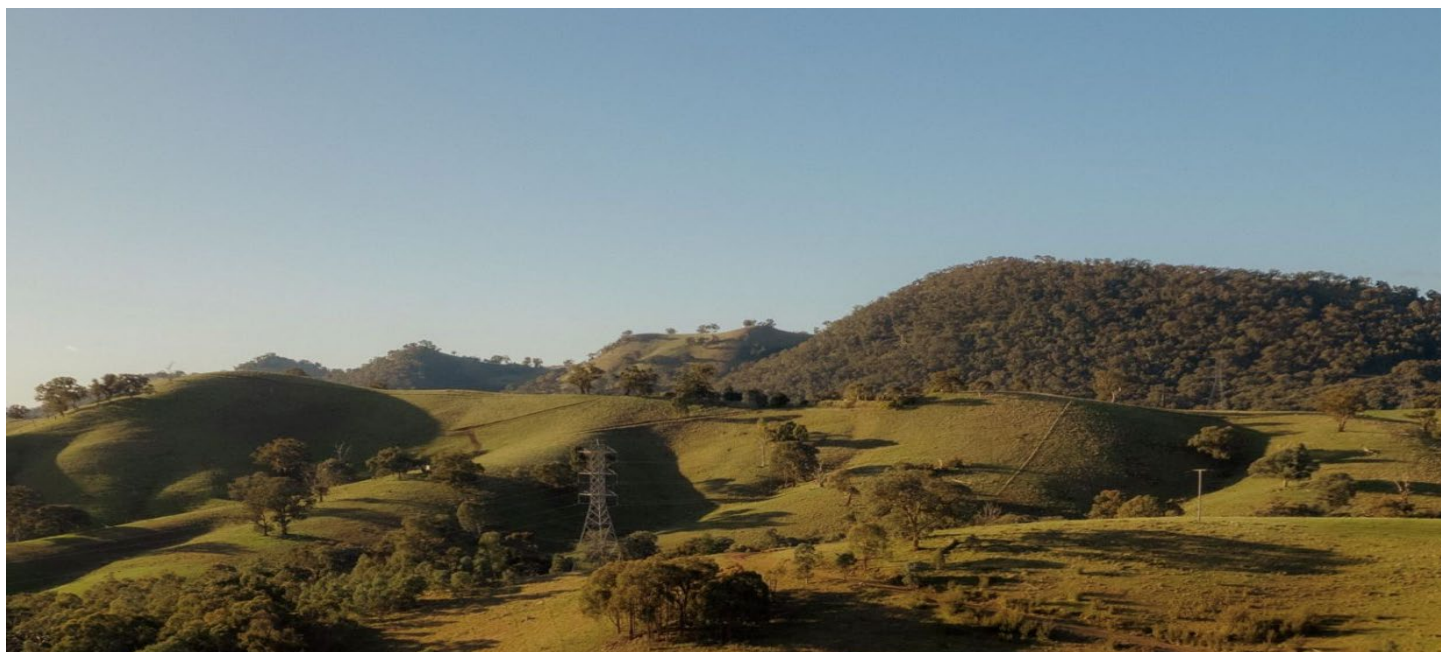


BINDAREE Times

HEALTHY COMMUNITIES, TRUSTED HEALTHCARE



PHOTOGRAPH OF THE MONTH

New addition to BINDAREE Times. Photographs of the local area, local faces, local places, inspiring vistas, captured moments in time and/or events. See over.

WHAT'S ON IN MANSFIELD IN MAY

Looking for something to do with friends and family? Keep up to date with what's on in our local area including. Music, Art, Meet the Author evenings, Markets, Crafts. See over.

BINDAREE TOP TIPPERS

Top 5 Bindaree Footy Tippers:

- 1) Susan McCormack
- 2) Peg Thorpe
- 3) Margaret McDonald, Jim Blundell, Lisa Koetsveld, Lynn Plummer
- 4) Julie Hamilton, Doug Hayward
- 5) Norma Friday



THIS MONTH IN HISTORY

May in History. Interesting people, important events, famous birthdays, notable deaths, anniversaries and others noteworthy dates. Explore the pages to discover facts and photographs on what happened in the month of May over the years.

Photograph of the Month

Sunset at majestic Mount Buller in the lands of the Taungurung and Gunaikurnai People.

Photograph by L Leach



LEISURE & LIFESTYLE ACTIVITIES

- 2024 AFL Footy Fridays
- Yarn & Yarn
- Mahjong
- Book Group
- Afternoon Pool
- Bingo
- Morning Exercises
- Gardening Club
- Sunday Movies
- Bus Trips
- Trivia & Games
- Art & Crafts
- Intergenerational Program with Farmhouse Kinder

For more details on Bindaree activities scheduled in May, please check the Activities Notice Board outside the main dining room.

May - On this Month in History

- 1 May 1851 Queen Victoria open Great Exhibition. Crystal Palace, London Hydes Park
- 2 May 1946 A battle breaks out between prisoners and guards at Alcatraz maximum security prison.
- 6 May 1954 Roger Banister breaks the 4 minute mile in Oxford, England.
- 8 May 1945 Victory in Europe Day (WWII)
- 14 May 1796 First Vaccination administered to test Physician Edward Jenner's theory, people can be protected from small pox



21 May 1927 First solo non-stop transatlantic flight. 'Lucky Lindy' landed in Paris

24 May 1844 The first long distance telegraph is sent. Samuel Morse sent a bible verse from Washington DC to Baltimore, Maryland.

29 May 1953 Edmund Hillary & Tenzing Norgay reached the summit of Everest becoming first to stand on top of the world.



WHAT'S ON IN MANSFIELD IN MAY.

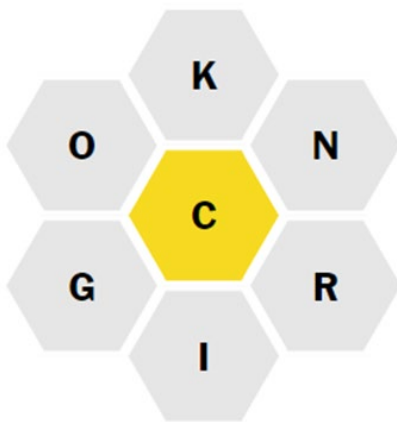
Saturday 25 May 2024 6.30 pm Bacharach & Beyond Dinner & Show at the Delatite Hotel.

Join Jack Howard & The Ambassadors of Love for a fabulous night of live music. A glorious retro ride with song lists and tunes from Jimmy Webb, The Carpenters and even Elvis!

The Little Shop of Good Reads 31 Highett Street, Mansfield.

A not-for-profit preloved book shop run by the Friends of Mansfield Library selling high-quality used or preloved books. All profits are used to support the Mansfield Library. Open 10.00 a.m. to 4.00 p.m. As the autumn moves to winter very soon, grab yourself some preloved literature to curl up and keep warm.

Word Game - How many words can you make?



The Rules

- Each word must contain the centre letter "C"
- Letters can be used more than once
- Words must contain at least 4 letters
- There is one word that uses all 7 letters!
- Good luck!

Words



in the Garden in May.

The autumn months are a time of preparation and activity with planting seedlings, saving seeds from your favourite tomatoes and pruning, cutting back and planting bulbs for spring blooms. The Alpine cool climate traditional favourites of daffodils, tulips, hyacinths can go into the ground at this time of year. Have you considered growing a hyacinth bulb indoors in a vase or jar to bring some colour and cheer? The Bindaree staff are getting vegetable sowing and planting this month.

FOR INFORMATION ON BINDAREE GARDENING CLUB SEE WAYNE



Vale Lorna Wickham

Lorna Wickham passed away peacefully on 7th April 2024 at Mansfield District Health surrounded by the love of her family. This cheery lady gently slipped away not wanting to be any bother, just as she did in life. Apart from her Thursday lunch dates with her son Ronnie, Lorna's favourite activity at Bindaree was bingo. Lorna's family came and played Lorna's bingo card in her absence the week after her passing and Lorna won!! Lorna's chuckle could almost be heard that afternoon in the dining room. The family kindly donated Lorna's winnings to the Bingo kitty for prizes and chocolates. Rest now lovely Lorna. Our warmest wishes and thoughts are with Lorna's family at this sad and unexpected time.....Lorna will be missed by so many.

Vale

Paula Kirkham



Vale

Judith Harvey



Wherever a beautiful soul has been, there has been a trail of memories.

Magic Moments - Living your best life and Positive Aging

The benefits of living well - by maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, being active, maintaining connections to your community and engaging fully in life as you age - have probably underplayed? The team would like to give every person living at Bindaree an opportunity to create a unique and fun experience - a magic moment to support you to live your best life on your own terms. Is there something you would love to do but have not had the opportunity? Have you always wanted to be a busking musician or perhaps dance like Fred & Ginger? Maybe you have harboured a desire to ride on a Harley Davidson? Please feel free to share your aspirations with one of the team and maybe we can support a magic moment to could come your way?

Local Book Shop, Ink - Grantlee Kieza Author Evening

On Monday 15th April, local people gathered at Ink Book Shop to listen to Grantlee Kieza talk about his powerful new, meticulously researched biography. In 1942 the SS Vyner Brookner was sunk by Japanese aircraft as it evacuated Singapore. 21 of 65 nurses made it ashore on Radji Beach, Banka Island. They were marched back into the sea by Japanese soldiers and gunned down. Vivian Bullwinkel was the sole survivor of the massacre! This biography celebrates the remarkable woman who went on to have a long life, devoting herself to the nursing profession and honouring those killed on Banka Island. Throughout his talk and in his writing, Kieza pays constant tribute to the strength and resilience of the extraordinary generation who fought, lived and survived the Great Wars, how much they gave and what we have to learn from them. Grantlee Kieza is an award-winning journalist and the author of more than 20 acclaimed books, including bestsellers *Hudson Fysh*, *The Kelly Gang*, *Banjo etc*. For more author events at Ink Book Shop please check the Courier newspaper or ask one of the team at Bindaree.

On the 2 August 2023, the Australian War Memorial, Canberra unveiled a sculpture of Lieutenant Colonel Vivian Bullwinkel in its grounds. This sculpture will stand as a constant reminder of her exceptional military service and the importance to the story of Australian nursing.

Have your say on information and/or articles you wish to see in the Bindaree Times. Please advise any staff member and check out the next issue.

The Resident & Relatives Meeting is your opportunity to share stories, provide valuable feedback and shape the service delivery in your home.

Next Meeting is: Tuesday 21st May, 24