



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for over 50
Years.*

ISSUE 44

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

**SUMMER NEWSLETTER
DECEMBER 2022 - FEBRUARY 2023**

A MESSAGE FROM THE CEO

Dear Readers and community Supporters.

We welcomed the new year and embark on our return eager to begin our new programs welcoming back familiar faces and old friends.

I know one thing for sure and that is our staff give it all they have to ensure that our consumer groups are supported. The word “consumer groups” is contrived by the governments in an endeavour to explain that in the delivery of welfare service, care services etc, clients choose to enter into an agreement to buy community or care services from a packaged amount awarded to them in relation to the level of their individuals care needs.

We look at our consumers now (once called vulnerable clients) as commercially viable clientele. Our core existence is now relied on this.

In most cases this goes against the grain of our ethos as community led organisations with a mission to assist those most vulnerable in our community regardless of the \$ tag they come with. Individualised funding although seeming fairer and more streamlined has created an opposite effect to how we look at the individual who requires the care. In some cases, it has created a sense of entitlement on both sides and an apathetic sense of comradery between the once united community organisations.

As not for profit community organisations we have a responsibility to continue to advocate and support the clients that needs our assistance regardless of the amount in their NDIS, Aged care or Childcare package. Relying on Clubs grants and other avenues for support is almost at all times ad hoc and not very sustainable.

There are many who have fallen through the cracks and don't qualify for a package, subsidy etc and need assistance.

We call on the government of the day to acknowledge the work that centres like us do and continue to support our work through block funding. To err on the side of

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



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UP & COMING EVENTS & DATES

March	April	May
8th: International Womens Day High Tea	7th: Good Friday	14th: Mothers Day 2023
17th: St Patrick's Day 2023	9th: Easter Sunday	9th: Disability Excursion Nurranginy Reserve & the Grounds of Alexandria
22nd: Harmony Day 2023	10th: Vacation Care commences	
	21st: Vacation Care ends	

caution is a far better remedy than to eradicate a sector that has withstood the challenges over the years and remains to be a viable entity looking after those most vulnerable in our community. I call on governments at all levels whether they be local state or federal to ensure the existence of multipurpose centres such as ours continues to thrive into the next decade as we are the backbone of the community.

Anne Farah-Hill, OAM
 CEO of KCAC

THERAPEUTIC SUPPORTS PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.



Kingsgrove Community Aid Centre offers Therapeutic Supports such as Allied Health Podiatry (Toe nail cutting & foot care) & Physiotherapy services, to NDIS participants or to people who are Frail Aged over the age of 65, in the comfort of their own home.

The home visit service is available to eligible participants on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm

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

For NDIS Participants, please call us for a service agreement.

For Aged Care packages, please call us for more information.

For those over the age of 65, 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



www.kcac.org.au

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



SENIORS AND DISABILITY COMBINED CHRISTMAS PARTY

On the 7th December 2022, the combined seniors and disability groups celebrated Christmas together at Doltone House Sylvania Waters. Everyone had a wonderful day and enjoyed the delicious food and entertainment provided by the amazing Julie & her piano accordion.



PLAYGROUPS CHRISTMAS PARTY



Playgroup Christmas party was a real hit with all of the families.

The kids had so much fun dancing, singing and taking part in this colourful parachute activity.

CHRISTMAS TOY DRIVE 2022



In 2022 KCAC was a part of the Christmas Toy Drive and distributed toys to children in the community with the help of the Greek Orthodox Parish and Community of Belmore and District "All Saints."

This year was their biggest and most successful drive ever and delivered over 1600 toys for this Christmas season.

There were many other donors and supporters involved. If you would like more information or to be part of the next toy drive, head to their Facebook page.

FIRST AID COURSE IN ACTION



The KCAC First Aid Course was in full swing giving our parent participants the training and skills it takes to possibly save a life.

KCAC provides this course to parents and carers of young children quarterly. Please call Rachel to book on 91507823 or email: familyandchildrenservices@kcac.org.au

SENIORS SUMMER EXCURSIONS



The social support group, out and about seniors had a wonderful time at their excursions this quarter. They attended: DFO, Sublime Point Lookout, the Premiere's Gala Concert, and Cronulla RSL Club to name a few.

If you would like to join the Tuesday outings, there is a waiting list. Please contact Ms Nelson for more information on 9150 7823.



The grey clouds didn't stop this group from enjoying a beautiful day out at Cronulla RSL Club for lunch! The disability group combined with the exercise group got to engage with each other on the day. The view was spectacular! Everyone had an amazing time and complimented the venue and the food. Thank you to Cronulla RSL for their great service and welcoming smiles. We will be back!



OUR OWN KCAC MASTERCHEF



The Italian social support group enjoys a delicious and nutritious meal prepared by our Master chef, Connie.

Each Monday, Connie is busy in the KCAC kitchen, prepping the meals for over 60 hungry seniors!

Amazing effort, we are so lucky to have her! 🇮🇹

ABLE & LOVING IT DISABILITY PROGRAMME



On Wednesday 6th December, 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 it. Lunch was chicken and salad rolls with hot chips. 🌲 🍟 🍗 🥗 🥖 🌲



On the 25 January, celebrated Australia Day with our Able & loving it disability group combined with our Arabic group. They enjoyed lamingtons, cheese & crackers as well as tea and coffee for morning tea. Lunch was a sausage sizzle, fresh bread rolls, salads and fruit. The disability group also did some art and craft, creating the opera house using paper plates. Fantastic job everyone!



Australia Day means so much to our members, who are very multicultural and come from all over the world. They are proud to be Australian and live in the best country in the world. Happy Australia Day!

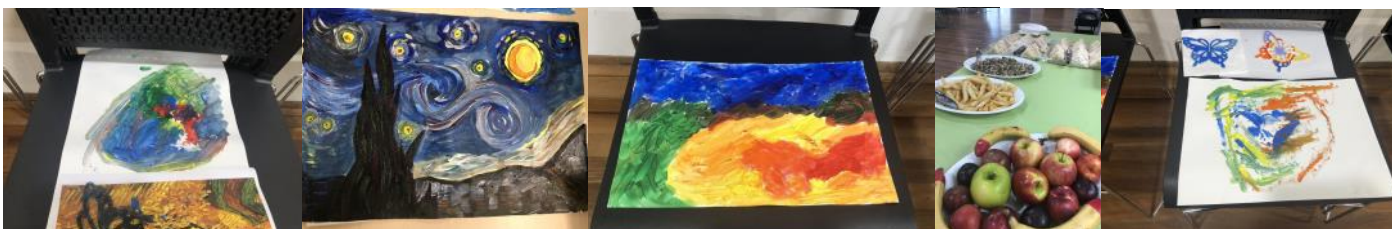


Such a fun excursion at Carss Park on 8th February with the Able & Loving it, disability participants! The weather held out for us as we had a picnic lunch and played a few rounds of giant Jenga. Some were on the edge of their seats waiting for the tower to topple but cheering each time it didn't. We have some very skilled participants and carers in our group, getting up to 29 levels at one stage! Such a great way for all to engage with one another. Well done everyone.

ABLE & LOVING IT, SPRING DISABILITY ACTIVITIES



On the 2nd February, the KCAC Disability group celebrated Chinese new year 🇨🇳 Their activity was making a Chinese paper lantern and they did an amazing job! Lunch was chicken fried rice, spring rolls and money bags. The participants also received a red envelope each with some chocolate money inside. They loved it! Happy Chinese new year everyone! 🍵 🇨🇳 🍡 🍎 🧧



The KCAC Able and loving it disability group, were welcomed back to the centre for 2023 last Wednesday 18 January. The activity for the day was painting on canvases with Van Gogh as their inspiration. Great job everyone!! Lunch was sandwiches, salad and fruit.



What a week it has been for the disability recreational group! On Tuesday, a few of them attended the extra monthly excursion. This month it was to see Van Gogh Alive at Moore Park Sydney. They learned so much about the life and death of this artist and have a new appreciation for his works of art.

CHINESE NEW YEAR CELEBRATIONS

On Friday 3rd February, the Chinese social support group celebrated Chinese New Year at KCAC. The Hon Mark Coure MP, Minister for Seniors and Minister for Multiculturalism joined us to celebrate the occasion. The money God made an appearance and gave out the lucky red envelopes to all. We wish everyone a happy Lunar New Year!



Kingsgrove Community Aid Centre CEO, Anne Farah-Hill, attending the Luna New Year celebrations at Jubilee Stadium with the Hon Chris Mins NSW State leader of the opposition, the Hon Andrew Giles Federal Minister for Immigration Citizenship and Multicultural Affairs.

GEORGES RIVER COUNCIL CHRISTMAS GATHERING

Attending the Christmas end of year gathering organised by Georges River Council. Pictured with: Georges River Council Councillor Colleen Symington Mayor Nick Katris Lou Konjarski - Georges River Councillor Nancy Liu JP - Georges River Councillor Councilor Veronica Ficarra - Georges River and Vanessa Baldovin Gauci



HEALTHY RECIPES TO COOK AT HOME

Sweet potato & pumpkin soup



INGREDIENTS

- 2 tablespoons Olive Oil
- 500 grams Squash (Pumpkin/, skin removed and cut into small chunks)
- 1 Sweet Potato (peeled and cut into small chunks)
- 2 Carrots (peeled and cut into small chunks)
- 1 Yellow Onion (or brown, cut into small chunks)
- 1 litre Vegetable Stock (or Chicken)
- 1 teaspoon Cumin
- 2 teaspoons Thyme
- add Croutons
- add Greek Yoghurt

INSTRUCTIONS

Set the oven to 200C / 390F and line a baking tray with baking / parchment paper.

Place pumpkin, sweet potato, carrot and onion pieces on the tray. Coat with oil and use your hands to toss around to ensure each piece is adequately covered. Sprinkle thyme across the top of the vegetables.

Bake for 30 – 40 minutes, until the vegetables are browned and soft.

Transfer roasted vegetables to a large pot, pour in half the stock and sprinkle in cumin. Puree with an immersion blender until smooth. If the soup is too thick, add more stock as needed until desired consistency is reached.

Place the pot on the stove and cook on medium heat for 5-10 minutes, stirring regularly.

Serve immediately.

THE RECIPE ABOVE IS FROM COOK IT REAL GOOD, THE RECIPE BELOW IS FROM BBC GOOD FOOD

Apple & hazelnut galette



INGREDIENTS

- 50g light brown soft sugar, plus extra for sprinkling
- ½ lemon, zested and juiced
- 1 tbsp cornflour
- 1 tbsp maple syrup
- 3 Bramley apples, peeled, cored, halved and thinly sliced
- 20g hazelnuts, roughly chopped
- double cream, to serve
- For the pastry
- 80g hazelnuts
- 2 tbsp icing sugar
- 125g spelt flour
- 175g plain flour, plus extra for dusting
- 150g cold butter, cubed
- 1 egg, beaten

INSTRUCTIONS

Step 1: First, make the pastry. Blitz the hazelnuts and sugar in a food processor until finely chopped. Add the spelt and plain flours, butter and a good pinch of salt, and blitz again until all of the butter has been incorporated and the mixture is sandy. With the motor running, drizzle in 1-2 tbsp cold water until the dough starts to form in clumps. Squeeze a little between your fingers – if it feels like it will come together, tip the mixture onto your work surface and knead briefly into a ball. Shape into a disc, wrap and chill for 30 mins or overnight.

Step 2: If the pastry has been chilled for longer than 30 mins, let it come to room temperature for 20 mins before rolling. Mix the brown sugar, lemon zest, cornflour and maple syrup together in a large bowl. Add the apples and toss well. Set aside while you roll out the pastry.

Step 3: Heat the oven to 180C/160C fan/gas 4. Dust a sheet of baking parchment large enough to line a large baking tray with flour, then roll the pastry out to a roughly 30cm circle on top of the parchment. The pastry will crack and crumble a little as you roll it, but just keep pushing the edges back together – don't worry if it looks rustic. Slide the pastry on its parchment onto the baking tray. Pile the apple slices into the centre of the pastry circle using your hands, letting any excess syrup drip back into the bowl as you do (save the syrup for later). Be sure to leave a clear 2cm border around the edge. Use the baking parchment to help you lift the edges of the pastry over the apples, leaving the most of the apples exposed. Pinch together any cracks around the edge to make a rustic pastry border.

Step 4: Brush the pastry edge with some beaten egg, sprinkle with a little extra brown sugar and scatter over the hazelnuts. Bake for 50-55 mins until golden brown. Meanwhile, pour any leftover syrup from the apples into a small saucepan and bubble for a few minutes until syrupy. When the galette is cooked and still hot, brush the syrup over the top. Leave to cool for at least 30 mins, then serve warm with cold cream. Will keep in the fridge for up to two days, or freeze in well-wrapped slices for up to two months.



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,

January vacation care program was so much fun and full of educational and creative activities.

Our Summer Holiday program had activities that were extra special for the children by programming lots of special incursion days, excursions, activities and games.

We had four weeks of programmed activities which included a mini market day, a cooking day, arts and crafts day, a talent show day, a cubby house day, scavenger hunt and sports day, construction day and nature walks and nature craft day, a painting on canvas day and four excursion days.

The excursions included two days to Glow Crazy indoor party centre, Movies at Entertainment Quarters Moore Park and Mortdale Adventure Play Centre.

Everyone had lots of fun and the children had the opportunity to develop their social skills, maths skills, team work, gross motor skills and hand eye coordination.

We had ten new kindergarten children enrolled in our January vacation care program and we have more than twenty new kindergarten enrolments commencing in Before and After School Care.

Our April Vacation Care program will begin on Monday 11 April 2023 and enrolment forms will be available from 15 March 2023.

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 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:
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 10 - 14 April 2023	Extra cost
Monday 10 April	Closed Easter Monday Public Holiday	
Tuesday 11 April	Cooking and Science Day Decorating cupcakes and biscuits with Miss Connie and Miss Eva Make slime, playdough and more!	
Wednesday 12 April	Excursion Day – Monkey Mania – Bankstown Facility includes an inflatable jumping castle, a gun/cannon foam ball arena, climbing structure, slides and arcade hall. <i>Travelling by private bus - Departing 9am returning to Centre by 3pm</i>	\$30
Thursday 13 April	Incursion – Mr Bamboozle’s Magic Show Learn to be a magician with Mr Bamboozle Learn to make sock bunnies with Miss Georgia	\$15
Friday 14 April	Sports day and Treasure hunt Join us with some relay games, an obstacle challenge and followed by a treasure hunt	
Date	Week Two 17 - 21 April 2023	Extra cost
Monday 17 April	In Centre Day - Talent show Use your imagination and creative skills to show your talent. <i>Afternoon Activity: Coloring in Competition</i>	
Tuesday 18 April	In Centre Day - Mini Market Day Make bookmarks, chatter box, cards, frames, finger puppets and more. 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	\$5
Wednesday 19 April	Incursion-Jungle Beats African Drumming Performance All children will have a turn on the drum taught by a master drummer from Africa. This fun cultural performance also includes rhythm games, stories, singing, dancing and learning to use other African instruments.	\$15
Thursday 20 April	In Centre Day – Art and Craft Day Let’s get creative and paint your own masterpiece on canvas, wood or plaster Afternoon activity – out door games	
Friday 21 April	Excursion day - to Glow Crazy Indoor Play Centre -Carlton Karaoke, musical games, arcade games, air hockey, table tennis and a slushy Includes transport by private bus. Depart 9am return by 3pm	\$30

UP & COMING EVENTS



Kingsgrove Community Aid Centre Inc.
is celebrating
International Women's Day with a

High Tea

Wednesday 8th March 2023

Time: 10.30am - 1.00pm
Venue: 30 Morgan St, Kingsgrove
Cost: \$15 per person

Bring a friend along & join us to celebrate IWD in honor of all women & be inspired by our special guest speaker. The theme this year is #EmbraceEquity #IWD2023
Entertainment will be provided. Dress theme is bright colours.

Registration is essential. Limited places available for Covid Safety.
To register or for more information please call 9150 7823 by the 6th March 2023.

All money raised will go toward the continuing community work of the Kingsgrove Community Aid Centre Inc. in supporting & empowering women.
All donations over \$2 are fully tax deductible.




www.kcac.org.au

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



Kingsgrove Community Aid Centre Inc MARCH COMBINED GROUPS EXCURSION - COOGEE



Join us for a day out & about for lunch, live music and a walk at Coogee Bay Hotel.

Tuesday 28th March 2023

KCAC bus departing Kingsgrove Community Aid Centre at 10am and arriving back at the centre at 2.30pm.

Please contact Rose on 0488 033 078 or Gurmeed for any questions.



www.kcac.org.au

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



UP & COMING EVENTS

Kingsgrove Community Aid Centre Inc **APRIL COMBINED GROUPS EXCURSION - WOLLONGONG**



*Join us for a day out & about
in Wollongong & lunch at Levendi*

Tuesday 11th April 2023

KCAC bus departing Kingsgrove Community Aid Centre at 10am and arriving back at the centre at 3pm.

Please contact Rose or Gurmeed for any questions.



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



Kingsgrove Community Aid Centre Inc **MAY COMBINED GROUPS EXCURSION - NARRANGINGY**



Join us for a day out & about at
Narranginy Reserve for a picnic

Tuesday 9th May 2023

KCAC bus departing Kingsgrove Community Aid Centre at 10am and arriving back at the centre at 3pm.

Address: Knox Road, Doonside

Pack a picnic lunch or purchase at the café.

Please contact Rose or Gurmeed for any questions.



www.kcac.org.au

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



ABLE & LOVING IT DISABILITY SUPPORT SERVICES

DISABILITY SUPPORT SERVICES

KCAC INC. SOCIAL & RECREATIONAL ACTIVITIES, EXCURSIONS & THERAPEUTIC SUPPORT (PODIATRY).



REGISTERED
NDIS
PROVIDER

Ask us about our Wednesday program of activities coming up in 2023!

We also have extra excursions once a month on Tuesdays where participants can experience places they may not usually go to. Coming up, we have lunch in the Blue Mountains, lunch in Berry, Apple Picking and lunch in Bilpin, lunch at Audley Weir and Visiting the Art Gallery of NSW.

↻ Don't feel isolated ↻ Engage with your community ↻ Meet new people ↻ Learn new skills

Receive a complimentary T-Shirt & sun safe 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 and physiotherapy services, in the comfort of your own home, provided by qualified professionals.

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

"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."



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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

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.



KINGSGROVE COMMUNITY AID CENTRE INC.

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.



KINGSGROVE COMMUNITY AID CENTRE INC.

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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.



KINGSGROVE COMMUNITY AID CENTRE INC.

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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.



KINGSGROVE COMMUNITY AID CENTRE INC.

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

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

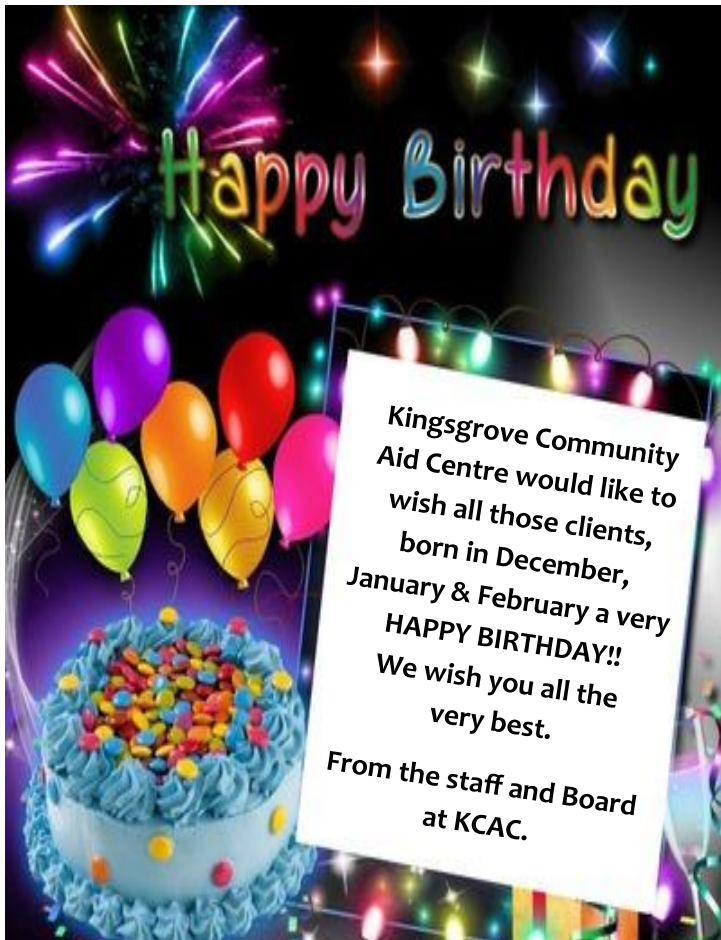
This program is partially funded by the Big Sister Foundation & Department of Communities Justice



Health
South Eastern Sydney
Local Health District



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.



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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Funeral Director

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