



KINGSGROVE COMMUNITY
AID CENTRE INC.

IN THE COMMUNITY
FOR THE COMMUNITY
WITH THE COMMUNITY

50th
Anniversary

SUMMER NEWSLETTER 2016

ISSUE 18

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 HURSTVILLE
CITY COUNCIL FOR THE
VENUE AT 30 MORGAN
ST KINGSGROVE.



HAPPY CHINESE NEW YEAR
GONG XI FA CAI 2016

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



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Up and Coming Events

March

April

May

17th: St Patrick's Day	1-10: Seniors Week	10th: Mother's Day
22nd: Harmony Day	11th: Vacation Care commences	TBA: Guest Speaker Healthy Eating
25th: Good Friday	25th: Anzac Day	20,27: First Aid Course
27th: Easter Sunday	27th: School resumes	
28th: Easter Monday		

MAKE A TAX DUDUCTABLE DONATION TO KCAC VIA OUR WEBSITE: WWW.KCAC.ORG.AU DONATE USING PAYPAL, CASH OR CHEQUE.

SENIORS WEEK 2016 COMING UP IN MARCH!

CELEBRATING SENIORS WEEK 2016 1 - 10 APRIL

COME AND CELEBRATE SENIORS WEEK AT KCAC. THERE WILL BE AN EVENT EVERY DAY FROM MONDAY 4TH APRIL TO FRIDAY 8TH APRIL 2016.

ACTIVITIES DURING SENIORS WEEK WILL INCLUDE:

- TAI CHI
- MAHJONG
- EXERSIZE CLASSES
- LINE DANCING
- MORNING TEA AND REFRESHMENTS
- INFORMATION SESSIONS IN ENGLISH AND CHINESE.

TO FIND OUT MORE INFORMATION PLEASE CONTACT THE KINGSGROVE COMMUNITY AID CENTRE ON 91507823, OPEN MON-FRI 9AM-4PM.



SENIORS CHRISTMAS FUNCTION 2015



The combined Seniors Social Support Groups celebrated Christmas lunch together on the 16th December 2015. There was entertainment by Nata Forte courtesy of Olsen Funerals whom we would like to thank as well as performances from the Monday Chinese group and a visit from Santa.

Are you over 65?

Would you like to belong to one of our seniors social support groups?

Give us a call and speak to one of our friendly staff on 9150 7823, or simply just drop in for a chat!

We are open Mon to Fri 9am to 4pm at 30 Morgan St Kingsgrove.

Hope to see you here.



CAG CHRISTMAS PARTY 2015

The Chinese Cantonese Group had an early Christmas party this year, on 11th December in our own KCAC hall.

Our eager and excited members got into the spirit of Christmas and took great pains in decorating the hall and tables to make this a memorable event.

A new feature of this year's party was a system of "gift exchange", where each member brought a wrapped up gift to be distributed by Santa Claus at his discretion. Without doubt, Santa's visit was the highlight of the party, as he also brought a bag of goodies for everyone.

The atmosphere was full of fun, joy and happiness. The day ended with a scrumptious lunch prepared by some hard-working members of the group.



GENTLE EXERCISE CLASS CHRISTMAS PARTY

The Gentle exercise class celebrated Christmas together at the Kingsgrove Community Aid Centre hall with a buffet spread of delicious multicultural food all brought in by the members of this class.

This class gets together every Thursday (except during school holidays) and is a great way of getting out of the house, meeting new people and staying fit and healthy.

If you would like to join this class please contact Ms Gurmeed Nelson on 9150 7823.



AUSTRALIA DAY 2016



The Senior's Social Activity groups celebrated Australia Day together in January. This year the groups spent their week out and about for the celebrations..



The Senior's Social Support groups have a great time getting together each week. It helps them to get out of the house, stay in contact with others and engage, keeping them more active and independent.

If you would like to join one of these groups or would like more information, please contact one of our friendly staff on 9150 7823. Alternatively, just drop in to the centre for a chat.

First Aid Course for Parents

Kingsgrove Community Aid Centre is running a fully accredited First Aid Course for the Parents and Carers of babies and young children.

The course runs every month over two days from 10:00am – 2:00pm, lunch is provided and babies are welcome to attend with their carer.

Course costs \$60 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 or 0449 556 138



PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE

CHINESE NEW YEAR 2016

On Friday the 19th of February, Kingsgrove Community Aid Centre celebrated Chinese New Year at the Ramsgate RSL Club.

The day consisted of Chinese dancing, traditional Chinese music played on traditional instruments, lucky red envelopes given out by the money God as well as a lovely afternoon tea provided by the Ramsgate RSL Club.

Speeches were given by some special guests such as Mr Mark Coure (State Member for Oatley), Mr Steve Kamper (State Member for Rockdale) and Mr James Zhou representing Chris Minns (State Member for Kogarah).

We would like to thank all of our special guests including representatives from Hurstville Council, Mr David Linden and Ms Brenda Eggleton as well as members of the KCAC Board, Ms Pam Clapshaw and Mr Peter Byrne.

We hope that this New Year of the Monkey brings you much prosperity.

Gong Xi Fa Cai!



Would you like to join this Cantonese speaking group? They meet every Friday at the Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

Give us a call on 9150 7823.

Beverly Hills Registry - RELOCATING SOON



Service NSW is coming soon

From early June 2016, Beverly Hills Motor Registry services and transactions will be available at Service NSW's Rockdale Service Centre as well as nearby locations including [Hurstville](#) and [Bankstown](#) service centres.

The Rockdale Service Centre will be located at the same location as the former [Rockdale Motor Registry](#) and be open Monday to Friday 7:00am to 7:00pm and Saturday 8:30am to 12pm.

At Service NSW centres, customers can complete more than 850 NSW Government transactions, including motor registry and Fair Trading transactions, in the one location. For more information call [13 77 88](tel:137788)



KINGSGROVE COMMUNITY AID CENTRE INC.

Kindly Caring for All our Community



SENIORS COMPUTER & TECHNOLOGY 10 WEEK COURSE

Computer and Technology Classes are available to seniors at KCAC.

Learn How To:

- *Navigate the My Aged Care website - for your aged care needs.*
- *Interact with Facebook.*
- *Use basic word processing programs.*
- *Learn how to use skype to keep in touch with family.*
- *Website safety and more.*

When: Wednesday's 11.30am till 1.30pm

1st session: 30 March 2016 till 1st June 2016. 2nd Session: 8 June till 10 August. 3rd Session: 17 August till 19 October 2016.

Venue: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove

Cost: \$5.00 per session. Booking is essential. Call us to register for a session.

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

KINGSGROVE & HURSTVILLE OOSH ARE A FULLY ACCREDITED SERVICE.

FOR MORE INFORMATION PLEASE CONTACT SANTINA ON 91507823 OR 0407 659 766

REMINDERS

VACATION CARE ENROLMENT FORMS AND PROGRAMS ARE AVAILABLE ON THE WEBSITE 4 WEEKS PRIOR TO VACATION CARE. PLEASE RETURN YOUR FORM IN BY ASAP. FEES NEED TO BE KEPT UP TO DATE. STATEMENTS WILL BE GIVEN OUT MONTHLY. PLEASE CHECK OUR FACEBOOK PAGE or WEBSITE FOR ENROLMENT FORMS AND PROGRAMS. www.kcac.org.au Programs are located in NEWS, EVENTS & PHOTOS TAB.

KINGSGROVE OUT OF SCHOOL HOURS CARE & VACATION CARE



A Big Welcome:

Welcome to our children and families who have joined Kingsgrove outside of school hours care for, 2016. We have a big year of exciting and new curriculum ideas planned for the children to enjoy. Our mission for 2016 is to meet the needs of our children and families and have children involved in many community events such as **grandparent's day, celebrating festive seasons** and the children giving to their local community by creating art work or taking part in clean up Australia day. We look forward to a great year ahead.



Vacation Care:

Summer vacation care was very popular and all the children enjoyed so many fantastic incursions and excursions with the educators. We received much feedback from the children on what they would like us to include in the program, so we organized a range of exciting activities.



Children and educators had a great time over the three weeks and we look forward to our next vacation care in April. Look out for the program it will be out in the next couple of weeks.

Active After School Sport

The program aims to engage traditionally inactive children in sport and other structured physical activities, through a positive and fun experience.



The sports selected for this term are Cricket and athletics. It is a great sports program for the children to enjoy. Kingsgrove Community Aid Centre will be covering the cost of the program.

Santina Pacicca

Kingsgrove OOSH Coordinator

HURSTVILLE OUT OF SCHOOL HOURS CARE & VACATION CARE

What a great three weeks of school holiday all the children had this summer. We started Vacation Care with a new excursion to Tribal Zone, an indoor play centre in North Ryde which also included a delicious lunch. The second new excursion was to Glow Crazy which is an indoor party centre in Carlton. The children enjoyed playing X box, play station, air hockey. This was followed by a karaoke and disco dance. The other excursions days included two movie days. The first movie excursion was to Hurstville Cinema where we watched "The good dinosaur" and the other was a combined excursion to Beverly Hills Cinema where the children had the choice to watch "The Snoopy Movie" or "Alvin and the Chipmunks".

In the last week of vacation care we went back to our all-time favourite excursions which are AMF Bowling in Southgate, and at our favourite restaurant "Pancakes on the Rocks" at Beverly Hills. The service was fantastic and we all had a great time. There was also a combined excursion with Kingsgrove Vacation Care to "Lazer Siege" in Arncliffe for the 9 plus age group and "Shrimps," an indoor play centre in Bexley, for the 5 to 8 year olds. Organising age appropriate excursions was a success and all children and educators were happy.

The in centre days included creative craft days, planting and gardening, making cubby houses and playing games with friends. There was also a "Dinosaur day" and "Under the Sea" incursion day which involved a lot of hands on activities which was very informative and a great learning experience for the children and educators.

The vacation care program ended with a big celebration at K.C.A.C. with the children from Kingsgrove Vacation Care enjoying a water play day and eating delicious freshly made Nachos for lunch.

Term 1 began with educators preparing a creative program for the new children commencing Before and After School care this year. We also have introduced a second session of active sport this term. The sport activities are Cricket on Mondays and Athletics on Tuesdays.

I hope you all are enjoying term 1 2016

Katina Papadakis

Hurstville OOSH Coordinator



THE KINGSGROVE & HURSTVILLE OOSH AND VACATION CARE SERVICES ARE PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

FOR MORE INFORMATION PLEASE CONTACT KATINA ON 91507823 OR 0418 481 358

VACATION CARE

The next Vacation Care period will commence on Monday the 11th April 2016 and will run until Friday 22nd April 2016.

FUN ACTIVITIES AND EXCURSIONS ORGANISED.

School resumes Tuesday 27th April 2016.

BIRTHDAY WISHES

Kingsgrove Community Aid Centre would like to wish all those, born in December, January & February a very HAPPY BIRTHDAY!! We wish you all the very best.

All of the staff and Board at KCAC.



A Big Happy Birthday to our CEO Anne who celebrated her birthday in December, to our staff member Ramona who celebrated her birthday in January and to our staff members Kim & Santina who both celebrated their birthdays February 2016!! Lots of happy wishes for you from all of us at KCAC xoxo.



Good news testimonial from one of our Kingsgrove OOSH Parents.

“Hello Anne,

My Son Christopher started before and after school care today at K OOSH for OLF. I wanted to provide you with some very positive feedback from his experience today. Christopher loved it and didn't want to go home. This is so reassuring for working parents who feel guilty not being able to take & pick their kids up from school. It's very comforting to know he is in good hands and is enjoying his time there.

*Thank you to the carers and facilities for enabling this great experience.
Kind Regards, Katia.”*

Thank you for your great feedback Katia.

We love hearing about the difference we are making in our local community, if you have some positive feedback you would like to share with us, please send and email to admin@kcac.org.au or to anne@kcac.org.au.

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Tas Aronis JP
Funeral Director

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