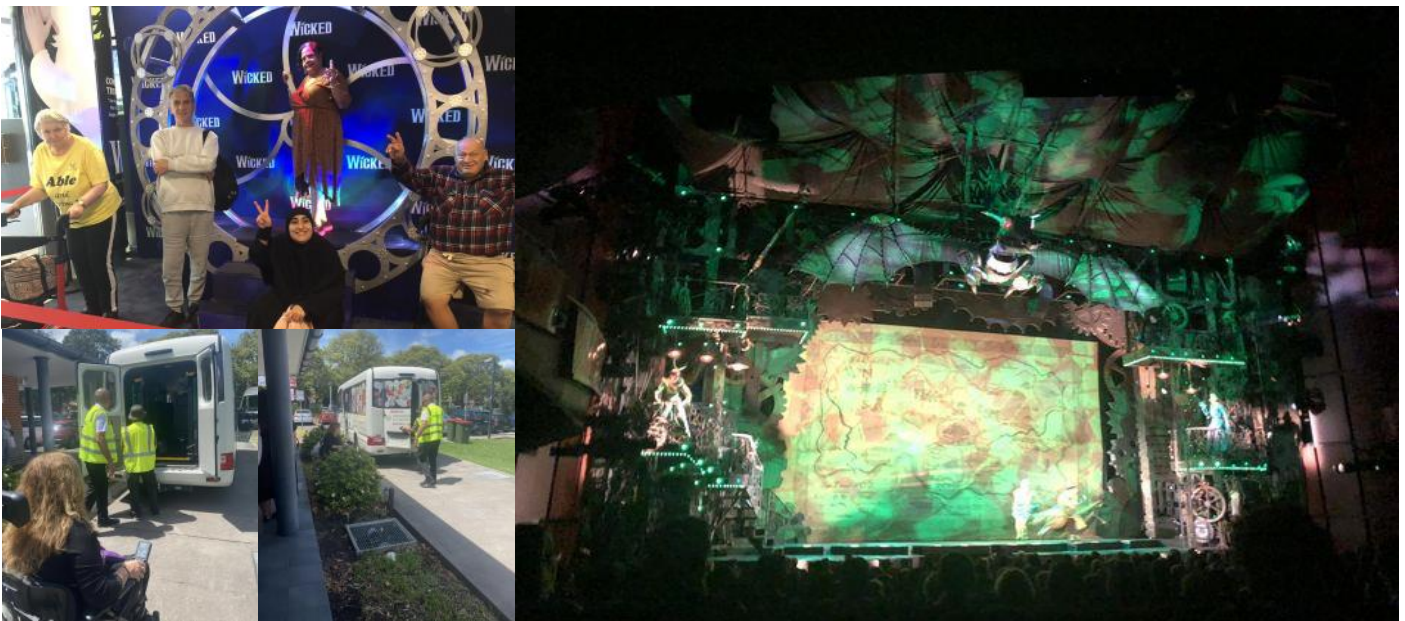
The 11th October was **World Mental Health Day**, and what better way to improve everyone's mental health, than to have a visit from Milo the therapy dog! The KCAC disability participants had a wonderful day with Milo, as he brought a smile to all their faces. After morning tea, the participants painted calming stones, as part of their activity, while relaxing music played in the background. Lunch was a healthy lentil rice, cabbage salad and fruit. The participants had a very tranquil day, and Milo had a great day too.

ABLE & LOVING IT, DISABILITY ACTIVITIES

On Wednesday 18 October, the KCAC disability participants celebrated **Oktoberfest!** The day started with morning tea and German spiced biscuits, there were platters of pretzel crackers, pickles and cheese. Their activity for the day was to make their own giant pretzel, in which they did an amazing job. Lunch for the day was chicken or tofu schnitzel, German potato salad, a garden salad and fruit. There was even some non alcoholic beer and ginger beer on the table and traditional Oktoberfest music playing in the background. It was such a fun and engaging cultural theme day for the participants. Good job everyone!



On the 22nd November, the KCAC Disability group, ventured out to the Sydney Lyric Theatre to see **Wicked**, the musical. They had a wonderfully new experience, enjoyed the magical production and marveled at the amazing talent on stage. A big thank you to our new volunteer bus driver, for getting us there and back safely. This amazing excursion, was achieved with the support of the Bayside Clubs Grants through the generosity of EBP RSL Club and we thank them for supporting this important project which enhances the lives of people with disability.



ABLE & LOVING IT, DISABILITY ACTIVITIES

On Wednesday 1st November, the Disability participants got very creative with some sand art which turned out to look amazing. Lunch was fresh tabouli, sausage sizzle and pasta salad.

This amazing artwork they have created will now be displayed on the community Centre walls for all to see just how amazing these participants are with their artworks.



The International Day of people with Disability, was celebrated yesterday at KCAC. It was a more quiet and relaxing affair this year, but none the less, the participants had an absolute blast! The activity was playing games such as headbands and velcro darts, which they enjoyed so much. Their laughter was infectious as they competed with each other to guess what animal, food or object they were to win a prize. Lunch was Lebanese pizza and salad.



ABLE & LOVING IT DISABILITY PROGRAMME 2024

2024 NDIS Planning Calendar

January

JOYFUL JANUARY	
10	CENTRE CLOSED
17	Welcome Back for 2023 NEW YEAR CELEBRATION
24	AUSTRALIA DAY CELEBRATION Australia Day Art, Iamington morning tea, meat pies & chips for lunch
31	Excursion to Miranda Shopping Centre for lunch - Bus needed

February

FUN FEBRUARY	
7	Chinese New Year - Dragon Chinese Dragon Craft & Chinese takeaway food for lunch.
14	Valentines Day Make your own chocolate hearts Lebanese Pizza for lunch
21	Kite Making Activity Pasta for lunch
28	Excursion - Bus needed Lunch at Brighton Le Sands

March

MAGNIFICENT MARCH	
6	World Theatre Day Acting classes improv Butter Chicken Lunch
13	St Patrick's Day Plant a Potato, Potato dish for Lunch
20	Excursion for Harmony Day - Bus needed Lunch at Milperra Flower Power
27	EASTER WEEK Coloured Eggs, Greek Style or make Greek biscuits

April

ADVENTURE APRIL	
3	Candle Making Activity Lunch TBC
10	Baking Activity, Make your own cheesecake. Lunch TBC
17	Music Icon Dressup and Trivia Game Day. Lunch TBC
24	Excursion - Bus needed Ramsgate RSL Club
24	Steering Committee Meeting Disability Group @ 2pm

MAGIC MAY	
1	Magic Movie Day & Popcorn Harry Potter Movie Lunch TBC
8	Mother's Day Clay Craft Lunch TBC
15	Mexican May Day Mexican Food
22	Mystery Game Day Mystery lunch
29	Excursion - Bus needed Southgate shopping center for lunch

June

JAZZY JUNE	
5	King's Birthday at Kingsgrove Devonshire Tea and Royal Vegan Mushroom Risotto for lunch.
12	Festival of the Italian Republic Italian food and craft Create Italian Friendship bracelet
19	Jazzy Music Therapy Day With Belinda
26	Excursion - Hurstville Cinema Lunch at Food court

July

JOLLY JULY	
3	Art Activity Paint & sip Australian animals Burgers for lunch
10	NAIDOC WEEK Combined with OOSH Performers and Art
17	Christmas In July party Roast lunch and pudding
24	Excursion - Bus needed Calmsly Hill City Farm, lunch on the farm
31	World Friendship Day Making Friendship bracelets Salad Rolls for lunch

August

ABILITY AUGUST	
7	KCAC Special Olympic Games
14	Parachute & balls activity day
21	Excursion to Kingsgrove RSL Club for lunch
28	Cooking Day Making Chocolate Crackles, pumpkin soup, chips & rolls lunch
28	Steering Committee Meeting Disability Group @ 2pm

September

SPORTY SEPTEMBER	
4	Footy Colours Day, Trivia games Sandwiches and chips for lunch
11	International Literacy Day Everyone brings fav book to read and talk about. Lunch Pumpkin Soup
18	Excursion - Bus needed Bankstown Sports Club for lunch
25	Mid-Autumn Moon Festival Activity Chinese Calligraphy and Moon Cakes Day.

October

OUTGOING OCTOBER	
2	Excursion - Bus needed Cronulla RSL for lunch.
9	World Mental Health Day Yoga on TV & Water Colour Art
16	Clay Day - Make Clay Heads Lunch TBA
23	Plant Grass Seeds into Clay Heads and decorate. (Soil & Seeds) Lunch TBA
30	Movie & Popcorn Day at the Centre Pizza for Lunch

November

NATIONS NOVEMBER	
6	Culture Day, Dress in your national colours, bring a plate
13	Spring Planting Day Plant herbs into outside garden
20	November for mens mental health- Wear Mo & TBA
27	Excursion - Bus needed Thai by the Beach Brighton Le Sands
27	Steering Committee Meeting Disability Group @ 2pm

December

DELIGHTFUL DECEMBER	
4	Christmas Movie Day - Home Alone Make chocolate pudding in a mug
11	Excursion - Bus needed The Grounds of Alexandria Christmas
18	Christmas Party Day Bankstown RSL Club
25	MERRY CHRISTMAS NO GROUP TILL JAN 2025

ABLE & LOVING IT DISABILITY PROGRAMME 2024

Exc

2024

NDIS Long Excursion Tuesday's once a month

January

Back up ideas	

February

6	
13	Pancakes on the Rocks in the Rocks for Pancake Tuesday Lunch KCAC Bus needed
20	
27	

March

5	
12	Como Park and Café for lunch or bring your own picnic lunch KCAC Bus needed
19	
26	

April

2	
9	Treetop Walk at Carrington Falls Lunch at Robertson Pie shop KCAC Bus needed
16	
23	
30	

May

7	
14	Gelato Factory in Carramar Lunch Fairfield city central KCAC Bus needed
21	
28	

June

4	
11	Apple Picking, Cedar Creek Orchard Thirlmere KCAC Bus needed
18	
25	

July

2	
9	Sydney Opera House Visit Bus needed
16	
23	
30	

August

6	
13	Excursion to West HQ for lunch Bus needed
20	
27	

September

3	Trip to Penrith Panthers for lunch Bus needed
10	
17	
24	

October

1	St Mary's RSL Club for buffet lunch. KCAC Bus needed
8	
15	
22	
29	

November

5	Melbourne Cup Day Wear your Fascinator, Bankstown RSL - Bus needed
12	
19	
26	

December

3	Cherry Picking Allambie Orchard Booking required - Bus needed
10	
17	
24	
31	

ABLE & LOVING IT DISABILITY PROGRAMME 2024

2024

NDIS Long Excursion Friday's once a month.

January

February

2	
9	
16	
23	Extra Excursion Mount Tomah Botanical Gardens KCAC Bus needed

March

1	
8	
15	
22	
29	Extra Excursion La Perouse for lunch KCAC Bus needed

April

5	
12	
19	
26	Excursion to West HQ for lunch KCAC Bus needed

May

3	
10	
17	
24	
31	Extra Excursion Trip to Penrith Panthers 4 lunch KCAC Bus needed

June

7	
14	
21	
28	Extra Excursion Apple Orchard in Bilpin KCAC Bus needed

July

5	Extra Excursion Costco Preston's and lunch KCAC Bus needed
12	
19	
26	

August

2	
9	
16	
23	
30	Extra Excursion Ebenezer Church for Devonshire Tea KCAC Bus needed

September

6	
13	
20	
27	Extra Excursion Shopping Trip to DFO Homebush KCAC Bus needed

October

4	
11	
18	
25	Trip to Manly, (optional ferry ride) & lunch anywhere along the strip KCAC Bus needed

November

1	
8	
15	
22	
29	Extra Excursion Lunch in Kiama, visit the blowhole, KCAC Bus needed

December

6	
13	
20	Extra Excursion Christmas Shopping at Miranda & Lunch in food court KCAC Bus needed
27	

EMPOWERED SENIORS AT KCAC - LEADER ARTICLE

Empowered by Tailored Exercise

ST GEORGE & SUTHERLAND SHIRE
Leader

October 4 2023



In the heart of Kingsgrove, a beacon of vitality shines as seniors gather at the Kingsgrove Community Aid Centre to embrace a journey towards better health and enhanced quality of life. Led by their dedicated trainer, Nikki, this exercise program tailored for seniors is redefining aging, proving that age is just a number when it comes to staying fit and strong. Each exercise is carefully selected to target specific muscle groups, enhance flexibility, and improve balance.

Arthritis, often considered a nemesis of the elderly, is losing

its grip as participants of the program share stories of reduced aches and pains. Nikki's approach focuses on customized strength and fitness exercises that target joint mobility and muscle flexibility, counteracting the effects of arthritis. What was once seen as an inevitable part of aging is now being challenged, one squat and stretch at a time.

Nikki's expertise extends beyond her role as a trainer; she's a motivator and friend to those she guides. Her warm smile and encouraging words create an atmosphere of camaraderie that keeps participants coming back week after week. "It's not just about physical strength, but mental resilience too," Nikki emphasises. Beyond the physical benefits, the program also addresses the mental and emotional aspects of aging. Regular exercise has been linked to improved cognitive function and a reduced risk of depression. The camaraderie that develops among participants fosters a sense of belonging and encourages social interaction, countering feelings of isolation that can sometimes accompany old age.

Gary, who attends the programme, testifies that he used to be in a wheelchair, they thought he would not walk again, and now he's walking everywhere and feeling amazing. He credits this to Nikki and the programme, saying, "I thank the KCAC exercise programme and Nikki, her enthusiasm, help and training, has made it possible for me to push through. This programme has been life changing. I am able to attend the excursions and walk around, which they said I would not do again"

Mary, marvels at her newfound ability to garden for hours without the usual back pain. These success stories speak to the effectiveness of Nikki's tailored approach, which takes into consideration individual needs and goals.

The benefits aren't just physical. Studies have repeatedly shown that regular exercise positively impacts mental health and overall well-being. The seniors at Kingsgrove Community Aid Centre are living proof. They exude a zest for life, an energy that defies stereotypes about aging. Laughter and determination fill the air as participants bond over shared milestones and personal achievements.

The success of this program lies in the rejuvenation of spirit and the newfound sense of empowerment over one's own health. Nikki's guidance empowers these seniors to reclaim their strength, not just in their bodies, but in their lives.

In a world that often overlooks the elderly, the seniors exercise program at Kingsgrove Community Aid Centre stands as a testament to the power of tailored exercise and unwavering support. With Nikki as their guide, these seniors are proving that age is no barrier to vitality, that the journey to strength and fitness is one worth taking at any stage of life.

KCAC STAFF AND BOARD CHRISTMAS DINNER



The KCAC Staff and Board Christmas Party was held on Friday 24th November 2023, at the Sydney Rowers Club in Abbotsford. The theme for the year was Gatsby, and all showed up dressed in their best roaring 20's attire. It was a great night with delicious food and fabulous company.



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

**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 AND
RECEIVED 'MEETING' IN
ALL 7 QUALITY AREAS
OF THE NATIONAL
QUALITY FRAMEWORK
ASSESSMENT & RATING.**

CALL US TODAY!

**FOR MORE
INFORMATION PLEASE
CONTACT US ON
9150 7823
OR 0418 481 358**

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.**

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

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 and Friends,

Our Spring Vacation care program was lots of fun and full of education and creative activities.

This year we had two excursions per week as well as our creative and fun incentre days.

The excursions included Clow Crazy Party Centre, Movies at Hoyts Cinema Moore Park, Joshey's Café & Play Centre and to Combined excursion to KCAC with the Disability Group.

For our incentre days, the program included a mini market day, movie day, cooking day, arts and crafts day, cubby house day, construction day and party day as well as our very popular Laser tag incursion

In Term 4, the children returned super excited and were looking forward to our Term 4 programmed activities. The activities included Diwali celebration, making poppies for Remembrance Day, nature art and craft, nature walk, indoor and outdoor imaginary play, Christmas craft, sport activities, outdoor games and lots more.

The last day of Term 4 will be on Friday 15 December 2023. We will run Vacation Care on Monday 18 and Tuesday 19 December and will close from Wednesday 20 December 2023. We will reopen on Tuesday 2 January 2024 for Vacation Care and will run our program to Thursday 25 January 2024.

If you require vacation care for the upcoming Summer holidays or would like to enrol or re-enrol your child in our Before and After School Care program, please complete the enrolment form available on our website.

I hope you are all enjoying Term 4 and I wish you all a lovely Christmas and New Year.

Katina Papadakis

Hurstville OOSH Coordinator

Follow us on Instagram and Facebook.

**Instagram search for:
hurstville_oosh**

**Facebook search for: 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 \$58 PER DAY	PLEASE CONTACT KATINA on 0418 481 358 OR HEAD OFFICE ON 9150 7823
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Date	Week One 1 - 5 JANUARY 2024	Cost
Monday 1 January	CENTRE CLOSED NEW YEARS DAY PUBLIC HOLIDAY	N/A
Tuesday 2 January	IN CENTRE DAY - LEGO DAY GET CREATIVE AND MAKE MASTERPIECE OUT OF LEGO BLOCKS PRIZES FOR THE MOST CREATIVE WORK	\$58 Bring Water bottle, Morning tea & lunch
Wednesday 3 January	IN CENTRE DAY - WATER GAMES DAY HAVE A FUN DAY PLAYING WATER GAMES INCLUDING RELAYS, SPONGE TAG AND WATER BALLOON GAMES. BRING CHANGE OF CLOTHING	\$58 Bring Water bottle, Morning tea & lunch
Thursday 4 January	EXCURSION DAY – TO GEORGES RIVER COUNCIL GALLERY AND MUSEUM INCLUDES EXHIBITION AND CRAFT ACTIVITY TRANSPORT BY PRIVATE BUS DEPART 9AM RETURN BY 3PM	\$75 Bring Water bottle, & lunch Morning tea is included
Friday 5 January	SCIENCE DAY HAVE A FUN DAY DOING SCIENCE EXPERIMENT ACTIVITIES INCLUDE MAKING SLIME, MAKING YOUR OWN PLAY DOUGH, MAKE A MINI VOLCANO, MARBLE ART AND LOTS MORE.	\$58 Bring Water bottle, Morning tea & lunch
Date	Week Two 8 -12 JANUARY 2024	Cost
Monday 8 January	IN CENTRE DAY – THE AMAZING RACE JOIN THE AMAZING RACE AT HURSTVILLE VACATION CARE WORK IN TEAMS FOR A TREASURE HUNT AN OBSTACLE CHALLENGE PRIZES FOR THE WINNERS	\$58 Bring Water bottle, Morning tea & lunch
Tuesday 9 January	EXCURSION DAY - MOVIES AT BEVERLY HILLS CINEMA INCLUDES LUNCH AND SNACKS TRANSPORT IS PROVIDED BY PRIVATE BUS DEPART 9AM RETURN BY 3PM	\$95 Bring Water bottle, Morning tea
Wednesday 10 January	INCURSION – RAW ART - CLAY MODELING DAY THE CHILDREN WILL GET CREATIVE AND LEARN HOW TO WORK WITH CLAY. THEY WILL HAVE THE OPPORTUNITY TO USE THEIR IMAGINATION AND DEVELOP THEIR CREATIVE AND FINE MOTOR SKILLS WHILE GUIDED BY AN ART TEACHER.	\$68 Bring Water bottle, Morning tea & lunch
Thursday 11 January	EXCURSION DAY – EXCURSION TO BUNNINGS WAREHOUSE KINGSGROVE JOIN THE KIDS CREATIVE ACTIVITY WORKSHOP FOLLOWED BY A PLAY ON THE BUNNINGS PLAYGROUND EQUIPMENT TRANSPORT BY PRIVATE BUS DEPART 9AM RETURN BY 3PM	\$80 Bring Water bottle, Morning tea & lunch
Friday 12 January	IN CENTRE DAY - CONSTRUCTION DAY UPCYCLING AND LEARNING ABOUT THE 3 R'S REDUCE REUSE RECYCLE CHILDREN WILL GET CREATIVE AND MAKE A MASTERPIECE USING PIECES FROM THEIR ENVIRONMENT AND RECYCLED ITEMS. ALL ENTRIES RECEIVE A PRIZE!	\$58 Bring Water bottle, Morning tea & lunch



COMMUNITY INFORMATION: CHANGES TO CCS



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 \$58 PER DAY

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

Date	Week three 15 - 19 January 2024	Cost
Monday 15 January	<u>IN CENTRE DAY – CUBBY HOUSE AND GAMES DAY</u> MAKE A CUBBY HOUSE WITH YOUR FRIENDS AND BRING YOUR FAVOURITE GAMES TO PLAY. AFTERNOON CRAFT ACTIVITY - MAKE FRIENDSHIP BRAIDS AND BRACELETS	\$58 Bring Water bottle, Morning tea & lunch
Tuesday 16 January	<u>IN CENTRE DAY – MINI MARKET DAY</u> 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	\$65 Bring Water bottle & lunch
Wednesday 17 January	<u>INCURSION DAY- PAINTING ON CANVAS</u> COME ALONG AND SPEND THE DAY. PAINTING A BEAUTIFUL MASTERPIECE ORGANISED BY AN ART TEACHER YOU MAY BRING YOUR OWN SMOCK. CANVAS AND PAINT IS PROVIDED	\$68 Bring Water bottle, Morning tea & lunch
Thursday 18 January	<u>IN CENTRE DAY – CHALK ART CHALLENGE</u> CHILDREN WILL HAVE FUN AND GET CREATIVE WITH A VERY COLOURFUL CHALK CHALLENGE FOLLOWED BY OUR MULTICOLOURED SALT ART CRAFT ACTIVITY	\$58 Bring Water bottle, Morning tea & lunch
Friday 19 January	<u>EXCURSION DAY – MANHATTAN BOWLING -MASCOT</u> INCLUDES 1 GAME OF BOWLING, LUNCH AND ARCADE GAMES TRANSPORT BY A PRIVATE BUS WILL BE PROVIDED, DEPARTS 9AM RETURNS BY 3PM	\$90 Bring Water bottle and Morning tea
Date	Week Four 22 – 26 January 2024	Cost
Monday 22 January	<u>IN CENTRE DAY</u> SCRAPBOOKING AND CRAFT DAY MAKE BOOKMARKS, CARDS, NOTEBOOKS AND MORE AN OPPORTUNITY FOR CHILDREN TO DEVELOP THEIR CREATIVE AND FINE MOTOR SKILLS	\$58 Bring Water bottle, Morning tea & lunch
Tuesday 23 January	<u>INCENTRE DAY – TACO TUESDAY</u> LEARN TO MAKE YOUR OWN HEALTHY AND DELICIOUS TACOS PLUS MAKE A MEXICAN THEMED MOSIAC ART	\$65 Bring Water bottle and Morning tea
Wednesday 24 January	<u>IN CENTRE DAY - WACKY WEDNESDAY</u> CRAZY HAIR DAY COME DRESSED UP FOR OUR FAVOURITE TALENT SHOW DAY INCLUDING KARAOKE AND DANCE CHALLENGE	\$58 Bring Water bottle, Morning tea & lunch
Thursday 25 January	<u>EXCURSION DAY - TO MONKEY MANIA-BANKSTOWN</u> INCLUDES PLAY ON INDOOR PLAY EQUIPMENT, 3 TIER BALL PIT, SLIDES JUMPING CASTLE. TRANSPORT BY PRIVATE BUS DEPARTS 9AM RETURNS BY 3PM	\$95 Bring Water bottle, Morning tea & lunch
Friday 26 January	CENTRE CLOSED AUSTRALIA DAY PUBLIC HOLIDAY	N/A

HEALTHY RECIPES TO COOK AT HOME

Fresh Vietnamese Spring Rolls

healthynibblesandbits.com

INGREDIENTS

- 18 Medium Shell-On Shrimp (21/25 count, about 3/4 pounds, defrosted if frozen)
- 3 ounces Thin Rice Vermicelli (maifun)
- 1 Large Carrot (peeled and cut into thin matchsticks)
- 1 ½ Persian Cucumber (cut into matchsticks, see note 1)
- 1 Large Red Bell Pepper (cut into matchsticks)
- ½ cup Mint Leaves (loosely packed)
- 12 pieces Butter Lettuce (bottom tough stems removed, see note 2)
- 12 Circular Rice Paper Sheets (large 22cm)
- add Warm Water (for rolling spring rolls)
- ½ cup Creamy Peanut Butter
- ½ cup Filtered Water
- 2 tablespoons Rice Vinegar
- 2 tablespoons Soy Sauce
- 2 tablespoons Maple Syrup (can sub with brown sugar, see note 4)
- 1 teaspoon Toasted Sesame Oil
- ½ cup Warm Water
- 3 tablespoons Sugar
- 2 tablespoons Fish Sauce (can add more to taste)
- 1 tablespoon Lime Juice
- 1 Thai Chilli (sliced)
- 1 clove Garlic (minced)



INSTRUCTIONS

1. Prepare the Dipping Sauce 1/2 cup creamy peanut butter, 1/2 cup filtered water, 2 tablespoons rice vinegar, 2 tablespoons soy sauce, 1 1/2 to 2 tablespoons maple syrup, can sub with brown sugar, 1 teaspoon toasted sesame oil
2. Taste the sauce and adjust the seasonings as necessary. I like to prepare the sauce before making the spring rolls so that the flavors have a longer time to develop.
3. Prepare the Shrimp: Fill a medium saucepan or small pot with water and bring it to boil on high heat.
4. Once the water boils, add the shrimp and cook for 2 minutes. Remove the shrimp from the water and let them cool for 5 minutes. Peel the shells from the shrimp.
5. Lay a shrimp on its side on a chopping board. Gently press the shrimp down with one hand and use the other to slice the shrimp in half, horizontally (knife parallel to the chopping board). Repeat with the remaining shrimp.
6. Prepare the Noodles: Fill a large saucepan or small pot with water and bring it to boil on high heat.
7. Turn off the heat. Let the noodles sit in the hot water for about 5 to 8 minutes. Double check the package directions to see how long they should sit in hot water as the cooking time varies across different brands.
8. Once the noodles have softened, drain and rinse the noodles under cold water. I like cutting the noodles with kitchen scissors several times so they are shorter and easier to grab.
9. Set Up Spring Roll Station: Fill a large bowl with lukewarm water to wet the rice paper sheets.
10. Transfer all the vegetables, shrimp, herbs, and noodles into bowls and arrange them on your work top.
11. Get a chopping board ready. Dip your hand in the water and brush water over the surface of the chopping board so that it is damp. I usually wet the surface again after every 2 spring rolls. Alternatively, lay a damp paper towel over your work surface.
12. Roll the Spring Rolls (refer to the photo for reference)
13. Quickly dip a sheet of rice paper in the lukewarm water to moisten the entire surface. This should take no longer than a few seconds.
14. Lay the wet rice paper on your work surface. Place a piece of butter lettuce close to the bottom edge of the rice paper. Arrange a small pinch each of rice noodles, carrots, cucumber, red bell pepper, and mint leaves over the center of the lettuce leaf.
15. Arrange 3 pieces of shrimp about 1 1/2 to 2 inches below the top edge of the rice paper. Make sure that the orange/pink side is facing down.
16. Grab the lower edge of the rice paper and lettuce and start rolling up the spring roll. Once you have reached the shrimp, fold in the left and right sides. Finish rolling up the spring roll all the way to the end.
17. Repeat the rolling process with the rest of the ingredients. If the chopping board is looking dry, brush some water over the board.
18. Serve the spring rolls with the dipping sauce.

KCAC ANNUAL GENERAL MEETING



The 2023 KCAC Annual General Meeting, took place yesterday 15 November. It was a successful event with over 100 people in attendance. We would like to thank all those members that came along to hear the organisations governance committee, and CEO discuss the achievements of the past year, and of the developments that we will be taking on for the next year.

We want to thank our guests, the officials that came from local Government, Councillor Ben Wang : Georges River Council - Hurstville Ward Councillor Nancy Liu, who also represented the Mayor of Georges River Council, Mr. Sam Elmier. We also thank the branch manager of the Commonwealth Bank Kingsgrove, Ms. Carol Chami and her team for their attendance and for the presentation of the cheque for \$500, to the Kingsgrove Community Aid Centre.

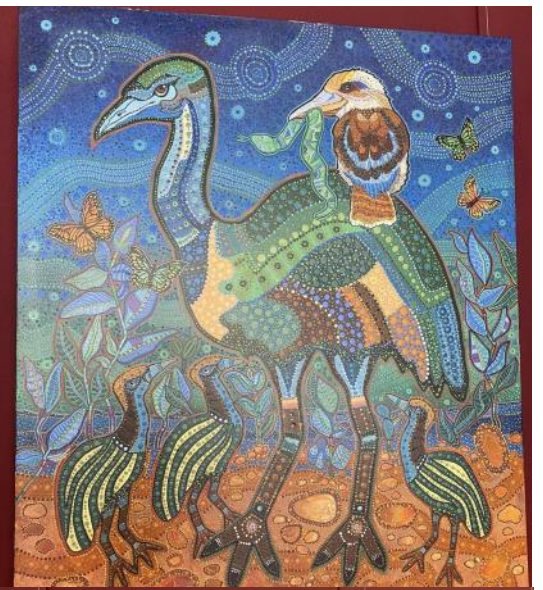


PREMIERE'S LOCAL SMALL ALLOCATIONS GRANT



Thank you to the Premier of NSW the Hon Chris Minns for hosting a delegation of community leader's from the Kogarah electorate at State Parliament House for the Local Small Allocations grants.

Our grant will go a long way to continuing to support women with young children facing mental challenges in the great work we provide through the POPPY program.



ST GEORGE LEADER ARTICLES

Community welcomes news Commonwealth Bank has renewed lease on its Kingsgrove branch

ST GEORGE & SUTHERLAND SHIRE
Leader

By Jim Gainsford

The Commonwealth Bank has renewed the lease on its Kingsgrove branch for another five years.

The decision goes against industry trends which have seen a number of branches of various banks close at Kingsgrove and across St George region.

"We're proud to have served the community of Kingsgrove for many decades," Carol Chami, Commonwealth Bank Kingsgrove branch manager said



"And are pleased we'll continue to do so at our branch on Kingsgrove Road," she said.

The move has been welcomed by Kingsgrove Community Aid Centre chief executive officer, Anne Farah-Hill.

"Kingsgrove has lost the ANZ, Westpac and St George Bank since 2020," Ms Farah-Hill said.

"Last week we invited Carol Chami, the Commonwealth Kingsgrove branch manager and her team to the Kingsgrove Community Aid Centre's annual general meeting where they wanted to present us with a check for \$500.

"During their visit they made the announcement that Commonwealth Bank had signed a five year lease on its premises at Kingsgrove Road. It was welcome news that the bank will stay and serve our seniors and also the local business community," she said.

"During Covid so many banks closed, so the Commonwealth Bank was the last bastion."

Ms Farah-Hill said many members of the seniors groups at Kingsgrove Community Aid Centre have been impacted by bank closures.

The bank closures have been a blow to the many seniors who require physical assistance as they are not too savvy with internet banking. The alternative is the bigger branches in Hurstville and Kogarah which can be difficult for seniors to access.

"I'd like to commend the Commonwealth bank for keeping its Kingsgrove branch open," Ms Farah-Hill said.

"We are also starting to educate our seniors on how to use the bank ATM, credit cards and internet banking," she said.

"There's a sense of relief in the community. A lot of seniors have moved their banking over to the Commonwealth. It's a very busy branch."

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.



www.kcac.org.au

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



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.



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



KCAC MENTAL HEALTH SUPPORT FOR STRUGGLING MUMS

SOCIAL SUPPORT GROUPS

FOR SENIORS FROM CULTURALLY DIVERSE BACKGROUNDS
PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC



Join one of our Culturally Diverse Social Support Groups for seniors.

We currently run an Italian speaking group, Chinese (mandarin) speaking group & an Arabic speaking group. Enjoy morning tea with friends, bus outings & excursions to places of interest and much more.

When: Monday's Italian, Wednesday's Arabic, Friday Chinese (Mandarin)

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 is a My Aged Care Verified Specialised Service Provider for Culturally Diverse Communities.



KINGSGROVE COMMUNITY
AID CENTRE INC.

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30 Morgan St Kingsgrove 2208, 9150 7823



KCAC COMMUNITY ANNOUNCEMENTS



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 Max, Rachel & Tracy, who all celebrated their birthdays in September, to Annamaria & Linda, who celebrated in October and to Rose who celebrated in November 2023.

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.

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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Tas Aronis JP
Funeral Director

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