

BINDAREE Times

HEALTHY COMMUNITIES, TRUSTED HEALTHCARE



Lake Nillahcootie

PHOTOGRAPH OF THE MONTH

Gumnuts!

The woody capsules or fruits of the eucalyptus tree that protect the seeds from bush fire

WHAT'S ON IN MANSFIELD IN JULY

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) Margo Reardon
- 2) Julie Hamilton
- 3) Jim Blundell
- 4) Alan Rabson
- 5) Sue McCormack / Lisa Koetsveld



THIS MONTH IN HISTORY

July 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 June over the years

Photograph of the Month

“Gumnuts!”

The woody fruit release the seeds of the eucalyptus tree.

Photograph by anon.



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 July, please check the Activities Notice Board outside the main dining room.

On this Month in History - July

- 1st July 1961 - Princess Dianna was born . This year would mark her 63rd Birthday.
- 14th July 1791 - The fall of the Bastille occurred at the beginning of the French Revolution. This date is recognised every year with a national holiday in France “ Bastille Day”.
- 17th July 1953 - Disneyland opened it’s door to the public in the USA



- July 20th 1969 - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind"
- 27th July 1953 - The Korean War is formally ended with the signing of a peace agreement at Panmunjom. The three year conflict has consumed an estimated five million lives.



WHAT'S ON IN MANSFIELD IN JULY.

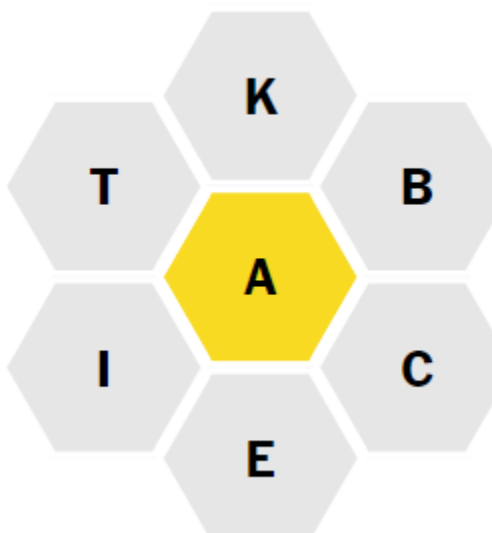
July 7th-14th NAIDOC Week: Keep the fire burning Blak, Loud and Proud

Activities include: Naidoc Week Launch. **Welcome to Country Sunday 7th July**

Wetlands Walk, Story Telling and Art, Film: Croker Island Exodus, Weaving Workshop, Pyrography workshop . Please see activities notice board for dates, times and locations.

20th July Outdoor Provoadore & Producers Market : Showcasing some of the finest local and regional producers Victoria has to offer. Small-scale, authentic producers demonstrating their dedication and sharing their talents. Buy direct from the people who put their heart and soul into growing and creating their artisan products.

Word Game - How many words can you make?



The Rules

- Each word must contain the centre letter "A"
- 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



**FOR INFORMATION ON BINDAREE
GARDENING CLUB, SEE WAYNE**

in the Garden in July

Gardening in deep winter is a wonderful time of year with everything thrown into stark relief. The landscape becomes quieter and less complex with activity slowing to a crawl. There is time to think and dream for the warmer months ahead. One job that can be completed however is the bare-root planting of trees, fruit trees and roses. July is a great month to start preparing the soil for the demands of spring but if the weather has other ideas it's a good opportunity to spend some time in front of the wood heater with a cuppa and think up a plan -

Lisa Leach



In Loving Memory

Vale Margaret 'Peg' Thorpe

05/08/1928 - 08/06/2024

"The Last Rose" by Andre Rieu played out Peg's last journey as numerous friends and family gathered to say farewell. Bindaree staff and residents unable to attend the service, gathered to place a sprig of rosemary, a symbol of love and remembrance as Peg made her final visit to Bindaree. Our caring thoughts are with Peg's family as this sad time. United with your Harold, rest now Peg.

Vale Teresa 'Terry' Archer

28/11/1931 - 23/06/2024

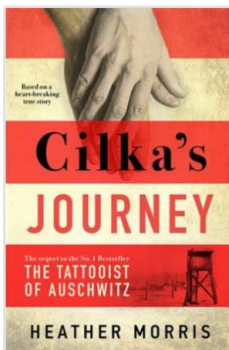
With deepest sympathy we remember Terry, the Bindaree fashionista with the quirky sense of humour. Your conversations, sharing of shopping endeavours and your knack of keeping us all on our toes will be greatly missed. Our warmest condolences to Terry's family at this time. Someone so special can never be forgotten.



Magic Moments Bucket List - Living your best life and Positive Aging

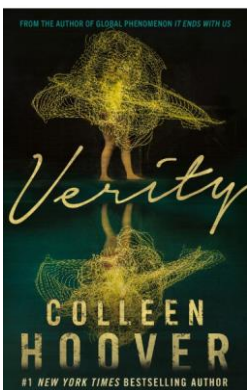
The benefits of living well - by maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, being active, maintaining connections to your community and engaging fully in life as you age - have probably underplayed? The team would like to give every person living at Bindaree 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?

Bindaree Book Group



The sequel to the International Number One Bestseller *The Tattooist of Auschwitz*, based on a true story of love and resilience. Cilka is just sixteen years old when she is taken to Auschwitz-Birkenau Concentration Camp, in 1942. The Commandant at Birkenau, Schwarzhuber, notices her long beautiful hair, and forces her separation from the other women prisoners.

Cilka learns quickly that power, even unwillingly given, equals survival. After liberation, Cilka is charged as a collaborator for sleeping with the enemy and sent to Siberia. But what choice did she have? And where did the lines of morality lie for Cilka, who was sent to Auschwitz when still a child? In a Siberian prison camp, Cilka faces challenges both new and horribly familiar, including the unwanted attention of the guards. But when she makes an impression on a woman doctor, Cilka is taken under her wing. Cilka begins to tend to the ill in the camp, struggling to care for them under brutal conditions. Cilka finds endless resources within herself as she daily confronts death and faces terror. And when she nurses a man called Ivan, Cilka finds that despite everything that has happened to her, there is room in her heart for love.



Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night their family was forever altered.

Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents would devastate the already-grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her .

July - Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Morning Exercises Games Week commence</p> <p>Biiggest Morning Tea</p> <p>2:30pm Bingo</p>	<p>2</p> <p>Morning Exercises Games Week</p> <p>1:00pm Yap & Yarn</p> <p>2pm Shuffle board</p> <p>2pm Physio Exercises</p> <p>2:30pm Shopping Trolley</p>	<p>3</p> <p>Morning Exercises Games Week</p> <p>2:30pm Bingo</p>	<p>4</p> <p>Morning Exercises Games Week</p>	<p>5</p> <p>Morning Exercises Games week NEW!! Bridge Game commencing – details to follow on Activities Notice Board</p> <p>1:30pm Snooker</p> <p>Friday night football</p>	<p>6</p> <p>2:00pm Bingo</p>
<p>7</p> <p>2:00pm Sunday Movie</p>	<p>8</p> <p>Morning Exercises</p> <p>2:30pm Bingo</p> <p>Trading Table Raffle</p>	<p>9</p> <p>Morning Exercises</p> <p>2pm Physio Exercises</p> <p>2:30pm Shopping Trolley</p>	<p>10</p> <p>Morning Exercises</p> <p>2:30pm Bingo</p>	<p>11</p> <p>Morning Exercises</p> <p>Word Games</p>	<p>12</p> <p>Morning Exercises</p> <p>NEW!! Bridge Game commencing – details to follow on Activities Notice Board</p> <p>1:30pm Snooker</p> <p>Friday night football</p>	<p>13</p> <p>2:00pm Bingo</p>
<p>14</p> <p>2:00pm Sunday Movie</p> <p>2:30pm Kid Stakes Performance (PAC)</p>	<p>15</p> <p>Morning Exercises</p> <p>2:30pm Bingo</p> <p>Shopping Game</p>	<p>16</p> <p>Morning Exercises</p> <p>Arm Chair travel</p> <p>1:00pm Yap & Yarn</p> <p>2pm Physio Exercises</p> <p>2:30pm Shopping Trolley</p>	<p>17</p> <p>Morning Exercises</p> <p>10:30am Kinder Kids</p> <p>2:30pm Bingo</p>	<p>18</p> <p>Morning Exercises</p> <p>Arts & Crafts</p>	<p>19</p> <p>Morning Exercises</p> <p>Book Club</p> <p>NEW!! Bridge Game commencing – details to follow on Activities Notice Board</p> <p>Indian Cooking</p> <p>1:30pm Snooker</p> <p>Friday night football</p>	<p>20</p> <p>2:00pm Bingo</p>
<p>21</p> <p>2:00pm Sunday Movie</p>	<p>22</p> <p>Morning Exercises</p> <p>2:30pm Bingo</p>	<p>23</p> <p>Morning Exercises</p> <p>2pm Physio Exercises</p> <p>2:30pm Shopping trolley</p>	<p>24</p> <p>Morning Exercises</p> <p>10:30am Kinder Kids</p> <p>2:30pm Bingo</p>	<p>25</p> <p>Morning Exercises</p> <p>Word Games</p>	<p>26</p> <p>Bindaree Olympics</p> <p>Morning Exercises</p> <p>NEW!! Bridge Game commencing – details to follow on Activities Notice Board</p> <p>1:30pm Snooker</p> <p>Friday night football</p>	<p>27</p> <p>2:00pm Bingo</p>
<p>28</p> <p>2:00pm Sunday Movie</p>	<p>29</p> <p>Morning Exercises</p> <p>Bindaree Olympics</p>	<p>30</p> <p>Morning Exercises</p> <p>Bindaree Olympics</p> <p>1:00pm Yap & Yarn</p> <p>2pm Physio Exercises</p> <p>2:30pm Shopping trolley</p>	<p>31</p> <p>Morning Exercises</p> <p>Bindaree Olympics</p> <p>10:30am Kinder Kids</p> <p>2:30pm Bingo</p>			

NORTH EAST VICTORIA 'GOOD2GO' FESTIVAL

Presenting

“Live The Life You Please”

“A moving dedication to living life fully till the end.
The ability to talk about death and dying, palliative care and
life choices empowers us all”

A/PROF. GHAURI AGGARWAL

WEDNESDAY 7TH AUGUST

6 - 9pm

SWANPOOL CINEMA

2386 Midland Highway, Swanpool

\$15 incl. champagne and nibbles
Special Guest Dr. Mark Boughey

BOOKINGS ESSENTIAL!
SCAN QR CODE FOR FURTHER INFO AND BOOKINGS.



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