



## Welcoming Our New Social Support Group Officer

We are very happy to welcome Charlee to the VIWA family as our new Social Support Group (SSG) Officer. Charlee will be supporting and running our senior social support group, helping to create a friendly, welcoming space where everyone can connect, share, and enjoy activities together. Please join us in giving Charlee a warm welcome! We look forward to seeing her build strong relationships with our members.



## Celebrating The Year of the Horse



In February, our community came together to celebrate Lunar New Year in a joyful and lively gathering. The room was filled with laughter as everyone took part in traditional games like *Bầu Cua Cá Cọp* and Lucky Pong. A special highlight was the lion dance performance by our wonderful staff and volunteers,

bringing excitement and festive spirit to all. It was a beautiful way to welcome the Year of the Horse, surrounded by friends, culture, and community.

## Honouring the Trưng Sisters

In March, we gathered to remember and honour the Trưng Sisters, important figures in Vietnamese history. This event was a meaningful moment for our community to reflect on their bravery, strength, and leadership. It was also a chance for us to come



together, share stories, and celebrate our cultural heritage while passing these important values on to future generations.



## A Proud Moment for ViWA

We are excited to share that VIWA has received funding through Round One of the South Australian Government's Social Impact Grant program. The grant was presented by Mr. Michael Brown MP last week. This support means we can continue to grow our programs and provide more opportunities for our community to connect, support one another, and thrive. Thank you to everyone who has been part of our journey, this achievement belongs to all of us.

## Autumn Wellness Tips for South Australian Seniors

As the weather cools, it's the perfect time to look after your health and enjoy the season as a community. Here are a few ideas to keep you thriving this season:

1. Stay Active in the Cooler Months
  - Gentle walks in local parks like the Adelaide Botanic Garden or Belair National Park can boost mood and mobility.
2. Seasonal Eating for Better Health
  - Autumn brings fresh produce like pears, apples, pumpkin, and leafy greens. These are rich in fibre, vitamins, and antioxidants.
3. Prepare for Winter
  - Book your flu vaccination early.
  - Check your home for drafts and ensure heating is safe and efficient.

### Sourced:

- [Recommendations for older adults \(65 years and over\) | Australian Government Department of Health, Disability and Ageing](#)
- [Sourced: Better Health Channel – Nutrition and physical activity for older adults](#)
- [Sourced: SA Health – Healthy ageing, winter health, and immunisation advice](#)

### **Did You Know?**

South Australia's *Seniors Card* not only offers transport concessions but also discounts at hundreds of local businesses from cafés to optometrists. You can explore offers at [seniorcard.sa.gov.au](http://seniorcard.sa.gov.au).