



# Aged Care Services

## August Program



**BOOK NOW ON 8004 5367 OR 0404 476 268**

**PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT**

[Kogarahcommunity.org.au](http://Kogarahcommunity.org.au)

goodbye July, hello  
**AUGUST**  
**2018**

**KCS AGED CARE PROGRAM**

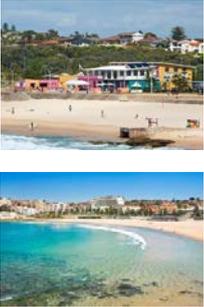
Monday 06/08/18	Monday 13/08/18	Monday 20/08/18	Monday 27/08/18
<p><b>Beverly Hills Cinema</b></p>  <p>Session date subject to change*</p> <p><b>Time:</b> 9:30am to 12:30pm  <b>Cost:</b> \$15                      (transport &amp; morning tea)  <b>Tickets at your own expense</b></p>	<p><b>Show and tell</b></p> <p>Bring something that you would like to show and tell about to the group.</p>  <p><b>Time:</b> 9:30am to 12:30pm  <b>Cost:</b> \$15                      (transport &amp; morning tea)</p>	<p><b>Aussie breakfast</b></p>  <p><b>Breakfast</b> is considered an <b>important</b> meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.</p> <p><b>Time:</b> 9:30am to 12:30pm  <b>Cost:</b> \$15                      (transport &amp; morning tea)</p>	<p><b>HAPPINESS IS YELLING BINGO</b></p>  <p><b>Did you know?</b></p> <p><b>Bingo</b> originated in Italy and is descended from Lo Giuoco del Lotto d'Italia, the Italian national lottery, which has been played since 1530.</p> <p><b>Time:</b> 9:30am to 12:30pm  <b>Cost:</b> \$15                      (transport &amp; morning tea)</p>
Tuesday 14/08/18 <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">1</span>	Tuesday 21/08/18 <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">2</span>	Wednesday 29/08/18 <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">3</span>	
<p> <b>Vision Australia</b>                      Blindness. Low Vision. Opportunity.</p>  <p>Let's browsed around Vision Australia shop before we go for lunch to Gynea Bowls                      Vision Australia is a not-for-profit organisation and Australia's largest provider of services for people with blindness and low vision.                      At Caringbah.</p> <p><b>When:</b> 14/08/18  <b>Time:</b> 9:00am to 4:00pm  <b>Cost:</b> \$10  <b>Lunch @ clients' own expense</b></p>	<p> <b>manly bowling club</b>                      mountiesgroup</p> <p><b>STEAK OR DORY</b></p>  <p><b>When:</b> 21/08/18  <b>Time:</b> 9:00am to 3:00pm  <b>Cost:</b> \$30                      (transport and lunch)</p>	<p> <b>EDIE</b></p> <p><b>Movie and lunch</b></p> <p>Cantankerous and bored 83-year-old octogenarian Edie, ditches her life and family and decides to climb a mountain in Scotland.</p> <p><b>Sutherland Entertainment Centre</b></p> <p><b>When:</b> 29/08/18  <b>Time:</b> 9:00am to 3:00pm  <b>Cost:</b> \$ 20                      (transport , lunch and ticket)</p>	



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Walking Group 09/08/18	Walking Group 16/08/18	Walking Group 23/08/18	Walking Group 30/08/18
<p><b>KURNELL</b></p>  <p>Walking is a great way to improve or maintain your overall health.</p> <p>When: 09/08/18 Time: 8:30am to 12:30pm Cost: \$10</p>	<p><b>Camellia Gardens</b></p>  <p>When: 16/08/18 Time: 8:30am to 12:30pm Cost: \$10</p>	<p><b>EVATT PARK</b></p>  <p>During the 1950s, the 10 hectare area of land now known as Evatt Park, Lugarno was a market garden owned by a Mr. Webb. Prior to that it was known as Connor's Orchard.</p> <p>When: 23/08/18 Time: 8:30am to 12:30pm Cost: \$10</p>	<p><b>Dolls Point</b></p>  <p><b>Did you know?</b> Dolls point has the whites sand in Sydney.</p> <p>When: 30/08/18 Time: 8:30am to 12:30pm Cost: \$10</p>

Friday 03/08/18	Friday 10/08/18	Friday 17/08/18	Friday 24/08/18	Friday 31/08/18
 <p><b>Drive through Coogee and Maroubra</b></p> <p><b>Brunch @</b></p>  <p>When: 03/08/18 Time: 9:00am to 2:30pm Cost: \$20</p>	<p><b>BRUNCH @ Pies N Cakes Café Cronulla</b></p>  <p>When: 10/08/18 Time: 9:00am to 2:30pm Cost: \$10 <i>Brunch @ clients' own expense</i></p> 	<p><b>BBQ lunch @ Woronora River RSL &amp; Citizens Club</b></p>  <p><b>Choice of Steak, Chicken or Fish</b></p> <p>When: 17/08/18 Time: 9:00am to 2:30pm Cost: \$20</p>	<p><b>Bulli outlook</b></p>  <p><b>Morning tea at one of the most picturesque places in Sydney.</b></p> <p>When: 24/08/18 Time: 9:00am to 2:30pm Cost: \$20</p>	<p><b>Lunch @ Narwee Hotel</b></p>  <p>The Narwee Hotel is an eye catching, modern structure set in the leafy suburb of Narwee. Perfect place for a lunch with friends.</p> <p>When: 31/08/18 Time: 9:00am to 2:30pm Cost: \$10 <i>Lunch @ clients' own expense</i></p>

# AUGUST

## Safety tips for Winter at home (Heater)

No matter what type of heater you have, you should check every winter that it is safe to use. Always check your gas heater is working correctly and service it using a licensed gas fitter and according to the manufacturer's instructions. Signs that something is wrong include difficulty lighting it, yellow flames, unusual smells or noisy or inoperable fans.

Electric heaters should be checked for obvious damage such as rusted reflectors (especially on older heaters).

Don't leave portable heaters in places where people or pets could knock them over.



The Sutherland Entertainment Centre is Sutherland Shire's premier entertainment and meeting facility in the heart of the Shire.

The Sutherland Entertainment Centre is an unique multi-purpose venue ideal for hosting a wide variety of events such as conferences, presentations, dinners, product launches, community and professional theatre and concerts.

They are able to accommodate up to 900 guests for concerts, 500 guests for dinner events and has over 550 square metres of exhibition space, making it the ideal venue.



Anne M. 01-08

Beryl C. 25-08

## Our community members news

**Leila** is still battling with pain in her left leg. She is undergoing treatment with physio and pain killers until she see's the specialist on the 2/08/18.

**Christine** is at her daughter's place, recovering from her hip replacement. She has started outpatient rehab at Calvary Hospital.

**Jean** is slowly recovering from a fall.

**Bernice** is slowly recovering from a recent stroke.



## Look who visited us ...

**Dora**, who moved to Qld just over a year ago, came to see us at Monday Group and enjoyed the Christmas in July lunch with the group.

Thank you Dora for such a beautiful surprise.



Please check the program carefully before you make any bookings. If you are not sure about the activity, give us a call on 9553 6506 and we can clarify any doubt or concern. Thank you for your bookings, ENJOY!