

BINDAREE Times

HEALTHY COMMUNITIES, TRUSTED HEALTHCARE



PHOTOGRAPH OF THE MONTH

Local Photograph of the month was taken at the bottom of Whitfield Road alongside the Botanic Gardens. A frosty, misty and tranquil morning.

WHAT'S ON IN MANSFIELD IN AUGUST

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) Margot Reardon
- 2) Julie Hamilton
- 3) Lisa Koetsveld
- 4) Kit Willick
- 5) Alan Rabson



THIS MONTH IN HISTORY

August 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

Want to see your photo in the newsletter? Take a photo in the local area, capture a special moment or something that makes you smile. Everyone is a photographer with cameras on mobile phones! Bindaree staff can support you with submitting your image for inclusion to the newsletter.



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.

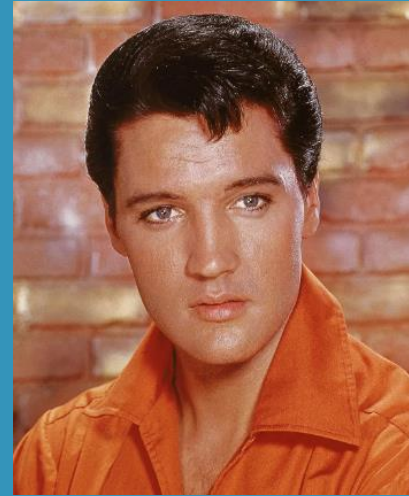
On this Month in History - August

- 5th August 1962 - Marilyn Monroe, 36 years, died from an overdose of sleeping pills. Marilyn made 29 movies during her career and came to symbolise Hollywood glamour.
- 6th August 1945 - The first atomic bomb was dropped over the centre of Hiroshima at 8.15 a.m. by the American bomber Enola Gay. The bomb detonated about 1800 feet above ground, killing over 105,000 people and destroying the city.



13 August 1961 - East German government closed the border between east and west sectors of Berlin and the Berlin Wall came into existence. Originally built of barbed wire, it was replaced by a 12 foot concrete wall extending 166 km around the perimeter of Berlin.

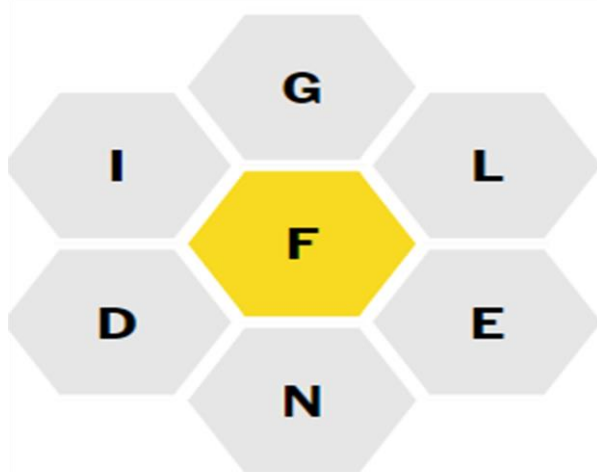
- 16th August 1977 - At Memphis Baptist hospital at 3:30pm Elvis Presley was pronounced life extinct. Elvis was just 42 years old.
- 27th August 1910- Mother Teresa was born as Agnes Gonxha Bojaxhiu in Yugoslavia. She founded a religious order of nuns in Calcutta, India called the Missionaries of Charity and spent her life working to help the poor and sick of India



WHAT'S ON IN MANSFIELD IN AUGUST

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?

- Each word must contain the centre letter "F"
- 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!



Australia's Biggest Morning Tea

This year our biggest morning tea was held on the 1st of July, coordinated by Wayne, our Residents, staff and visitors were treated to a delicious morning Tea of sandwiches, cakes and Slices. A special Thank you to Meena for her selection of traditional Indian desserts.

We also ran a fundraising raffle, with first prize being donated by Photographer and Bindaree regular Adam Wagstaff. Our winner of the print was Margaret McDonald.

Total funds raised for the Cancer council this year were \$196.50.

Thank you to everyone for their efforts in organising our event, and a huge thank you for those who donated.

Every dollar raised makes a huge impact on the lives of those impacted by cancer, and helps to bring us closer to a cancer free future.



George Hare

16/05/1935-17/07/2024

Gone but never forgotten.

May you rest in Peace George.



Inge Luldsdorf

16/08/1926-12/07/2024

We will always cherish our memories of our time with you.

Rest peacefully Inga.

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 harbored 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- August Recommendations



Sunny Days and Sea Breezes by Carol Mathews

On a ferry bound for the Isle of Wight, Jodie is looking for some peace and quiet on her brother Bill's houseboat Sunny Days. But from the moment Jodie steps aboard it's clear she'll struggle to keep herself to herself. If it isn't Marilyn, who is under strict instructions to look after Jodie, then it's Ned, the noisy wood sculptor on the next-door boat. Bustled out of the boat by Marilyn and encouraged to explore with Ned, Jodie soon delights in her newfound freedom.

"A fun read" Bindaree Resident

The Silent Patient by Alex Michaelides

Alicia Berenson is a well-known painter who murdered her husband six years ago and hasn't spoken a word since. He was found bound to a chair with gunshot wounds to his face, and she was convicted soon thereafter. Theo Faber is a psychotherapist who hopes to treat Alicia and uncover the mystery behind her motives for killing her husband. As they sit in silence, the main clue he has is a painting she completed. She titled it Alcestis, named after a heroine in Greek mythology who sacrifices her life to save her husband.

"A good Mystery/thriller" Bindaree Resident

The White mouse by Nancy Wake (autobiography)

Nancy Wake, nicknamed 'the white mouse' for her ability to evade capture, tells her own story. After living and working in Paris in the 1930's, Nancy married a wealthy Frenchman and settled in Marseilles. Her idyllic new life was ended by World War II and the invasion of France.

"A very good autobiography" - Bindaree Resident

The angry woman's choir by Meg Bignell

Freycinet Barnes has built herself the perfect existence. With beautiful children, a successful husband and a well-ordered schedule, it's a life so full she simply doesn't fit.

When she steps outside her calendar and is accidentally thrown into the generous bosom of the West Moonah Women's Choir, she finds music, laughter, friendship and a humming wellspring of rage.

"Very funny" - Bindaree Resident

AUGUST- Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Bindaree Olympics Morning Exercises Armchair Travel	2 Bindaree Olympics Morning Exercises Bridge Game 1:30pm Snooker Friday night football	3 Bindaree Olympics 2:00pm Bingo
4 Bindaree Olympics 2:00pm Sunday Movie	5 Bindaree Olympics Morning Exercises 2:30pm Bingo	6 Bindaree Olympics Morning Exercises 2pm Physio Exercises 2:30pm Shopping Trolley Walking Group	7 Bindaree Olympics Morning Exercises 10:30am Kinder Kids 2:30pm Bingo	8 Bindaree Olympics Morning Exercises 11am Sing a long 2:30 Music and Song quiz	9 Bindaree Olympics Morning Exercises Bridge Game 1:30pm Snooker Friday night football	10 Bindaree Olympics 2:00pm Bingo
11 Bindaree Olympics 2:00pm Sunday Movie	12 Morning Exercises 2:30pm Bingo Bindaree Olympics closing Ceremony	13 Morning Exercises 1:00pm Yap & Yarn 2pm Physio Exercises 2:30pm Shopping Trolley	14 Morning Exercises 10:30am Kinder Kids 2:30pm Bingo	15 Morning Exercises 10am Bus Trip	16 Morning Exercises Book Club Bridge Game Indian Cooking 1:30pm Snooker Friday night football	17 2:00pm Bingo
18 2:00pm Sunday Movie	19 Morning Exercises 2:30pm Bingo	20 Morning Exercises 2pm Physio Exercises 2:30pm Shopping trolley	21 Morning Exercises 10:30am Kinder Kids 2:30pm Bingo	22 Morning Exercises 2:00 Denis Tucker Concert	23 Morning Exercises Bridge Game 1:30pm Snooker Friday night football	24 2:00pm Bingo
25 2:00pm Sunday Movie	26 Morning Exercises 2:30pm Bingo	27 Morning Exercises 1:00pm Yap & Yarn 2pm String Group Performance 2:30pm Shopping trolley	28 Morning Exercises 10:30am Kinder Kids 2:30pm Bingo			