



# Seniors Social Program

August 2024



Aged Care Program

KCS provides a monthly program of social activities for people aged 65 years or over, and 50 years or over for Aboriginal and/or Torres Strait Islander people.

Our variety of social activities are to support you getting out into the community to meet others, and increase your well-being.

If you would like more information or support in accessing My Aged Care, please contact us at 9553 6506.

-  **Mondays**
-  **KCS HUB 49 English St Kogarah**
-  **Contact Sascha on 9553 6506 or [seniors@kcs.org.au](mailto:seniors@kcs.org.au)**

KCS provides services under the Commonwealth Home Support Program (CHSP) and is an approved Home Care Package (HCP) provider.



# Seniors Social Program August 2024



**MONDAYS**

 **KCS Hub 49 English St Kogarah**

 **10am-1pm**

Join us for a variety of fun and interesting activities at our own Community Hub. Morning tea included.

**Monday 5th August**

**Simplify Your Life**

 **\$20**

To honour Simplify Your Life Week, observed annually, we will be looking at tools to support us in decluttering, which involves getting rid of physical and psychological clutter that may hinder us from living a safe, peaceful and stress-free life.

Simplifying your life allows you to prioritise what is most important to you, demands less of you and your attention, promotes efficiency and nurtures your wellbeing physically, emotionally and mentally

**Monday 12th August**

**Dying to Know...**

 **\$20**

Dying To Know Day (August 8th) is an annual day of action dedicated to activating conversations and community actions around death, dying and bereavement. Come and chat about your wishes, your hopes, your choices at a Death Café and learn about the options available when it comes to end of life care and beyond.

The objective of Death Café is to increase awareness of death with a view to helping people make the most of their (finite) lives. It is an uplifting and empowering experience, as opposed to macabre, which will be led by the participants while having guided facilitation.

**Monday 19th August**

**Christmas in August**

 **\$20**

Due to the cancellation of Christmas in July, we will now be celebrating in August.

Why not break up the chilly season with Christmas in August and celebrate with warm treats, games, activities, Christmas carols and a short Christmas-themed movie? Wear a twist of Christmas to celebrate!

**Monday 26th August**

**Art Therapy**

 **\$20**

Please welcome Lea Dunstone from Magnolia Art Therapy who provides an opportunity to give expression to feelings, thoughts and hopes through creativity in a safe and non-judgemental space. An art therapy session is different to an art class or lesson. The focus is on the process and is deeply personal and you will not be judged by the outcome. Art therapy may reduce anxiety, improve self-awareness, increase social engagement and more.



**Contact Sascha on 9553 6506 or [seniors@kcs.org.au](mailto:seniors@kcs.org.au)**