

# AYADINA ASSOCIATION

## DECEMBER 2021 NEWSLETTER

### NEW BEGINNINGS

In September this year, after more than one year of total lockdown, we succeeded in re-launching the Arts Education Program with five classes and 130 children registered.



### FACILITATORS' AWARENESS AND TRAINING SESSIONS

Arts education director, Jean-Paul Osta, has held several meetings with the facilitators introducing them to the mission, vision & beliefs of Ayadina. In addition, he has trained the facilitators in new approaches to teaching in line with up to date methods in the field of education while responding to COVID-19 precautions in the approach.



## AEP MOMENTS

Parents and children had been eagerly waiting for the opening of classes at Ayadina. Today more than hundred children and youth participate in dance, music, drama and visual arts classes. At Ayadina, the children have a safe space to express themselves and feel joy.



## SHADOW THEATRE & STORYTELLING PERFORMANCE AT AYADINA THEATRE



***What a great way to start this year's Arts Education Program by hosting a performance for the children.***

“The Story of Nujoud” is a multidisciplinary performance that combines two artistic expressions that are deeply rooted in our origins: storytelling and shadow theatre performance. The project mixes between different disciplines, namely shadow theatre, puppets and storytelling to produce an artistic performance addressed to the whole family.





## CHILD PROTECTION PROGRAMS

With our partner **HIMAYA**, Ayadina is working on awareness of children's rights. Two prevention programs, **Listen** and **FPSS** (*Focused Psycho-Social Support*) has been launched with the collaboration of Himaya. **Listen** is a program where children learn about positive communication and percussion instruments are used to create rhythm, while the lyrics written by the children focus on the issue of child protection. Other skills the children will be learning are teamwork and listening. The **FPSS** focuses on topics like child rights, bullying, violence, and abuse through recreational activities.





## HIPP ORGANIC BABY FOOD

Himaya has donated 954 Hipp Organic Jars to Ayadina. We gave 100 jars to Mother Theresa's Orphanage. The remaining jars were distributed to the neediest families in the area.



## OUTINGS & EVENTS

### ART EXHIBITION - INTROSPECTION AT 392 RMEIL

Our visual arts facilitator, Maral Maniss, had an art exhibition in October titled “Introspection” in which she displayed her beautiful, creative artwork. We decided to take the visual arts children to her exhibition so they could experience an art exhibition live.

There, Maral explained the techniques used and the stories told in her artworks. The children were thrilled by the visit and the wonderful, fulfilling experience it gave them.





# OSTEOPOROSIS AWARENESS CAMPAIGN FOR WOMEN

جمعية أبادينا بالتعاون مع المركز الطبي في الجامعة  
الأميريكية في بيروت تقدّم


## حملة توعية ضدّ ترقق العظام

نهار الأربعاء 17 تشرين الثاني 2021  
الساعة 11:00 صباحاً  
على مسرح جمعية أبادينا - سنن القليل  
للمعز التواصل معنا على الرقم التالي  
81 859 415  
الأماكن محدودة


Ayadina Association in collaboration  
with the AUBMC presents

## Osteoporosis awareness campaign


Wednesday 17 November 2021  
11 AM at Ayadina Theater - Sinn El Fil  
For reservations contact us on  
81 859 415  
Places are limited




AUBMC  
AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER  
المركز الطبي في بيروت - الجامعة الأميركية في بيروت



أبادينا  
ayadina  
ASSOCIATION



AUBMC  
AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER  
المركز الطبي في بيروت - الجامعة الأميركية في بيروت



أبادينا  
ayadina  
ASSOCIATION

Ayadina Association will start hosting awareness sessions on different health topics, especially in these present times when the health care system is becoming increasingly expensive and no longer able to provide needed medical care. The first session was held on November 17 on Ayadina premises on osteoporosis awareness. A big thank you to the AUBMC, especially Dr. Asma Arabi who presented the awareness session followed by a Q&A with the audience.





## CELEBRATING SAINT BARBARA'S DAY - DECEMBER 4



Our Theatre group performed stunning improvised character scenes on stage. We offered all children after class a cup of the traditional St. Barbara sweet which is boiled wheat grains with raisins, anise and sugar.



# THEATRE PERFORMANCE OUTING

## GENERATION Z

*Mentorship Program by Zoukak Theatre Company*

### GENERATION Z

MENTORSHIP PROGRAM  
PRESENTATIONS OF THE WORKS IN PROGRESS

برنامج "جيل - ز"  
الإرشاديّ للمسرح  
العروض النهائية للأعمال قيد التطوير



Supported by:



SIGRID RAUSING TRUST

drosos (...)

On 12 December we took our theatre students to the Zoukak Theatre company to watch two *works-in-progress* by two exceptional young artists: one was a reading and the other was a performance written and directed by Anis Nasreddine and his fellow actors.





## CHRISTMAS MOVIE NIGHT

The Cinema ticket price has now increased by more than 70% due to the economic crisis. Therefore, Ayadina has launched monthly movie nights to be screened at Ayadina Theatre for our lovely children. The first movie night was on December 15. We were excited to host the children, seeing them laughing and having a great time together. Popcorn, chocolate & juice were served after the screening.



أبادينا  
ayadina  
ASSOCIATION

جمعية أبادينا تقدّم  
عرض فيلم  
HOME ALONE

نهار الأربعاء 15 كانون الأول الساعة  
6:30 مساءً  
في مسرح جمعية أبادينا - سن الفيل  
سوف نقدّم بوشار مع عصير

للحجز تواصلوا معنا على الأرقام التالية  
81 859 415  
01 266 611





## AMERICAN WOMEN'S CLUB

On December 16, it was our pleasure to present Ayadina's programs at the AWC's General Meeting at Rotana Hotel - Hamra. The AWC has been a staunch supporter of Ayadina for many years. Our head of the arts program, Jean-Paul Osta, gave the presentation. The ladies present assured Jean-Paul and our Vice President, Mrs. Ebba El Hage about the club's continued interest in Ayadina's activities. We would like to thank the AWC for their hospitality, and for their constant support of Ayadina.



## A LOVELY GATHERING



On November 24, our amazing president Mrs. Maya. Najjar, invited the facilitators, the staff and a couple of board members to a lovely gathering where we had the chance to get to know each other better.





## FOOD DISTRIBUTION TO THE SENIOR CITIZENS

With the collaboration of three different NGOs -; Beit el Baraka, Barrad El Hay & Lebanese Food Bank - and support from our members, friends, and contacts, Ayadina has been able to continuously provide our seniors and their families with hot meals, dried food, and preserves. In November, one of our members offered our seniors a hot meal, accompanied with “ma’janet” and home-baked cakes to celebrate the life of her departed daughter.

For Christmas with the collaboration of Beit el Baraka, we shall distribute, in addition to the weekly food distribution, household supplies, and personal hygiene kits. To ensure that our senior citizens and their families have sufficient food supplies during the Christmas season and beyond, the Lebanese Food Bank has kindly provided us with 50 boxes containing basic food supplies and Christmas sweets for distribution.

*With the continuous support of our members, friends, contacts, and partners, we shall prevail in our mission to keep hunger at bay among our senior citizens.*






**FROM THE AYADINA FAMILY TO YOU!**



# ***Merry Christmas & Happy New Year***

*May your Christmas be blessed with lots of  
love, fun, peace, joy & happiness.*



Warm wishes  
**Ayadina Association**

