

Bindaree Times



JANUARY 2024



Notes from Bindaree N.U.M

I hope you had a family, fun-filled Christmas. It was certainly a hectic day at Bindaree with many families joining the residents for Christmas lunch and even more getting the opportunity to visit family for the festive celebrations. I would like to take this opportunity to say a big thank you to all the Bindaree staff that worked so hard to ensure the festivities prevailed - thank you for sacrificing time with your families to ensure Bindaree had a jolly festive time. Bindaree staff are incredibly proud to have won the Mansfield District Health inter-department Christmas Decorating competition for the second year in a row. We hope all residents got to see the tree-lined 'Avenue of Lights' on route to the dining room. We will have to start planning next year's decorations to make it a hat-trick!

Happy New Year to you!

2024 started first in Pacific nation of Kiribati, arriving next in New Zealand and the South Pacific Islands before reaching the Eastern States of Australia.

Japan, China, India etc follow, then on to the Middle East, parts of Russia, onto Europe and the UK, then gracing the shores of Greenland, Brazil, parts of Canada and then travelling through the USA, Hawaii and the Cook Islands before finishing in Baker Island (US minor outlying islands). The biggest celebrations this NYE were to be found in Rio de Janeiro and New York City. People gathered at iconic landmarks all around the world including the Berlin's Brandenburg Gate and the Arc de Triomphe in Paris, as well as the beautiful Sydney Harbour to mark the start of 2024. There were also impressive displays in Hong Kong, Dubai and London but however you chose to let 2023 recede and 2024 roll out, I hope it's a good one for you. I am not one personally for new years' resolutions but here is the "7 Rules of Life" that seem to make life go a little more smoothly: (number 6 and 7 are my favourites)

1. Let it GO – Never ruin a good day by thinking about a bad yesterday
2. Ignore Them – Don't Listen to others. Live a life that's empowering to you
3. Give it Time – time heals everything (or makes it more manageable)
4. Don't Compare – The only person you should try to beat is the person you were yesterday
5. Stay Calm – It's OK not to have everything figured out. Know that in time, you will get there
6. It's on You – Only you are in charge of your happiness

Smile – Life is short. Enjoy it while you have it

2024 will continue to bring great care, stimulating leisure and lifestyle activities, social connection, resident well-being and making of memories at Bindaree – Let's enjoy it together.

Warm wishes to you, Lisa

In the lounge.....

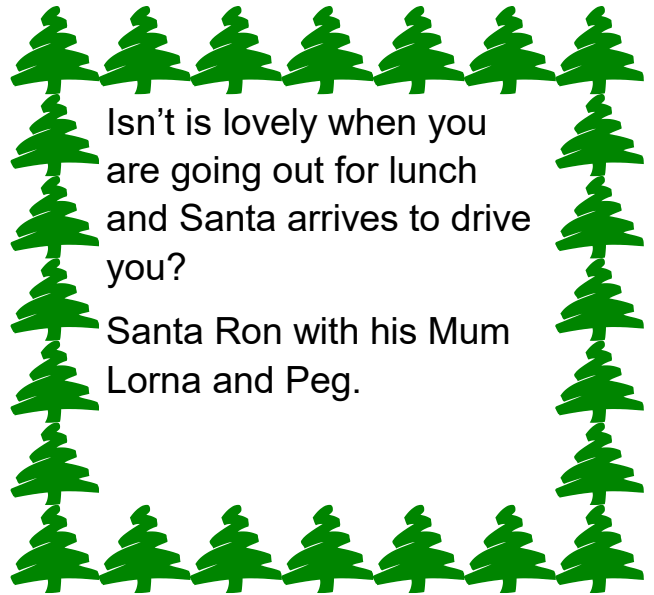


The wonderful MAD Orchestra string players came and played in both lounges while the residents enjoyed a cuppa while being entertained.

Mansfield and District Orchestra support various events around town, with many talented and skilled players.

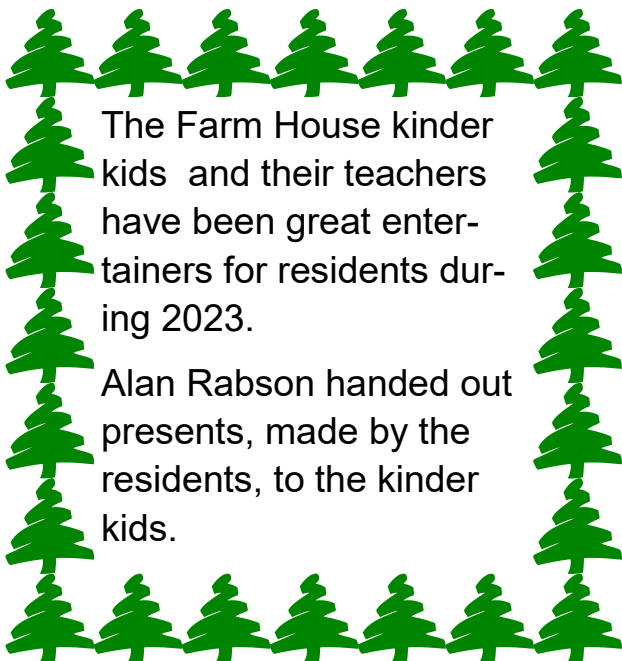


In the lounge.....



Isn't it lovely when you are going out for lunch and Santa arrives to drive you?

Santa Ron with his Mum Lorna and Peg.



The Farm House kinder kids and their teachers have been great entertainers for residents during 2023.

Alan Rabson handed out presents, made by the residents, to the kinder kids.



In the lounge.....

The Farmhouse kinder kids with residents making Christmas decorations.



In the lounge.....



Art and craft in the Collie Lounge.



Christmas decorations at Bindaree.



Remember when

School Milk Program



In the 1950s the Australian Government introduced a scheme for school children to receive free milk. Remember the little bottles with silver foil caps! The idea was that it would ensure that all Australian children would be getting fresh milk and a good dose of calcium each day. Well, this idea might have been fine, but in practice there were a few problems. The truck would normally drop the milk off at about 9.30 and recess wasn't until 11 and on a hot summer day the milk would go off. No refrigeration was available and the teacher made you drink the milk, off or not! Some say this put them off milk for life however some recall the rich kids bringing chocolate powder to mix with their milk.

The free school milk scheme lasted until the early 70's but was scrapped - many say they should reintroduce this at schools. It would certainly help our struggling dairy farmers and these days there are a lot of kids who don't get much of a breakfast. It might be a way of improving school kids' general health and in the good old days when kids always participated in risky sports, they never broke too many bones!

BINDAREE RESIDENTS BIRTHDAYS

JANUARY 2024



Jean James 3rd January

Maggie Chilcott 14 January

Stephanie Stidston 13 January

June Goodyear 17 January

Shirley White 18 January

Aileen Brown 25 January

Lois King 30 January

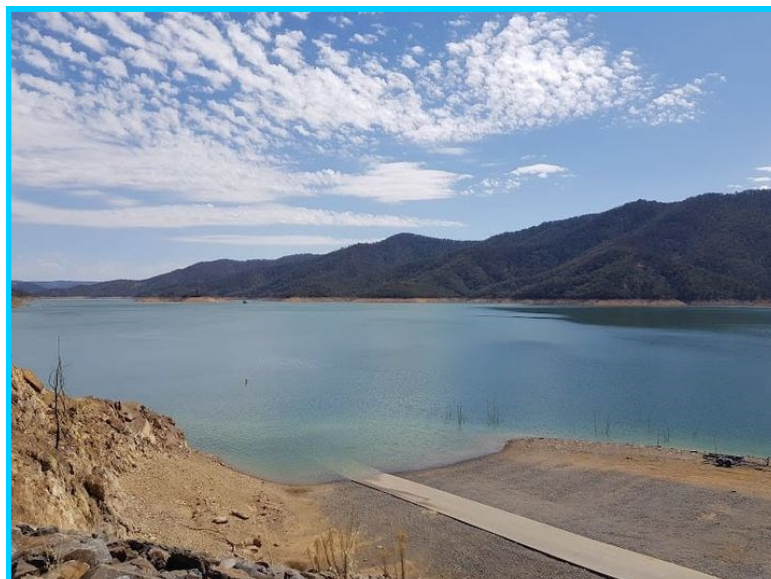


A BBQ will be held for residents on Australia Day. If you would like to invite a friend or family member to join you for lunch and afternoon entertainment they would be most welcome.

Are you missing some clothing? There is a rack of unclaimed clothing near the doctors room. Please ask staff if you aren't sure where the rack is.



Lake Eildon is currently at 98.29 capacity, 8/1/2024

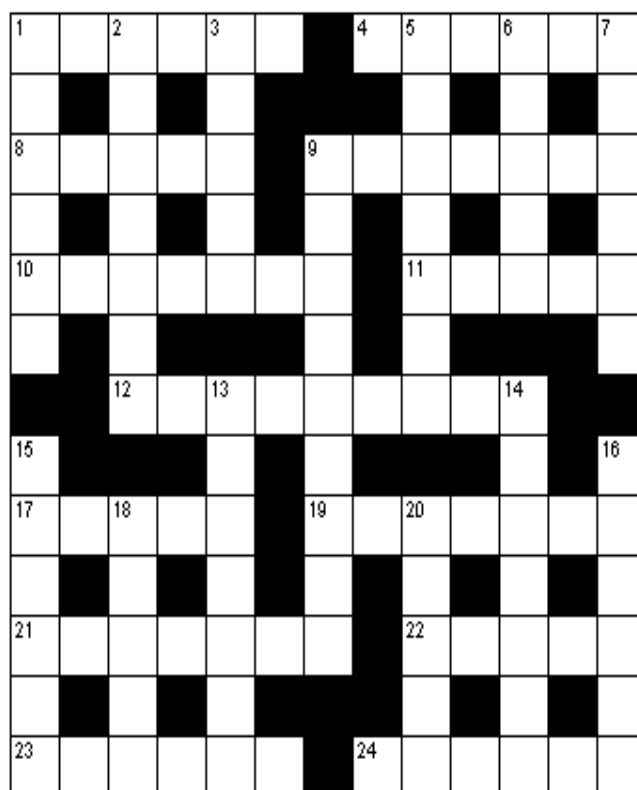


Word Search –DRESSMAKING



WORDS— APPLICQUE, BIAS, DESIGN, EMBROIDER, INTERFACING, NEEDLE, PATTERN, PIN CUSHION, POLYESTER, QUILTING, SCISSORS, STRAIGHT, TAPE MEASURE, THREAD, ZIG ZAG.

CROSSWORD



Across

- 1 Powerful (6)
- 4 Accepted practice (6)
- 8 Commerce (5)
- 9 Breed of cat (7)
- 10 One who settles disputes (7)
- 11 Bewildered (2,3)
- 12 Small fast warship (9)
- 17 Mountain ash (5)
- 19 Measure of noise intensity (7)
- 21 Wordy (7)
- 22 Amount charged (5)
- 23 Attempting (6)
- 24 Fourscore (6)

Down

- 1 "Our -- Friend", Dickens novel (6)
- 2 Seized (7)
- 3 Deal with (5)
- 5 Not prepared (7)
- 6 Two born at the same time (5)
- 7 Dynamo (anag.) (6)
- 9 Game bird (9)
- 13 Isle of Wight resort (7)
- 14 Bosh (7)
- 15 Shrub used for hedges (6)
- 16 Somnolent (6)
- 18 Fret (5)
- 20 Isle in the Bay of Naples (5)

Trivia Questions

1. What is the name of the tool commonly used to grind substances in a mortar?
2. What are the primary colors?
3. What does a camel store in its hump?
4. The line "To be or not to be" comes from which Shakespeare play?
5. In the alphabet song, how many letters are between L and S?
6. Louis Armstrong was a master of which brass instrument?
7. Who was the first woman to fly solo across the Atlantic Ocean?
8. What biological order do frogs belong to?
9. What is your body's largest organ?
10. How many times was Elizabeth Taylor married?
11. How many bones do sharks have?
12. How long is an Olympic swimming pool (in meters)?



Activities Calendar—Hostel January

MON	TUES	WED	THURS	FRI	SAT	SUN
<p>1. New Years Day</p> <p>Morning Exercise</p> <p>Sports games</p> <p>2pm Bingo</p>	<p>2.</p> <p>Special Breakfast</p> <p>Morning Exercise</p> <p>Armchair Travel</p>	<p>3.</p> <p>Morning Exercise</p> <p>2pm Bingo</p>	<p>4.</p> <p>Morning Exercise</p> <p>10.30am Singalong in garden</p> <p>2.30pm Music Quiz</p> <p>S</p>	<p>5.</p> <p>Morning Exercise</p> <p>Cooking</p> <p>Mini Golf</p> <p>Pool Comp.</p>	<p>6.</p> <p>Word Quiz</p> <p>Afternoon Bingo</p> <p>Gardening</p>	<p>7.</p> <p>Morning Exercise</p> <p>Weekend movie</p>
<p>8.</p> <p>Morning Exercise</p> <p>Shopping Game</p> <p>2pm Bingo</p>	<p>9.</p> <p>Special Breakfast</p> <p>Morning Exercise</p> <p>Afternoon Art & Craft</p>	<p>10.</p> <p>Morning Exercise</p> <p>2pm Bingo</p>	<p>11.</p> <p>Morning Exercise</p> <p>10.30am Music Quiz</p> <p>2.30pm Remember When</p>	<p>12.</p> <p>Morning Exercise</p> <p>Shuffle Board</p> <p>Pool Comp</p> <p>Wheel of Fortune</p> <p>Carols at Bot Gardens</p>	<p>13.</p> <p>Word Quiz</p> <p>Afternoon Bingo</p> <p>Gardening</p>	<p>14.</p> <p>Morning Exercise</p> <p>Weekend movie</p>
<p>15.</p> <p>Morning Exercise</p> <p>Sports games</p> <p>2pm Bingo</p>	<p>16.</p> <p>Special Breakfast</p> <p>Morning Exercise</p> <p>Armchair Travel</p>	<p>17.</p> <p>Morning Exercise</p> <p>2pm Bingo</p>	<p>18.</p> <p>Morning Exercise</p> <p>10.30am Singalong</p> <p>2pm Afternoon Trivia quiz</p>	<p>19.</p> <p>Morning Exercise</p> <p>Cooking</p> <p>Pool Comp</p> <p>Target Game</p>	<p>20.</p> <p>Morning Exercise</p> <p>Disc Deluxe Game</p> <p>Walks outside</p> <p>Afternoon Bingo</p>	<p>21.</p> <p>Morning Exercise</p> <p>Shuffle Board</p> <p>Weekend movie</p>
<p>22.</p> <p>Morning Exercise</p> <p>Shopping Game</p> <p>2pm Bingo</p>	<p>23.</p> <p>Special Breakfast</p> <p>Morning Exercise</p> <p>Armchair Travel</p>	<p>24.</p> <p>Morning Exercise</p> <p>2pm Bingo</p>	<p>25.</p> <p>Morning Exercise</p> <p>10.30am Music Quiz</p> <p>2.30pm Bush poetry in garden</p>	<p>26.</p> <p>Morning Exercise</p> <p>Shuffle Board</p> <p>Pool comp</p> <p>Mini Golf</p>	<p>27.</p> <p>Morning Exercise</p> <p>Shuffle Board</p> <p>Afternoon Bingo</p>	<p>28.</p> <p>Morning Exercise</p> <p>Weekend movie</p>
<p>29.</p> <p>Morning Exercise</p> <p>Sports games</p>	<p>30.</p> <p>Special Breakfast</p> <p>Morning Exercise</p> <p>Afternoon Art & Craft</p>	<p>31.</p> <p>Morning Exercise</p> <p>2pm Bingo</p>				

Activities Calendar—Shaw JANUARY

MON	TUES	WED	THURS	FRI	SAT	SUN
1. Gentle Exercise Quiz/games Current affairs Bingo	2. Special Breakfast Morning Walk/ Gentle Exercise	3. Morning Exercise 10.30 am Farm-house Kinder 2pm Sing-a-long	4. Morning Exercise 10.30am Music quiz 2.30pm Remember When	5. Morning Walk / Gentle Exercise Sing-a-long Bingo	6. Fruit & Finger food morning tea Chair exercise/walk outside Quiz, art or flowers Movie After-	7. Chair exercise Mini Golf Walks Movie Afternoon
8. Finger food/ toasties Chair Exercise Quiz/games Walks Bingo	9. Morning Exercise Special Breakfast Music Song & Dance Bush poetry Exercise with physio	10. Morning exercise 2pm Bingo	11. Morning Exercise 10.30am Music Quiz 2.30pm Remember When	12. Morning Walk / Gentle Exercise Sing-a-long Bingo	13. Toasted sandwiches with Wayne Exercise with balloons Move Afternoon	14. Chair exercise Games Walks Movie Afternoon
15. Gentle Exercise Quiz/games Current affairs Bingo	16. Special Breakfast Morning Exercise	17. Morning Exercise 2pm Sing-a-long	18. Morning Exercise 10.30am Music quiz 2.30pm Afternoon singalong	19. Morning Walk / Gentle Exercise	20. Finger food morning tea Chair exercise Quiz, art or flowers Movie Afternoon	21. Chair exercise Games Walks Movie Afternoon
22. Finger food/ toasties Chair Exercise Bingo	23. Morning Exercise Special Breakfast Music Song & Dance Bush poetry Exercise with physio	24. Morning Exercise Finger food Art & craft Bingo	25. Morning Exercises 10.30am Singalong 2pm Afternoon trivia quiz	26. Morning Walk / Gentle Exercise	27. Toasted sandwiches with Wayne Exercise with balloons Move Afternoon	28. Chair exercise Games Walks Movie Afternoon
29. Chair Exercise Quiz/games Current affairs Bingo	30. Special Breakfast Morning Walk/ Gentle Exercise	31. Morning Exercise 2pm Bingo				

COMPLETED CROSSWORD



Trivia Answers

1. Pestle
2. Red, yellow, blue
3. Fat
4. Hamlet
5. 6
6. The trumpet
7. Amelia Earhart
8. Amphibians
9. Skin
10. 8
11. None



Bindaree won the MDH inter-department Christmas decoration competition for the second year running. Well done to Kim and Lisa for their hard work setting it all up.

Our lovely Wendy Mahoney has left Bindaree to move to Wangaratta. Wendy will be missed by many. We wish her all the best for the future.



Noticeboard

Morning Exercises

9:30 am

Monday to Friday
in the Collie Lounge



B I N G O

Monday & Wednesday
In the Collie Lounge
2:00 pm

Podiatrist available

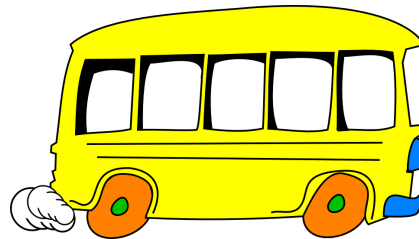
every 2nd Tuesday

Please see staff for appointments



Bus Trips

(weather dependent)



Residents & Relatives

Meeting

Wednesday 10TH

January 2024

10.30 am

in the Dining room

Please let reception know if you would like a haircut in January. Donna will be here mid January

