



KINGSGROVE COMMUNITY
AID CENTRE INC.

*Serving the
Community
for over 50
Years.*

ISSUE 48

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
DECEMBER 2023 - FEBRUARY 2024**

A MESSAGE FROM THE CEO

Dear readers and friends of KCAC.

We are back from a well-earned break and eager to start the year with robust activities to keep you all engaged with your local community and to support you when in need of essential care. During this period, we will be progressing with our work on getting the food van project up and running so that we can create a community coffee culture in the park.

This will be welcoming to all our community especially to those that will want to be involved in our community Hub.

Please stay tuned to this and look at our Facebook page to follow when the launch of the Food van in the park will take place.

We are excited to announce that we have been able to secure Georges River Councils support to construct a BOCCI court in Smith Park. This will be a welcomed addition to other proposed community amenities to keep the community Hub active. Our Italian Seniors community will be extremely happy with this result.

Our Seniors Social groups is growing and expanding fast due to word of mouth regarding the great work that we provide in the activities we offer. We have been inundated with requests from seniors to join our programs and we almost always accept these seniors. However, we are finding that we are bursting at the seams. This year we will be looking to expand our funding base to help us with this.

Our Aged care programme was recently audited by the quality assessors of the Aged Care Commission and I am happy and proud to say that we passed with flying colours in all 8 required standards.

Until next time keep well and stay safe.

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

March	April	May
8th: International Womens Day 2024	2nd: Combines Seniors & Disability participants Intergenerational excursion to Robertson & Carrington Falls	12th: Mother's Day 2024
13th: Premiere's Gala Concert	15th: Vacation Care starts	14th: Combined excursion to Mount Tomah Botanical Gardens
17th: St Patricks Day 2024	26th: Anzac Day 2024	21st: Combined Seniors Birthdays outing to Enzos Cucina
19th: Harmony Day 2024 at HOOSH	29th: Vacation Care ends	22nd: Magic May Incursion for intergenerational disability program
29th: Good Friday	29th: Seniors excursion to Parliament House	
31st: Easter Sunday		

ST GEORGE VOLUNTEER AWARDS

We welcomed the Premier of NSW the Hon Chris Mins to our community centre for the St George Volunteer awards ceremony held in December. We congratulate all the many worthy recipients especially Mrs Teresa Yuk Ying Chu who had provided many voluntary hours supporting the Chinese Australia Association CASS with their work support newly arrived Chinese Migrants.

It is always a pleasure to meet with our Premier and to be able to speak with him about the many issues that affect our community and to gain his support as always.



A SNAPSHOT OF DECEMBER 2023

On Friday 8th December, the Friday supported playgroup celebrated their end of year Christmas party. It was a wonderful occasion with music, dancing, yummy food, Mr and Mrs Claus and presents for the kids.



The combined seniors and disability groups Christmas party was celebrated on the 13th of December at Doltone House Sylvania Waters. It was a very joyful day with some delicious food and entertainment. There was a lot of dancing to the piano accordion played by the lovely Julie and some Christmas carols plus other well known songs, played by the amazing Susan. We would like to thank all who attended, the staff who organised, as well as the fabulous venue and management at Doltone House. We wish you all a very merry Christmas and a happy and safe



The Cantonese and Mandarin speaking groups celebrated Christmas today and the last group day for the year. They also honored our CEO, Anne Farah-Hill for her birthday with a song and a cake. Merry Christmas everyone!



A SNAPSHOT OF JANUARY 2024

On Wednesday the 17th January, we welcomed back the KCAC Able & Loving It, Disability group, with a New Year's party. There was music, a colouring activity, a quick game of headbands and all the yummy party food. There was also a surprise cake made by our beautiful Georgia's husband, to celebrate the Greek tradition of welcoming in the new year. Inside the special cake, is hidden a coin, and participant Frank, was the lucky one to find it! In the Greek tradition this means he will have good luck the whole year.

We wish everyone a prosperous and happy new year!!



The KCAC Aged Care program celebrated Australia Day with the consumers and staff throughout the week of 22nd-26th January 2024. It was a week of BBQs, sharing stories and laughter.

We hope everyone had a Happy Australia Day!!



The KCAC Disability group, celebrated Australia Day on Wednesday 24th January, with an Aussie bbq and an art creation. The participants coloured various pictures about what Australia means to them. The pictures, once complete, will be stuck into a collage within the shape of Australia on canvas. It will look amazing when complete, and will be showcased on the walls of the community centre, along with all of their greatest art works. Well done everyone!!

A SNAPSHOT OF FEBRUARY 2024

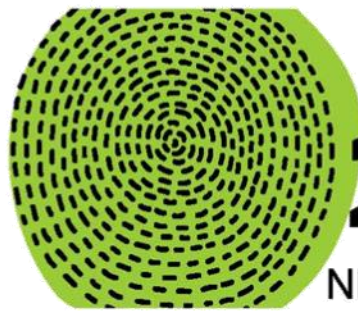


Playgroups were back in full swing for 2024 at the Kingsgrove Community Aid Centre. Pictured above is the Friday supported playgroup with facilitator, Rachel, who has been supporting this group for over 10 years. This playgroup is always full of parents and children, who come along to listen to story time, do craft activities and much more while making new friends or catching up with friends who have been coming along for years. If you would like to join this popular playgroup, give Rachel a call on 91507823, or pop in on Fridays to have a chat.



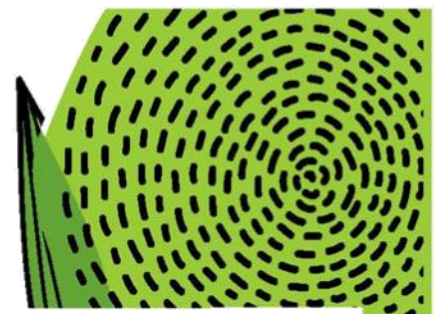
Wednesday 14th February was Valentine's Day at KCAC, and the disability group had a great time celebrating love. Morning tea was pancakes with strawberries, bananas and whipped cream, followed by art and craft, making their own cards. Then, after their pizza and salad lunch, they all received hand made chocolates from their coordinator, Rose. There was also a birthday pancake for our beautiful Denise. It was a hearts and flowers kind of day, filled with smiles from all.

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, lamington 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 - Ramsgate RSL Club
24	Steering Committee Meeting Disability Group @ 2pm

May

MAGIC MAY	
1	Magic Movie Day & Popcorn Harry Potter Movie Baked chicken and potatoes lunch
8	Mother's Day cross stitch Craft Lunch chicken casserole and rice
15	Mexican May Day Mexican Food tacos, nachos
22	Incursion - Magic Show and lentil rice and salad lunch
29	Excursion - Bus needed Southgate shopping centre for lunch.

June

JAZZY JUNE	
5	King's Birthday at Kingsgrove Devonshire Tea and Royal 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 Butter Chicken lunch
10	NAIDOC WEEK Combined with OOSH Performers and Art Burgers for lunch
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 Parachute & balls activity
14	Active August Shadow boxing with Nikki & a healthy lunch
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 Sydney Zoo
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 Dance class with Tamsyn
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 Craft Day Gingerbread house decorating
11	Christmas Party Day Doltone House
18	MERRY CHRISTMAS NO GROUP TILL JAN 2025
25	MERRY CHRISTMAS NO GROUP TILL JAN 2025

ABLE & LOVING IT DISABILITY PROGRAMME 2024

2024

NDIS Long Excursion Friday's once a month

Back up ideas:

- Lindt Chocolate Warehouse
- Camrington Falls & Robertson Pie Shop
- Tarwin Point RSL Club
- Bankstown RSL club buffet

January	February	March
2	9	15
9	16	22
16	23	29

January	February	March
5	12	19
12	19	26
19	26	

January	February	March
6	13	20
13	20	27
20	27	

January	February	March
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17	24	31

January	February	March
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18	25	

January	February	March
5	12	19
12	19	26
19	26	

April	May	June
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16	23	30

April	May	June
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21	28	

April	May	June
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18	25	

April	May	June
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April	May	June
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April	May	June
7	14	21
14	21	28
21	28	

July	August	September
2	9	16
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July	August	September
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17	24	31

July	August	September
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18	25	

July	August	September
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July	August	September
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July	August	September
7	14	21
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21	28	

October	November	December
2	9	16
9	16	23
16	23	30

October	November	December
3	10	17
10	17	24
17	24	31

October	November	December
4	11	18
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18	25	

October	November	December
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12	19	26
19	26	

October	November	December
6	13	20
13	20	27
20	27	

October	November	December
7	14	21
14	21	28
21	28	

EXCURSION HIGHLIGHTS

On Tuesday 5th December, he combined disability and seniors groups, ventured out to the Art Gallery of NSW. The participants loved viewing the art in the cool air conditioned gallery, and coffee in the cafe was fantastic. A big thank you to Rosell, from Art Gallery NSW, for showing us around and giving each participant time to reflect and ask questions about the art. We had the best day and look forward to returning in the new year.



GIFT OF THE BAG - KCAC BUSY BEES CREATIVE CLUB

These lovely bags will be distributed to all women attending the KCAC international women's day event this Friday 8th March. They will contain information on our services as well as some goodies.

The bags were lovingly made by our Kingsgrove Busy Bees Creative Club volunteers. These have been made from remnants of left over materials and stitched together to make a sturdy bag which can be used for shopping etc. This is our contribution to sustainability and supporting the environment.

We thank all these beautiful women that assisted in the sewing of these bags. Your contribution to our community is very much appreciated and greatly recognised.



CONGRATULATIONS ALICE

Congratulations to our board member and honorary secretary of Kingsgrove Community Aid Centre Alice Kwong on her quest to support people with disabilities. Alice will be embarking on a journey to the summit of Mount Kosciusko while pushing a wheelchair. We are so proud of Alice and congratulate her on this great initiative. Please support her efforts as it will go towards helping those with cerebral palsy. Alice Kwong



PLEASE HELP ALICE
SUPPORT KIDS WITH
DISABILITIES

SUMMIT MOUNT KOSCIUSZKO

In February 2024, I'm supporting 6 courageous kids with cerebral palsy to reach the summit of Mount Kosciusko.

Together, we'll climb 18km to the peak at 2,228m by walking, using walking aids, or using a wheelchair.

I'm fundraising to provide critical support via physiologists, specialised equipment, and programs to empower children and adults with physical disabilities.

Please sponsor me and support this great cause. Thank you!



Scan to
donate!





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

This year we had 5 excursion days as well as our creative and fun in-centre days.

The excursions included Georges River Council Gallery and Museum, Beverly Hills Cinema, Bunnings Warehouse Kingsgrove, Manhattan Bowling Mascot & Monkey Mania Bankstown.

For our incentre days, the program included Lego day, water games, science day, amazing race, raw art clay, upcycling, cubby house and games, mini market day, painting, chalk art and scrapbooking,

In Term 1, the children returned super excited and were looking forward to our new year of programmed activities for before & after school care.

The last day of Term 1 will be on Friday 12 April 2024. We will run Vacation Care on Monday 15 April till Monday 29 April 2024.

If you require vacation care for the upcoming Autumn 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 1 and I wish you all a lovely Easter holiday break.

**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 APRIL 2024 VACATION CARE PROGRAMME

Located at Hurstville Public School, Forest Rd Hurstville

OPENING HOURS: Monday to Friday from 7am to 6pm

PLEASE CONTACT KATINA ON 0418481358 OR HEAD OFFICE ON 9150 7823

Web: www.kcacinc.org.au



Monday 15 April 2024 Cost \$58	SENSORY SCIENCE DAY Make playdough, slime, volcano and play with squishy foam followed marble art.	Bring your morning tea, hat, water bottle and lunch. Wear closed shoes and socks.
Tuesday 16 April 2024 Cost \$90	EXCURSION TO HURSTVILLE CLUB CENTRAL To watch the amazing hilarious science show "The Magical World of Crazy Science" a mix of comedy and interactive 'Scientific' magic.	Travelling by private bus Depart 9am return by 3pm Bring your morning tea, hat, water bottle and wear closed shoes and socks.
Wednesday 17 April 2024 Cost \$65	MINI MARKET DAY The children will set up stalls and buy and sell items, just like the markets using special vacation care money. Children have the opportunity to develop their social skills and maths skills	Bring your hat, water bottle and lunch. Wear closed shoes and socks. Morning tea will be provided
Thursday 18 April 2024 Cost \$58	ART AND CRAFT DAY Make a baby in the bucket paper weight, paddle pop stick box, plaster art and more.	Bring your morning tea, hat, water bottle and lunch. Wear closed shoes and socks.
Friday 19 April 2024 Cost \$90	EXCURSION TO THE MOVIES AT BEVERLEY HILLS Includes Movie ticket, popcorn and a drink plus a play in Woodville Park on the playground equipment	Travelling by private bus Depart 9am return by 3pm Bring your morning tea, hat and lunch
Monday 22 April 2024 Cost \$90	EXCURSION TO GLOW CRAZY INDOOR PARTY CENTRE Includes arcade games, Xbox, Air Hockey, Karaoke and dance challenge	Travelling by private bus. Depart 9am return by 3pm. Bring your morning tea, hat, water bottle and lunch.
Tuesday 23 April 2024 Cost \$65	COOKING DAY Learn how to make your own wraps using fresh produce. Decorate your own pancakes with fruit and ice-cream for dessert	Bring your morning tea, hat, water bottle. Wear closed shoes and socks. Lunch is provided.
Wednesday 24 April 2024 Cost \$95	EXCURSION TO MANHATTAN BOWLING MASCOT Includes 1 game of bowling, lunch and arcade games. Must wear closed shoes and socks	Travelling by private bus Depart 9am return by 3pm Bring your morning tea, hat, water bottle.
Thursday 25 April 2024	CENTRE CLOSED ANZAC DAY PUBLIC HOLIDAY	
Friday 26 April 2024 Cost \$58	SPORTS DAY Includes sack race, egg and spoon race followed by an obstacle challenge and treasure hunt All participants receive a prize	Bring your morning tea, water bottle, hat, lunch, closed shoes and socks
Monday 29 April 2024 Cost \$58	ELECTRONICS, CUBBY HOUSE AND GAMES DAY Make a cubby house with your friends and bring your favourite games to play	Bring your morning tea, water bottle, hat, lunch, closed shoes and socks

CHILDREN MUST WEAR CLOSED SHOES, BRING A SUN HAT, MORNING TEA, LUNCH AND



HURSTVILL OUT OF SCHOOL HOURS CARE

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

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208



HEALTHY RECIPES TO COOK AT HOME

Slow Cooker Orange Chicken

INGREDIENTS

- 2 pounds Skinless Chicken Breasts (boneless)
- 4 cups Green Beans (or steamed broccoli)
- 2 tablespoons Toasted Sesame Oil
- 2 cups Orange Juice
- ¼ cup Chicken Broth (optional - no salt added)
- ¼ cup Coconut Aminos
- 3 tablespoons Honey
- 1 teaspoon Garlic Powder
- 2 teaspoons Fresh Ginger (grated)
- ½ tablespoon
- Orange Zest ½ teaspoon Pepper



INSTRUCTIONS

Making orange chicken requires a little bit more steps than many of our recipes, but it's SO worth it!

1. Heat oil in pan and cook until browned. While chicken is cooking, whisk together sauce ingredients
2. When chicken is cooked, remove from pan and set aside in a bowl.

how to make orange chicken sauce

1. Add sauce ingredients to the pot and bring to a boil.
2. The sauce should be bubbling and actively boiling for 15 minutes or so until it thickens. Make sure to constantly stir so that it doesn't burn.
3. You'll know the sauce is thickened when it coats the back of a spoon.
4. Once the sauce is thickened, add the chicken back to the pan and toss until coated.

Healthy Raspberry ripple yoghurt pops

INGREDIENTS

- 150 grams fresh or frozen raspberries
- 1 cup (280g) greek-style yoghurt
- 1 tablespoon lemon juice
- 1 teaspoon finely grated lemon rind
- 2 tablespoons honey
- 1½ tablespoons honey, extra



INSTRUCTIONS

1. Place raspberries, juice and honey in a medium bowl; crush berries using a fork. Spoon 1 tablespoon of the raspberry mixture into the base of each of six ⅓ cup (80ml) dariole moulds or paper cups. Freeze for 1 hour or until firm.
2. Meanwhile, split vanilla bean in half lengthways; scrape seeds into medium bowl. Whisk in yoghurt, rind and extra honey until combined. Fold in remaining raspberry mixture to form a ripple effect.
3. Divide mixture between moulds; insert a pop stick into each. Freeze overnight.
4. Dips moulds quickly in hot water; turn out.

KCAC INC. SERVICES

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.



www.kcac.org.au

Kingsgrove Community Aid Centre Inc,
30 Morgan St Kingsgrove 2208, 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.



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 Path to Healing"

A FREE SUPPORTED PLAYGROUP FOR
MOTHERS AND THEIR CHILDREN



POPPY Playgroup is a playgroup run by the Kingsgrove Community Aid Center.

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

Kingsgrove Community Aid Centre
ph: 9150 7823
web: www.kcacinc.org.au



KINGSGROVE COMMUNITY
AID CENTRE INC.



Health
South Eastern Sydney
Local Health District

KCAC INC. SERVICES

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



KINGSGROVE COMMUNITY AID CENTRE INC.

www.kcac.org.au

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



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.



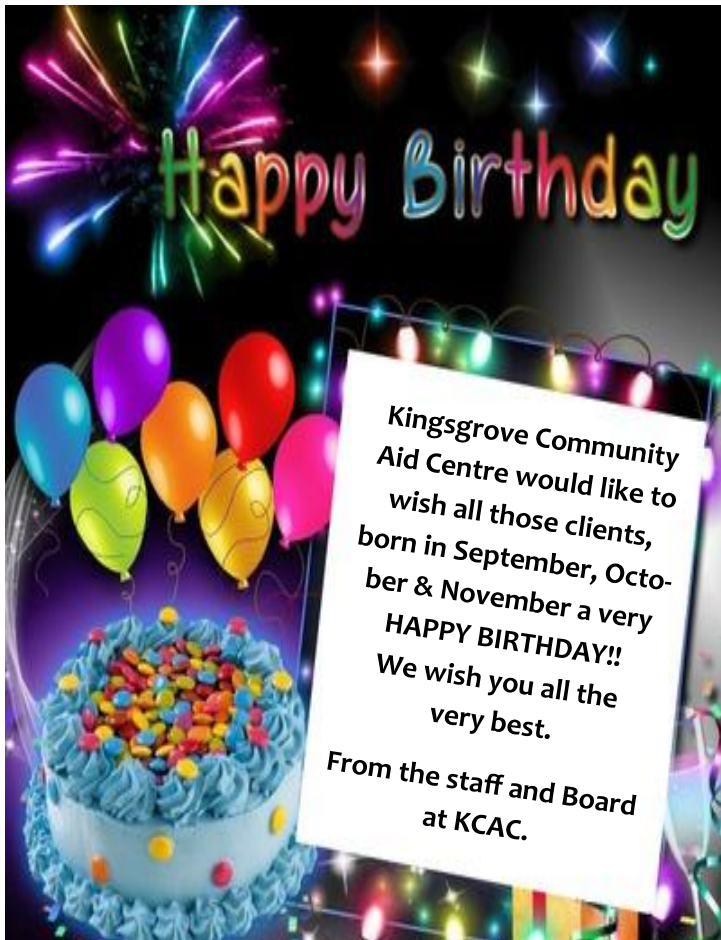
KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

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



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 xo xo.

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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www.kcac.org.au

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30 Morgan St Kingsgrove 2208, 9150 7823



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Tas Aronis JP
Funeral Director

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