

BINDAREE Times

HEALTHY COMMUNITIES, TRUSTED HEALTHCARE



PHOTOGRAPH OF THE MONTH

High Country Vista - See a beautiful moment in time was captured by one of the Bindaree staff on their way home from work one afternoon.

WHAT'S ON IN MANSFIELD IN OCTOBER

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 and crafts. See over.

NEW CHAPTER FOR BINDAREE NUM

Bindaree will be saying farewell to Lisa Leach, Nurse Unit Manager at the end of this month. We wish Lisa all the best for the next chapter in her life.



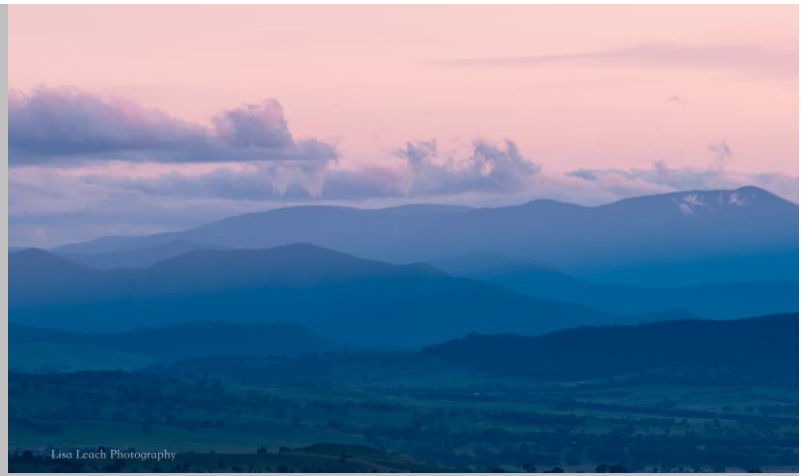
THIS MONTH IN HISTORY

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

Photograph of the Month

High Country Vista at sunset.

This photo was captured by one of our staff on their drive home from work.



LEISURE & LIFESTYLE ACTIVITIES

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

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

On this Month in History - October



October 1st, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 1st 2005 - The 2005 Bali bombings take place, killing 23 people (including the three suicide bombers) and injuring 129. Four of the dead and 19 of the injured are Australian.

October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit.

October 14, 1964 - Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize.



October 20th 1973- The Sydney Opera House is opened by Queen Elizabeth II.

October 26th 2002 - Federation Square in Melbourne is opened.



October 31st 1961 - Parkes radiotelescope officially opened by the Governor General

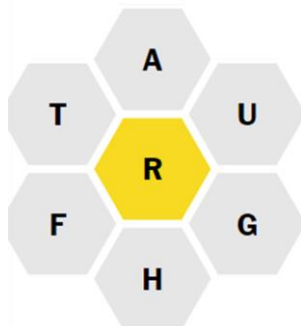
October 31st - Halloween or All Hallow's Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.

WHAT'S ON IN MANFIELD IN OCTOBER

11th- 13th October - Jamieson High Country Rod Muster . 12:00-9pm

12th October- Trivia Night- Merrijig Public Hall . 7pm-9:30pm. Bookings are a must.

19th October - St Johns annual spring fete - Stock up on homemade produce, cakes, bric a brac, books and plants at the annual St John's Anglican Church Fete. St John's Anglican Church, 45 Highett Street, Mansfield 9:00am-1:00pm



Word Game - How Many Words?

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

Sudoku

						9	6	3
	2		7		6			
			8					
			1	3	7			
2	5			4				
						4		1
		3		1	5			6
		4				2		
8							7	

							6	
				8	1		7	
	3						4	5
1		5		4				
			2					
3	8		5			6	2	
7	5							9
					8			
					9	7	8	1

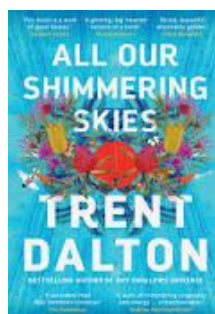
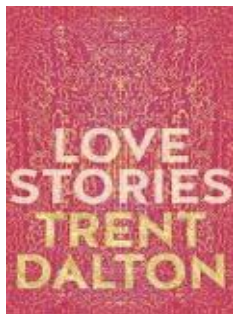
Sudoku Solutions

7	8	5	4	2	1	9	6	3
3	2	9	7	5	6	1	8	4
1	4	6	8	9	3	5	2	7
4	9	8	1	3	7	6	5	2
2	5	1	6	4	9	7	3	8
6	3	7	5	8	2	4	9	1
9	7	3	2	1	5	8	4	6
5	6	4	3	7	8	2	1	9
8	1	2	9	6	4	3	7	5

8	9	7	4	3	5	1	6	2
5	4	2	6	8	1	9	7	3
6	3	1	9	7	2	8	4	5
1	2	5	8	4	6	3	9	7
4	7	6	2	9	3	5	1	8
3	8	9	5	1	7	6	2	4
7	5	8	1	6	4	2	3	9
9	1	3	7	2	8	4	5	6
2	6	4	3	5	9	7	8	1

Bindaree Book Group- October Recommendations

- **Loves stories** by Trent Dalton - Australia's best-loved writer, Trent Dalton, sat on a busy street corner in Adelaide, SA with a sky-blue Olivetti typewriter and asked the world a simple, direct question: "Can you please tell me a love story?" This book is a collection of those tales interspersed with Dalton's observations of people and his questioning about what love really means. It's a sentimental journey and includes stories of his own family and his love for them. There are various stories of love lost and love found. [8/10 read recommended by Mikaela \(OT\)](#).
- **All Our Shimmering Skies** by Trent Dalton - Darwin, 1942, and as Japanese bombs rain down, motherless Molly Hook, the gravedigger's daughter, turns once again to the sky for guidance. She carries a stone heart inside a duffel bag next to the map that leads to Longcoat Bob, the deep-country sorcerer who put a curse on her family. By her side are the most unlikely travelling companions: Greta, a razor-tongued actress and Yukio, a fallen Japanese fighter pilot. "Run, Molly, run", says the daytime sky. Run to the vine forests. Run to northern Australia's wild and magical monsoon lands. Run to friendship. Run to love. Run. Because the graverobber's coming, Molly, and the night-time sky is coming with him. So run, Molly, run. [9/10 read recommended by book club readers](#).
- **Irena's Gift** by Karen Kristen- set in 1942, in Nazi-occupied Poland. Irena's Gift weaves together a mystery, history and memoir to tell the story of a family torn apart by war. From the glittering concert halls of interbellum Warsaw to the vermin-infested prison where a Jewish woman negotiates with an SS officer to save her sister's child, Irena's Gift is about the lies we tell to survive and what happens when those lies unravel. It is about the extraordinary resilience of three generations of women, and the sacrifices made for love"--Publisher's description. [9/10 recommended read](#).



Are you interested in Audiobooks or wanting to know more?? Join the next bok club meeting to learn about how to access aduibooks and hear from a special guest from the Mansfield Library.

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

Next Meeting: Tues 22nd October 2024

OCTOBER - Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Morning Exercises Shopping Trolley 10:00 Music song & Dance 11am Bush Poetry 2pm Singalong	2 Morning Exercises 10.30am Word Game 2:30 Bingo	3 Morning Exercises Bus Trip Scenic Drive 2pm Remember when quiz	4 Morning Exercises 10:30 Bridge 2:00 Friday Cooking 2:00 Snooker	5 2:00 Bingo
6 2:00 Sunday Movie	7 Morning Exercises 10:30 Bridge 10:30 Yap & yarn 10:30 Shuffle Board 2:30 Bingo	8 Morning Exercises 2:00 Physio Exercises 2:30 Shopping Trolley	9 Morning Exercises 10:30am Morning mini golf 2:30 Bingo	10 Morning Exercises Bus Trip Scenic Drive 2:00 Singalong	11 Morning Exercises Book Club 10:30 Bridge 10:30am Kinder Kids 2:00 Friday Cooking 2:00 Snooker	12 2:00 Bingo
13 2:00 Sunday Movie	14 Morning Exercises 10:30 Bridge 10:30 Yap & yarn 2:30 Bingo	15 Morning Exercises 10:00 Music song & Dance 11am Bush Poetry 2:00 Physio Exercises 2:30 Singalong & Shopping Trolley	16 Morning Exercises 10:30am Morning mini golf 2:30 Bingo	17 Morning Exercises 11am Bush Poetry & Singalong in Shaw garden 2pm Trivia Competition in Collie lounge	18 Morning Exercises 10:30 Kinder Kids 10:30 Bridge 2:00 Friday Cooking 2:00 Snooker	19 2:00 Bingo
20 2:00 Sunday Movie	21 Morning Exercises 10:30 Bridge 10:30 Yap & yarn 10:30 Mega targrt 2:30 Bingo	22 Morning Exercises Residents & Relatives Meeting 2:00 Physio Exercises 2:00 Word flower 2:30 Shopping trolley	23 Morning Exercises 10:30am Bowls 2:30 Bingo	24 Morning Exercises Bus Trip Scenic Drive 2pm Denis Tucker Concert	25 Morning Exercises 10:30 Bridge 10:30 Kinder Kids 2:00 Friday Cooking 2:00 Snooker	26 2:00 Bingo
27 2:00 Sunday Movie	28 Morning Exercises 10:30 Bridge 10:30 Yap & yarn 2:30 Bingo	29 Morning Exercises Shopping Trolley 10:00 Music song & Dance 11am Bush Poetry 2pm Remember When 2:00 Physio Exercises	30 Morning Exercises 10:30am Bowls 2.30pm Bingo	31 Halloween Morning Exercises Song & Brain Teaser and word games 2:00 Singalong		



I wandered lonely as a cloud

By William Wordsworth

*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*

*Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.*

*The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:*

*I gazed and gazed—but little thought
What wealth the show to me had brought*

*For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.*

Did you know that William Wordsworth was born in April 1770 in the Lakes District in England? He went to the same school as Fletcher Christian who would lead the Mutiny on the Bounty in 1789?

William loved the natural world and was a keen walker among the Lakes District where he continued to live for most of his life? It was once estimated that he walked over 10,000 miles in his lifetime. He wrote extensively about the magnificent and the natural beauty of the Lakes District. People from London, which was a dirty congested city at the time, then flocked to the country.

His famous poem "The Daffodils" had no title and hence took the first line from the manuscript "I wandered lonely as a cloud" The poem had been scripted in 1802 after William and his sister Dorothy had encountered a long belt of daffodils on their afternoon walk.

Dorothy penned a journal and it is believed William's poem was influenced by Dorothy's journal notes - *'we saw a few daffodils close to the water side, we fancied that the lake had floated the seed ashore & that the little colony had so sprung up – But as we went along there were more & yet more & at last under the boughs of the trees, we saw that there was a long belt of them along the shore, about the breadth of a country turnpike road. I never saw daffodils so beautiful they grew among the mossy stones about & about them, some rested their heads upon these stones as on a pillow for weariness & the rest tossed and reeled and danced & seemed as if they verily laughed with the wind that blew upon them over the Lake, they looked so gay ever dancing ever changing.'*