



KINGSGROVE COMMUNITY  
AID CENTRE INC.

*Serving the  
Community  
for over 50  
Years.*

**ISSUE 42**

#### 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  
JUNE - AUGUST 2022**

## A MESSAGE FROM THE CEO

*Dear Readers and community Supporters,*

*The winter season has been full of activities and events at the Kingsgrove Community Aid Centre. In July we held a NAIDOC Week event to celebrate our indigenous community. Special guest performers Walangari & the Diramu Aboriginal Dance & Didgeridoo group, provided a spectacular atmosphere in the spirit of NAIDOC week, by providing a performance that not only was enriching in history & culture, but was also interactive & educational. Mark Coure, Honourable Minister for Multiculturalism & Seniors, attended and said that it was the best Indigenous performance he has ever been to!*

*We have been busy working and planning for the second half of this year, with many more functions events coming up, and Christmas not too far away.*

*International Day of People with Disability is coming up on the 2nd November, which also coincides with our 56th Annual General Meeting.*

*Our new coffee machine is being replaced as it was faulty. We should be getting the new one by the end of October as it is arriving from Italy.*

*I hope all of our participants are enjoying their activities so far. There are a few more excursions coming up so keep an eye out. If you have any feedback, please don't hesitate to email or call the centre on 91507823.*

*Anne Farah-Hill,*  
OAM, CEO of KCAC

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



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# UP & COMING EVENTS & DATES

## September

- 9th: Chinese Moon Festival Celebration
- TBA: Seniors Excursions (see flyers on pages 14-15)
- 26th: Vacation Care Starts

## October

- 5th: Sydney Aquarium Excursion for Disability Group
- 7th: Vacation Care Ends
- 29th: Staff team bonding

## November

- 2nd: International Day of People with Disability featuring Kris's Feathered Friends
- 2nd: 26th AGM
- TBA: Diwali



*Pictured above: Mark Coure MP, Minister for Multiculturalism & Seniors, with CEO of KCAC, Anne Farah-Hill and Walangari and the Dirumu group at the NAIDOC Week celebration on July 6 2022.*

# 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**

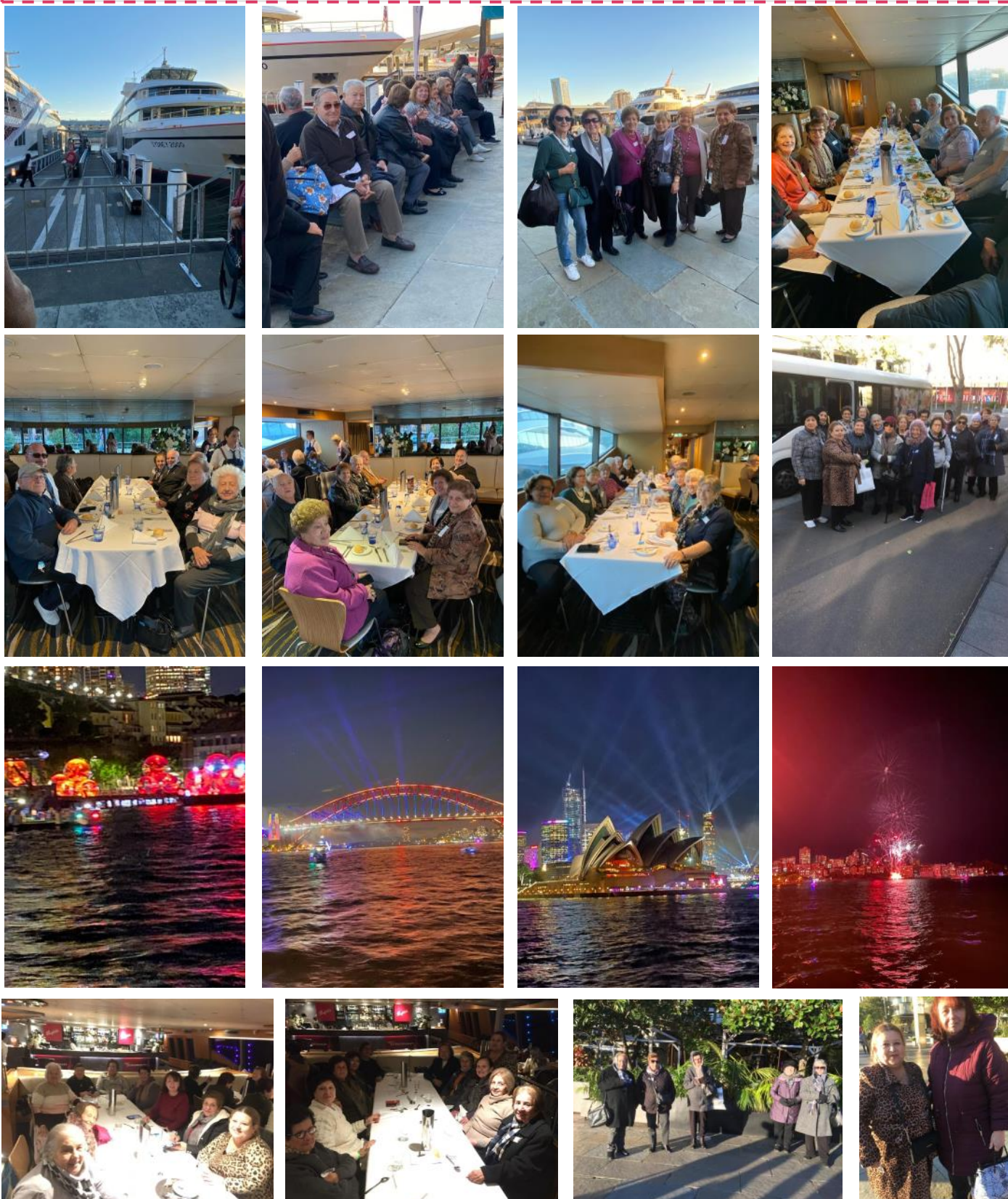


[www.kcac.org.au](http://www.kcac.org.au)

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



# REDUCING SOCIAL ISOLATION IN SENIORS PROJECT



In June, as part of the Reducing Social Isolation in seniors project, our seniors were treated to a dinner cruise on Sydney Harbour during the vivid lights festival. It was a fantastic time had by all. The feedback from all in attendance was very positive and we are so glad we were able to organise this for them.

Are you feeling alone and isolated? Would you like to get out of the house and make new friends? Why not join our seniors social support groups. These groups get together each week and have a great time sharing meals and laughter. These social activities are the perfect way to improve your emotional and mental well-being. Give our friendly staff a call on 91507823 or email [agedcare@kcac.org.au](mailto:agedcare@kcac.org.au)

## INFORMATION SESSION FOR SENIORS

On 6th June 2022, the Italian seniors group and then on 8th June the Arabic group, had a special guest speaker from Diabetes NSW ACT, to present information about diabetes, healthy eating and exercise. An Italian interpreter was there to translate for better understanding.

The group participated in some gentle exercises and enjoyed a healthy lunch.

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. Please see you doctor if you think you have diabetes.



## BIRTHDAY CELEBRATIONS ITALIAN SENIORS GROUP

On Friday 17th June, the Italian seniors social support group celebrated the birthdays of 31 consumers for over the last 12 months. They celebrated this occasion at the Kingsgrove RSL Club with a delicious lunch and a beautiful cake made by one of the group members.



## ITALIAN INDEPENDENCE DAY 2022

On 20 June 2022, we celebrated Italian Independence Day with the Italian seniors social support group. A delicious pasta was prepared by Connie, and the group brought in some yummy Italian sweets and finger foods to share. Entertainment was provided by the talented group member, Vito and his piano accordion. There was dancing, card playing and happiness all around.



## GROUP BIRTHDAY CELEBRATIONS

During June, July and August we celebrated the birthdays of many seniors who missed out on birthday celebrations during covid lockdowns.



## MANDARIN SPEAKING SENIORS SOCIAL SUPPORT GROUP



The Friday Chinese Seniors Social Support group has been having some great weather for their outings. They have also been trying their hand at some floral art.

## FEEDING OUR CONSUMERS WELL EACH WEEK AT KCAC



Our seniors are very well looked after by the wonderful staff and volunteers at KCAC, who prepare a healthy lunch for them each week. The menu's are planned with a cultural relevance for each specific group. The menu's change each week and are extra special during celebrations and occasions. The seniors also love to contribute with their own traditional dishes during special celebration days. It's a multicultural food extravaganza each week at KCAC. The best feedback we can get is the smile on the faces of our consumers, and they are always smiling.

## THURSDAY SOCIAL SUPPORT GROUP

The Tuesday Seniors Social Support group attended the Bankstown Sports Club for lunch, where the inside looks like a beautiful garden.



## SENIORS EXERCISE CLASSES



Our seniors exercise groups continue to increase in numbers and in strength! Through their weekly exercise classes, they are becoming stronger, fitter, more mobile, more flexible and much healthier and happier. Thanks to our awesome trainer Nikki, for bringing out their best! Nikki Boxfit

## POPPY PLAYGROUP AT KCAC



Come and spend your Monday mornings from 10am-12pm engaging with other mothers whilst we facilitate an interactive environment for your child/ren to engage in safe play. POPPY Playgroup is a supported playgroup for mothers who are experiencing emotional distress, mental health challenges or have a diagnosed mental illness. We have a qualified childcare worker and social worker running each session, accompanied by a mental health support worker from NSW health. Next week we are exploring natural materials and going on a nature hunt! We provide yummy morning tea and coffee for children and their carers. If you have any questions or would like more information, please email [poppyplaygroup@kcac.org.au](mailto:poppyplaygroup@kcac.org.au) or call 0421 762 399 on Mondays between 9 and 5.

***This program is supported by the Big Sister Foundation and Department of Communities and Justice TEIP.***

## POPPY PLAYGROUP ARTICLE IN THE ST GEORGE LEADER

Have a look at today's article in the St George Leader, about the important work we are doing to help mothers with mental health concerns.

If you or any mum you know is struggling mentally, we encourage you to reach out and give us a call on 9150 7823. We are just one call away.

### ST GEORGE & SUTHERLAND SHIRE **Leader** **Playgroup changing lives**



**HELPING HAND:** The POPPY Supported Playgroup program gives mothers "a safe haven to forge friendships and engage with mental health workers to build coping strategies". Photo: supplied

*"We are wanting to expand our services to women affected by domestic violence"*

Before attending **POPPY** Playgroup at the Kingsgrove Community Aid Centre Jane (not her real name) was struggling with her mental health.

She had difficulties with being productive at work, engaging with her children and establishing and engaging in healthy relationships, as well as adapting to and coping with change. Although no one knew, Jane was a victim of domestic violence.

After attending POPPY on a regular basis, Jane could feel the improvement. Her anxiety had decreased and she was able to engage with her children. After speaking to Jane a few years later she said: "POPPY Playgroup saved my life".

According to the statistics, on average, more than half of the women seen in mental health settings are being, or have been, abused by their partner.

Kingsgrove Community Aid Centre CEO Anne Farah-Hill said: "The POPPY Supported Playgroup program gives mothers a safe haven to come to forge friendships, engage and work with mental health workers to build coping strategies and to participate in play with their young".

Ms Farah-Hill said POPPY has been supporting women affected by mental health challenges precipitated by domestic violence issues and/or post-natal depression since 2011 and provides an important service to the local community.

"We are wanting to expand our services to women affected by domestic violence in the future, with support from the government," she said.

If you are a mum experiencing domestic violence or mental health concerns or feel that you're not coping and are not able to engage with your child then you can call Kingsgrove Community Aid Centre and one of the qualified workers will be happy to help.

Kingsgrove Community Aid Centre is a locally managed organisation committed to identifying and responding to a range of community needs with special consideration for the socially, economically and linguistically disadvantaged. As a not for profit organisation funded by a range of government agencies they hold no affiliations with either political parties or religious organisations and provide their service in a non-discriminatory manner.

The centre is at 30 Morgan Street, Kingsgrove. For more information call 9150 7823, email [poppyplaygroup@kcac.org.au](mailto:poppyplaygroup@kcac.org.au) or visit their website at [www.kcac.org.au](http://www.kcac.org.au).

# ST GEORGE LEADER ARTICLE

WEDNESDAY JUNE 29, 2022

theleader.com.au

## ST GEORGE & SUTHERLAND SHIRE **Leader**

FREE

All the latest on St George real estate



REAL ESTATE | INSIDE

### Max is bringing folk of many nations together for NAIDOC Week

Kingsgrove Community Aid Centre bus driver Max Dean is a man who brings many nationalities together. On a typical week, Max, 54, will transport seniors from many different ethnic groups to the community centre including Chinese, Arabic, Italian, Greek and Hindi. Max, a First Nations descendent, says he's learned a great deal about culture, multicultural food and human nature



DRIVING FORCE: Max Dean drives people from many nations on the Kingsgrove Community Aid Centre bus. Picture: Chris Lane

4 ST GEORGE & SUTHERLAND SHIRE LEADER Wednesday June 29, 2022

theleader.com.au

### NEWS

# Max's journey to NAIDOC

BY JIM GAINSFORD

From page 1

"It's a very rewarding job. I love the different cultures and backgrounds," Max said. "I'm learning a lot from it. You get an idea of the different types of multicultural food."

"A lot of our seniors are in their 90s. We have one woman who is about to turn 100. You would think she was in her 70s. It's a very happy atmosphere on the bus."

"This job has helped me to have a better understanding of working with people, particularly seniors, plus working with the various multicultural people is rewarding."

"They talk about family, the work they have done. They have many years of experience and life skills."

"It's a wonderful experience and journey working at Kingsgrove Community Aid Centre."

Max has been working at the centre since 2019.

Born in Grafton, Max was a ward of the state and fostered out to care in Sydney.

He previously had worked in warehousing as a store-



LIFE CHANGING: "This job has helped me to have a better understanding of working with people, particularly seniors, plus working with the various multicultural people is rewarding," bus driver Max Dean said. Picture: Chris Lane

man before joining the community centre three years ago as a jobseeker under an unemployment scheme. Since then he has gained his Medium Rigid Licence in order to drive buses.

"I'm a bus fanatic," Max said. "I have been as a child so when I got my licence to drive a bus it was a dream come true."

"I also drive rail replacement buses on the weekend."

It's a great job if you love people and love driving. This job has been quite a life-change. I've had support from my church and my fiancée, Rebecca."

Kingsgrove Community

Aid Centre CEO Anne Farah Hill said, "Max is great with his ability to work with all the different cultures."

"Since our introduction back in 2019 we have seen Max excel in leaps and

“

When I got my licence to drive a bus it was a dream come true.

Max Dean

bounds with the work that he does at the community centre," she said.

"Max is a proud descendant of our First Nations people. He is great with his ability to work with all the different cultures that make up our organisation as he makes everyone feel welcomed. No job is too difficult for him. The clients absolutely adore him."

Max will be transporting his seniors passengers to the centre for a special NAIDOC Week event on July 6 where Aboriginal performers, Wollangari will be dancing and playing didgeridoo.

Max hopes it will be a chance for his seniors passengers to learn about First Nations culture.



## HEALTHY RECIPES TO COOK AT HOME

# Vegetable Stir-Fry

### INGREDIENTS

- 1 tablespoon olive oil or non-hydrogenated vegetable oil
- ½ pound protein, such as cubed chicken breast, sliced steak, or tofu
- 2 cups mixed vegetables (such as peppers, zucchini, broccoli, onions, snap peas, and mushrooms)

#### For the sauce

- ¼ cup orange juice
- ¼ cup water
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon fresh ginger, or a sprinkling of ginger powder

Serves: 4

Time to make: 30 mins



### INSTRUCTIONS

Heat oil in a large wok or skillet over medium heat. Cook the protein, stirring regularly, until lightly browned and cooked through. Add vegetables and cook for another 5-10 minutes, until soft. Remove meat and veggies from the pan and set aside.

Mix all sauce ingredients in a small bowl. Add the mixture to your pan and bring to a simmer over medium-high heat. Simmer for about 3 minutes, or until slightly thickened.

Add vegetables and protein back to the pan and stir to combine.

Serve over brown rice or noodles for a filling meal.

THESE 2 RECIPES ARE BROUGHT TO YOU FROM A BEAUTIFUL PLATE & THE BIG MANS WORLD

# Two-Ingredient Homemade Ice Cream

### INGREDIENTS

- 2 cups heavy cream
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract
- A mix-in of your choice, like chocolate syrup, crushed Oreos, finely chopped strawberries, sprinkles, etc.



### INSTRUCTIONS

In a large bowl, whip the cream until stiff peaks form. You can use an electric beater to make this process easier.

Add chilled and sweetened condensed milk and vanilla; stir slowly until just combined.

Stir in mix-ins of your choice. Get creative! You can separate your base into multiple containers to try more flavours.

Seal into Tupperware containers with lids, and freeze at least 4 hours before enjoying.



**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 July Vacation Care program was so much fun and full of educational and creative activities. The themes for the July Holidays was NAIDOC week in week 1 we did lots of aboriginal themed arts and craft activities. The second week we celebrate Christmas in July. We made these holiday activities extra special for the children by programming some fun activities and games on the in centre days. The vacation care program included a mini market day, cooking day, arts and crafts day, Xmas in July, Karaoke disco and Talent show, cubby house day, scavenger hunt and sports day, construction day and nature walks and nature craft. 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. The excursions which are always popular were to Glow Crazy Party Centre in Carlton and Manhattan Super Bowl in Mascot.*

*In Term three the children were involved in special programmed activities including, science week, book week, Father's day craft and RUOK day. The children attending our service have developed a close friendship and formed a positive relationship with the Hurstville OOSH Educators.*

*We are all looking forward to our Spring vacation care program which will be held from Monday 26 September to Friday 7 October.*

*Pictures right: The Hurstville OOSH children enjoying their new equipment, which is part of our "Be Safe With Us" project, supported by the Department of Education via the VC Transition Support program.*

*KCAC provides quality out of school hours care and vacation care from the on the Hurstville Public School grounds. If you need out of school hours care or vacation care support, please call the centre director on 0418481358 or our head office on 91507823.*

**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 26 – 30 September 2022	Extra cost on top of \$50
Monday 26 September	<b>In Centre Day - Arts &amp; Craft and Upcycling Day</b> Begin the day with a nature walk followed by nature art using materials collected from the environment, and recycling material. Craft includes leaf monster & the opportunity to learn about the 3 Rs (Reuse, Recycle, Reduce).	
Tuesday 27 September	<b>Incentre Day - Terrific Tuesday Cooking Day</b> Make Milo balls and fruit punch, decorate your own pancakes for dessert. <i>Afternoon: Craft Origami</i>	\$10 Morning tea & lunch will be provided
Wednesday 28 September	<b>Excursion Day - Excursion to Caruso's Pizzeria, Gynea</b> The children will have the opportunity to learn to make their own pizza for lunch. This is followed by musical games including best singing competition. <i>Travelling by private bus - Departing 9am returning to Centre by 3pm</i>	\$30 Lunch will be provided
Thursday 29 September	<b>In Centre Day - Mini Market Day</b> Make Craft make bookmarks, chatter box, cards, frames, stress balls, 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 Morning tea is included
Friday 30 September	<b>Excursion Day to Woodville Park - Sports day and Park play</b> Come and join us in some fun sport activities including hurdles, relays, sack race, egg and spoon race, timed obstacle course plus an opportunity to play on the playground equipment in Woodville Park <i>Travelling by foot. 5-minute walk to park - Departing 10am returning to Centre by 12noon</i>	
Date	Week Two 3 – 7 October 2022	Extra cost on top of \$50
Monday 3 October	<b>Closed for Public Holiday</b>	
Tuesday 4 October	<b>In Centre Day - Talent show</b> Use your imagination and creative skills to show your talent. You may perform on your own or perform in groups <i>Afternoon Activity: Scavenger hunt</i>	
Wednesday 5 October	<b>Incursion-Day -9D Cinema</b> 9D Mobile Cinema turns the magic of movies into reality, Buckle up into Ferrari seats and put on your 3D glasses and hold on to your seats as you go on an Epic adventure. Feel the seats move, while you experience a frenzy of sensations. <i>Afternoon Activity: Coloring in Competition</i>	\$15 Includes special treats
Thursday 6 October	<b>Incursion Day - Laser tag</b> 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.	\$15
Friday 7 October	<b>Excursion Day - Excursion to Kids World Adventure Playland – Bankstown</b> An indoor play Centre with multi-level play equipment including ball pits, tunnels and slides. <i>Travelling by private bus. Depart 9am and return to Centre 3pm</i> <i>Afternoon activity: outdoor games</i>	\$25

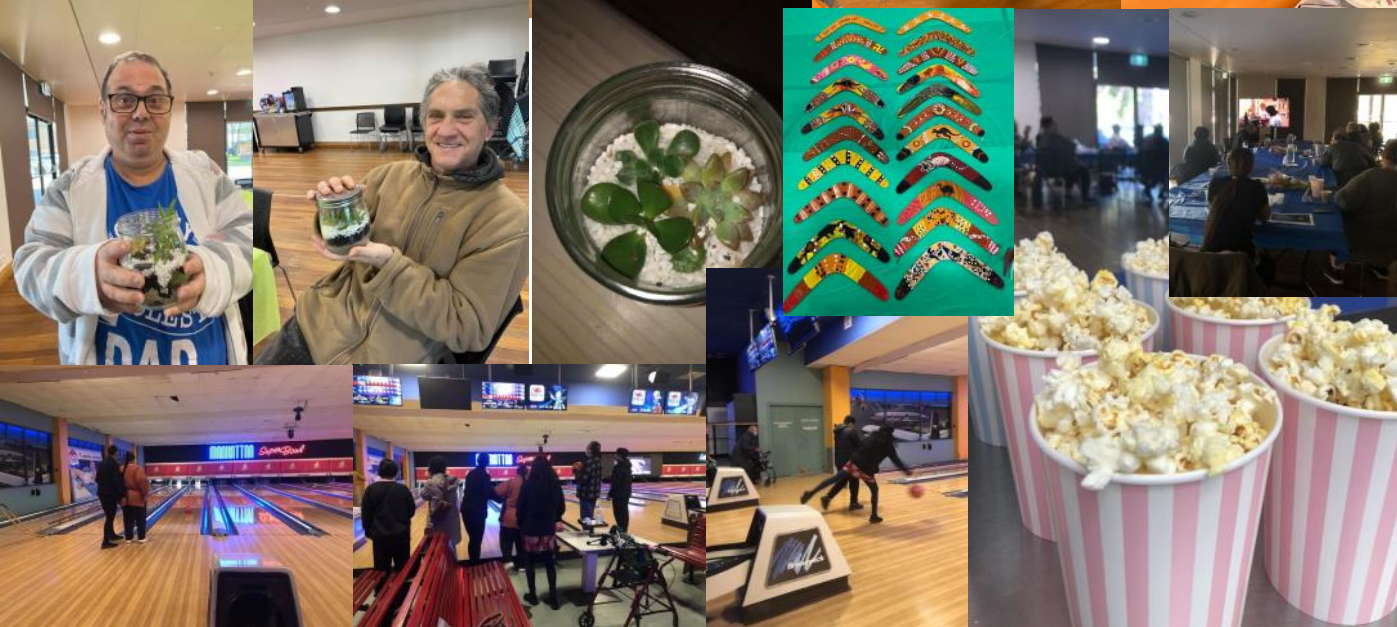


# ABLE & LOVING IT DISABILITY ACTIVITIES JUNE-AUGUST 2022

June took us back to the 80s with the KCAC "Able & Loving It" disability group! 80s disco day consisted of music, dancing, karaoke, dress ups, photo booth, nostalgic treats, hot dogs, ice cream, 80s trivia games with prizes and loads of fun and laughter!! Everyone had the best time and we even did a conga line through the office! Thank you to the amazing students who helped out with this event!



There were many activities for the participants through June, July and August. They decorated backpacks, made their own terrariums, went 10 pin bowling,, created some Aboriginal artwork on boomerangs, did some Australian Paintings, Movies & Popcorn day, Christmas in July and experienced some African drum-



## NAIDOC WEEK 2022 - COMMUNITY ENGAGEMENT EVENT



KCAC hosted a very successful NAIDOC week event on the 6th of July, for our captivated local community. Walangari & the Diramu Aboriginal Dance & Didgeridoo group, provided a spectacular atmosphere in the spirit of NAIDOC week, by providing a performance that not only was enriching in history & culture, but was also interactive & educational. The significance of the day was to break down barriers and educate people on the richness of the culture of our Indigenous first nations people. Many who attended were enthused to be able to participate in the activities and the performance. Most people walked out with a sense of understanding and appreciation. Mr Mark Coure, Honorable Minister for Multiculturalism & Seniors, attended on the day. He said that it was the best Indigenous performance he has ever seen! We thank the Bayside Clubs Grants for making this day possible and to the staff of KCAC and the Disability team for making it such a success. We also thank Walangari and his dancers. We hope to be able to host similar events in the future.

## CHRISTMAS IN JULY

It was Christmas in July for the KCAC disability group on 27 July at the centre. There were carols playing, artworks being created and a delicious roast lunch, finished off by a dessert of fruit cake and custard.

If you would like to join this group, please call Rose on 91507823.



## AFRICAN DRUMMING DAY



Wow!!! What an amazing experience we had yesterday with the KCAC "Able & Loving It" Disability group. We were joined by Tuza from African Beat and his collection of drums for us all to join in and learn how to play. It was so much fun for the participants, their carers and staff. Even the Arabic seniors group joined in when they heard all the fun! Thank you Tuza for sharing your culture and your talent with us!!

This activity was made possible through the Bayside Clubs Grants, and the generosity of the EBP RSL CLUB (Earwood Bardwell Park RSL Club) and the Kingsgrove RSL Club).

# UP & COMING EVENTS

## Kingsgrove Community Aid Centre Inc KCAC Seniors Excursion to Berry NSW



Friday 21st October 2022

Departing Kingsgrove Community Aid Centre at 9am  
Arriving back at the centre at 5pm

Coach transport cost is subsidised at \$20 for registered consumers.

All clients must pay in advance to reserve their place.  
You can bring or buy your own lunch.

Please contact Ms Nelson on 0402443763  
for more information.

This program is provided with the support of the Commonwealth Home Support Program  
KCAC acknowledges the support of Georges River Council for the use of the venue at 30 Morgan St Kingsgrove.



[www.kcac.org.au](http://www.kcac.org.au)

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



## Kingsgrove Community Aid Centre Inc KCAC Seniors Excursion to Bowral Tulip Festival



Friday 23rd September 2022

Departing Kingsgrove Community Aid Centre at 9am  
Arriving back at the centre at 5pm

Coach transport & entry fee cost is subsidised at  
\$20 for registered consumers

All clients must pay in advance to reserve their place.  
You can bring or buy your own lunch.

Please contact Ms Nelson on 0402443763  
for more information.

This program is provided with the support of the Commonwealth Home Support Program  
KCAC acknowledges the support of Georges River Council for the use of the venue at 30 Morgan St Kingsgrove.



[www.kcac.org.au](http://www.kcac.org.au)

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



## UP & COMING EVENTS

### Kingsgrove Community Aid Centre Inc KCAC Seniors Excursion to the Blue Mountains



Friday 25th November 2022

Departing Kingsgrove Community Aid Centre at 9am  
Arriving back at the centre at 5pm

Coach transport cost is \$20 for registered consumers  
All clients must pay in advance to reserve their place.  
You can bring or buy your own lunch.

Please contact Ms Nelson on 0402443763 for  
more information.

This program is provided with the support of the Commonwealth Home Support Program  
KCAC acknowledges the support of Georges River Council for the use of the venue at 30 Morgan St Kingsgrove.



[www.kcac.org.au](http://www.kcac.org.au)

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



### Kingsgrove Community Aid Centre Inc. International Day Of People with Disability.

To celebrate International Day of People with Disability, & our 56th  
Annual General Meeting, KCAC has invited special guest,

*Kris's Feathered Friends*  
on Wednesday 2nd November 2022

Time: 10.30am, Cost: FREE  
Venue: 30 Morgan St, Kingsgrove

Come along and meet Krissy and her beautiful feathered friends,  
followed by our 56th Annual General Meeting at 11.30am with our  
second special Guest, Wallangari, at the KCAC Centre Hall.

Registration is essential. Limited places available for Covid Safety. Refreshments  
will be provided.

To register please call 9150 7823 by the 15th October 2022.



**Kris's  
Feathered Friends**

Krissy and her display of spectacular birds is sponsored by Southern Cross Funeral Directors.

**Southern Cross  
Funeral Directors**



[www.kcac.org.au](http://www.kcac.org.au)

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



# 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](mailto:disabilityservices@kcac.org.au) or [rose@kcac.org.au](mailto: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](mailto: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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# NOW ENROLLING AT HURSTILLE OSHC

## HURSTVILLE OUT OF SCHOOL HOURS CARE PROVIDED BY KCAC INC.

CALL US TODAY! 9150 7823 OR 0418 481 358



Out Of School Hours Care provided at:  
 Hurstville Public School Forest Road  
 Hurstville 2220 (on School site)

We cater for children Kindergarten to Year 6.

**Before & After School Care Hours:**

- BEFORE SCHOOL CARE – 7am to 9am
- AFTER SCHOOL CARE—3pm to 6pm

**Vacation Care Hours:**

- SCHOOL HOLIDAYS—7am to 6pm

A variety of craft, cooking, fun games and excursions are just a small part of the activities offered at Vacation Care.

Vacation Care enrolment forms and event programs will be available 3 to 4 weeks prior to commencement of school holidays at the Care Centre and on our website. (kcac.org.au)

Hurstville OOSH provides a Homework Help program each week as well as a program for children with special needs.

**Vacation Care Transport:**

Private Bus or Walk to nearby/ local venues.

**Fees & Charges:**

For Fees and Charges please contact the Kingsgrove Community Aid Centre on 91507823 or call Katina on 0418481358

Email: hoosh@kcac.org.au

The Before, After School & Vacation Care program at Hurstville Public School is provided & run by the Kingsgrove Community Aid Centre Inc.

As we are a registered and accredited service, Childcare Subsidy is available through Centrelink.

**NATIONAL QUALITY FRAMEWORK (NQF) RATING - MEETING IN ALL 7 QUALITY AREAS**



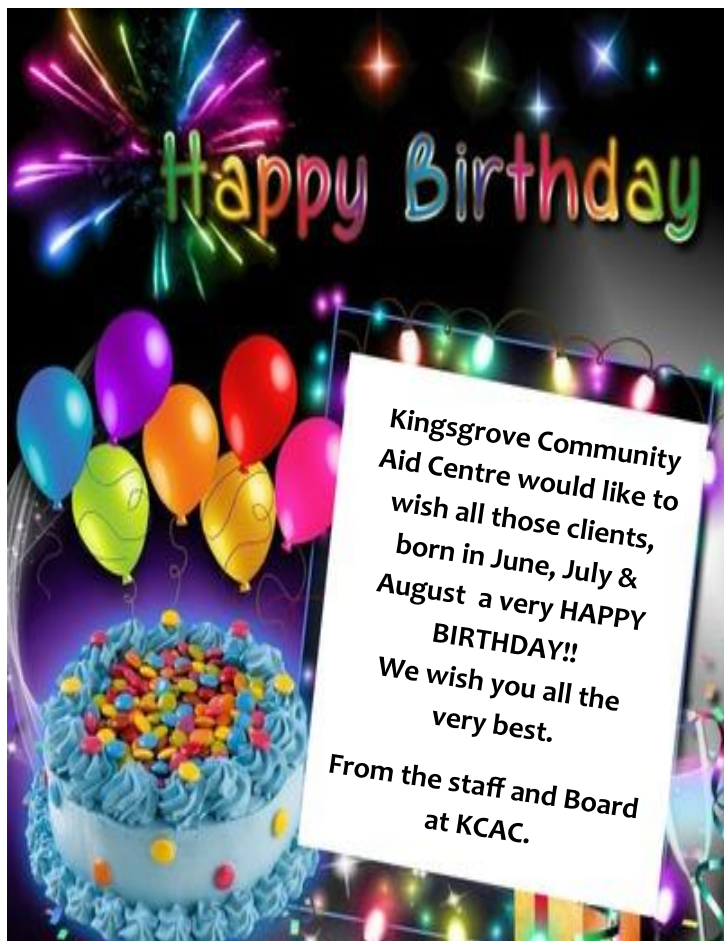
KINGSGROVE COMMUNITY AID CENTRE INC.

[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208



# 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 Katina, Faten & Libby, who celebrated their birthdays in June, July & August 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](http://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.



# Guardian understands every goodbye is different.



Tas Aronis JP  
Funeral Director

Saying goodbye to a loved one can be a daunting and emotional time and no-one understands this better than Guardian Funerals.

Whatever your needs, our funeral home will help you make a service that is heartfelt, memorable and tailored to the life of your loved one.

With more than 20 funeral homes across Sydney, Guardian Funeral providers are local to you.

Every funeral is different, because every goodbye is different.

388 Forest Rd, Hurstville 2220 - 9580 1554



**GUARDIAN FUNERALS**  
INCORPORATING J&C HARDY FUNERALS

[guardianfunerals.com.au](http://guardianfunerals.com.au)

 [facebook.com/GuardianFunerals](https://facebook.com/GuardianFunerals)

Proudly Australian | 24 Hours | All Areas | Prepaid Funerals

**PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE**