

Greetings,

As we approach the end of the year, we extend heartfelt wishes to each and every one of you for a safe and festive holiday season. To conclude the year, we're excited to share some highlights and updates from our activities in 2023.



## SENIOR GROUP ACTIVITIES

As we reflect on the year's successes, we're delighted to share the thriving journey of our Strength for Life program, launched in collaboration with Cota SA this past April. This transformative 45-minute session unfolds every fortnight on Fridays, coinciding with our Social Support Group meetings at the Ingle Farm Recreation Centre.



Tailored with care for individuals aged 65 and above, the program is a beacon of health and well-being. It provides a golden opportunity for our cherished aged care clients to remain active and engaged, contributing to their overall wellness. The sessions are followed by a short break and an hour of Bingo, adding an element of fun and camaraderie to the day. And, to nourish both body and soul, a healthy Vietnamese meal is served, thoughtfully changed weekly and aligned with the season.

Looking ahead to the new year, we're excited to unveil our plans to introduce Yoga to our Social Support Group clients. This addition promises a holistic approach to well-being, further enriching the experiences and opportunities we offer to our activity members.

## TEAM BUILDING AT HINDMARSH ISLAND



We are thrilled to share the highlights of an extraordinary Labour Day weekend that brought together approximately 25 individuals, including our dedicated staff, volunteers, care workers, board members, and their families. The picturesque setting of Hindmarsh Island Narnu Farm provided the perfect backdrop for a memorable team-building event.

Amidst the laughter and camaraderie, we engaged in friendly competition through activities like potato sack races and Giant Snakes and Ladders. The festivities extended to meaningful interactions, including feeding the animals and a serene sunset walk along the beach. These shared experiences not only added joy to our time together but also strengthened the relationships and connections that form the heart of ViWa participants.



The collaborative spirit continued over three enriching days, marked by open communication and dynamic brainstorming sessions. It is with great excitement that we share the culmination of this collective effort—a brand



new ViWa strategic plan. This plan sets the course for our future endeavors and reflects the shared vision of our activities.

We extend our heartfelt appreciation to everyone who contributed to the success of this event. Your enthusiasm and dedication have laid the foundation for a stronger, more connected community.



## CHILD SAFE ENVIRONMENT TRAINING



In May of this year, we hosted an essential Child Safe Environment training session at the VIWA office in Mawson Lakes. Eighteen staff members and volunteers participated, gaining valuable knowledge and skills to ensure a secure environment for everyone in our care.

The training was conducted by Play Group SA

## MEET THE VIWA STAFF



Allow us to introduce the dedicated individuals working tirelessly behind the scenes. In the image below, we have a snapshot of some of our dedicated staff members who play pivotal roles in ensuring the success of our organization. Beginning from the left, we introduce:

- **Hien Tran (Eli):** Service Development Coordinator Eli enjoys his free time by whipping up delightful dishes in the kitchen and caring for his indoor monstera plant.
- **Nga Dang:** Business Manager Nga is a huge fan of Hello Kitty and love to collect items featuring this iconic character.
- **Katie Do:** Program Coordinator Katie has a sweet tooth and takes pleasure in savoring treats such as chocolates, biscuits, and cakes.
- **Trang Pham:** Social Support Group Officer Trang likes to spend her free time taking her dog for enjoyable walks.
- **Joy Allesa:** Office/Volunteer Coordinator Joy treasures quality moments with her two young children during her free time.
- **Kim Ngo:** Finance Officer, Kim engages in the enjoyable activities of planting and gardening, cultivating a variety of vegetables such as bitter melon, chocos, long melon, chili and coriander.



These glimpses into their personal lives showcase the diverse interests that contribute to the richness of our team.