

BINDAREE Times

HEALTHY COMMUNITIES, TRUSTED HEALTHCARE



PHOTOGRAPH OF THE MONTH

This months image was captured in Bunstons Lane. Mother Nature restores our mood, our energy, reduces our stress and leaves us refreshed. See page 2

WHAT'S ON IN MANSFIELD IN SEPTEMBER

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

Winners 2024

- 1) Margo Reardon
- 2) Julie Hamilton
- 3) Alan Rabson
- 4) Lisa Koetsveld, Kit Willick , Jim Blundell

CONGRATULATIONS



THIS MONTH IN HISTORY

September 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

We all know how good being in nature can make us feel. The sounds of the forest, the scent of the leaves and the fresh air give us a sense of comfort. The lift in our mood is rejuvenating!



LEISURE & LIFESTYLE ACTIVITIES

2024 AFL Footy Fridays Yak & Yarn

Mahjong Book Group

Afternoon Pool Bingo

Morning Exercises Gardening Club

Sunday Movies Bus Trips

Trivia & Games Art & Crafts

Intergenerational Program with Farmhouse

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

On this Month in History - September

1st 1939 Germany invades Poland, starting World War II

2nd 1666 The Great Fire of London started. 80% of the city is destroyed.

5th 1997 Mother Teresa of Calcutta dies at age 87.

12th 1949 Television show "Lassie" premieres.

13th 2001 Ansett Airlines collapses.



15th 2000 Opening Ceremony of the Sydney Olympics

19th 1893 New Zealand became the first country to grant women the right to vote.

25th 1818 First transfusion of human blood is performed at Guy's hospital in London.

30th 1854 The first game of cricket is played at the Melbourne Cricket Ground.

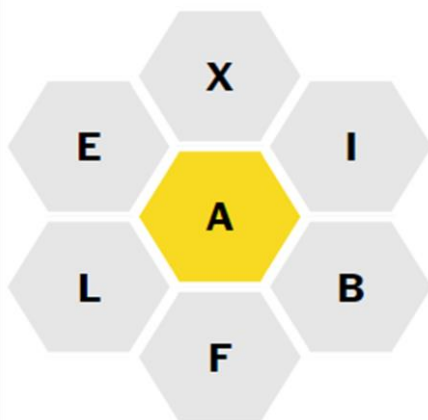


WHAT'S ON IN MANSFIELD IN SEPTEMBER

20th September - The Outdoor Provedore offers a vibrant marketplace which is focused on food and beverage provenance, is filled only with authentic producers and is the 'go-to' place for lovers of great produce.

The Mansfield Farmers Market is a fresh and artisan produce market held year-round in the median strip opposite the Post Office - right in the centre of Mansfield - on the fourth Saturday of the month.

Vintage Traders Emporium in Mansfield Victoria is a unique marketplace for buyers and sellers of rare and interesting finds. Set in an expansive warehouse space, the emporium showcases all things vintage, retro, antique, industrial, preloved and recycled, with over 50 Stallholders. The range includes furnishings, decor, fashion, art, jewellery, collectibles and much more. **10 Crosbys Lane, Mansfield**



Word Game - How Many Words?

- 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!

INTERGENERATIONAL PROGRAM WITH FARMHOUSE KINDER BOOK WEEK



Dress-ups, songs, dance and movement with our little friends from FarmHouse Kinder

International Dementia Conference, Sydney.



Bindaree Retirement Centre’s Nurse Unit Manager, Lisa Leach has been selected to present at the biannual International Dementia Conference in Sydney this month. Lisa will be discussing and high-lighting the best practice care and support the Bindaree team provide to people experiencing a diagnosis of dementia. Lisa reported, “the Dementia Support Working Party at Bindaree, have developed, trialled and implemented a Behaviour Huddle tool. This assists to identify triggers, strategies and interventions to reduce changed behaviours associated with a change in cognition and improve the quality of life for our residents living with dementia.” We wish Lisa all the best with the presentation.

Bindaree Book Group- September Recommendations

- **The light between the oceans** by M.L Stedman- Australia, 1926. After four harrowing years fighting on the Western Front, Tom Sherbourne returns home to take a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby. [8/10 recommended by Stevie Stidston](#)
- **The woman in the widow** by A.J Finn. Anna Fox lives alone, a recluse in her New York City home, unable to venture outside. She spends her day drinking wine (maybe too much), watching old movies, recalling happier times, and spying on her neighbors. [9/10 highly recommended](#)
- **The dictionary of Lost words** by Pip Williams Set when the women's suffrage movement was at its height and the Great War loomed, The Dictionary of Lost Words reveals a lost narrative, hidden between the lines of a history written by men. It's a delightful, lyrical and deeply thought-provoking celebration of words, and the power of language to shape the world and our experience of it. [8/10 recommended audiobook by Shirley White](#)
- **The Village shops lonely hearts** by Alison Sherlock- "A feel-good story of new beginnings set in a gorgeous country village" [10/10 recommended by Nancy Marsh](#)
- **Lessons in Chemistry** by Bonnie Garmus -tells the story of Elizabeth Zott, who becomes a beloved cooking show host in 1960s Southern California after being fired as a chemist four years earlier. [10/10 read recommended by Mikaela \(OT\).](#)
- **The Horse** by Geraldine Brooks - Kentucky, 1850. An enslaved groom named Jarret and a bay foal forge a bond of understanding that will carry the horse to record-setting victories across the South. [Highly Recommended by Sue \(Physio\)](#)

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 24th September 2024

SEPTEMBER - Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FATHERS DAY 2:00pm Sunday Movie First day of Spring	2 Morning Exercises Bridge 2:30pm Bingo	3 Morning Exercises Shopping Trolley 2pm Physio Exercises	4 Morning Exercises 10:30am Kinder Kids 2:30pm Bingo	5 Morning Exercises 11:00 Bus Trip to the Delatite Hotel lunch	6 Morning Exercises Bridge 10am ACD presentation (collie) 1:30pm Snooker Friday night football	7 2:00pm Bingo
8 2:00pm Sunday Movie	9 Morning Exercises Bridge 2:30pm Bingo	10 Morning Exercises 2pm Physio Exercises 2:30pm Shopping Trolley	11 Morning Exercises 10:30am Kinder Kids 2:30pm Bingo	12 Morning Exercises 10:30 Singalong in Shaw lounge 2pm : "Remember When" Showday presentation in Collie Lounge	13 Morning Exercises Bridge 1:30pm Snooker Friday night football	14 2:00pm Bingo
15 2:00pm Sunday Movie	16 Morning Exercises Bridge 2:30pm Bingo	17 Morning Exercises Music song & Dance Shaw lounge Bush poetry in garden 1:00 Yap and Yarn 2pm Physio Exercises 2:30pm ShopTrolley	18 Morning Exercises 10:30am Kinder Kids 2:30pm Bingo	19 Morning Exercises 10:30 Trivia Quiz Hairdresser visit 2pm Afternoon singalong	20 Morning Exercises Book Club Bridge 1:30pm Snooker Friday night football	21 2:00pm Bingo
22 2:00pm Sunday Movie	23 Morning Exercises Bridge 2:30pm Bingo	24 Morning Exercises Residents & Relatives Meeting 2pm Physio Exercises 2:30pm Shopping trolley	25 Morning Exercises 10:30 Bowls 2:30pm Bingo	26 Morning Exercises 10am Bus trip "Scenic drive" 1:30pm Denis Tucker	27 Morning Exercises Bridge 1:30pm Snooker	28 AFL GRAND FINAL 2:00pm Bingo
29 2:00pm Sunday Movie	30 Morning Exercises Bridge 2:30pm Bingo					

Please see noticeboards for Daily activities in Hostel & Shaw