

BINDAREE Times

HEALTHY COMMUNITIES, TRUSTED HEALTHCARE



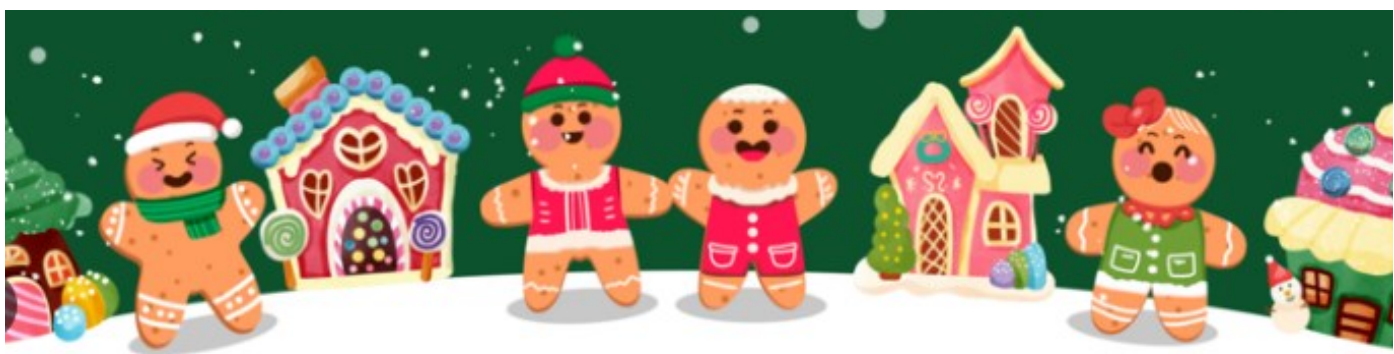
Merry Christmas 2024

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

Residents and Relatives Meeting

Next Meeting: 24th December 2024
10:30am in the Dining room

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



December in the High Country

6th December-Mansfield Shire Community Picnic and Carols

5pm-9pm Botanic Park

8th December- Tolmie Christmas Twilight Market

4pm-8pm , Tolmie Recreation Reserve

13th December–The Produce Store Artisan market

4pm -7pm, 68 Highett St, Mansfield



December in History

December 3, 1967 - The first successful heart transplant was performed by Dr. Christiaan Barnard at Cape Town, South African, on Louis Washkansky, who lived for 18 days.

December 10, 1901 - The first Nobel Peace Prizes were awarded worth \$30,000 each. Nobel, a Swedish chemist, had died five years earlier leaving the fortune he had amassed from his invention dynamite, to the awarding foundation.

December 23., 1922—The world’s first regular entertainment radio broadcasts are transmitted by the British Broadcasting Corporation.

December 25, 440—Church leaders agree to fix the date of the birth of Christ. Previously some people had celebrated in May, others in January.

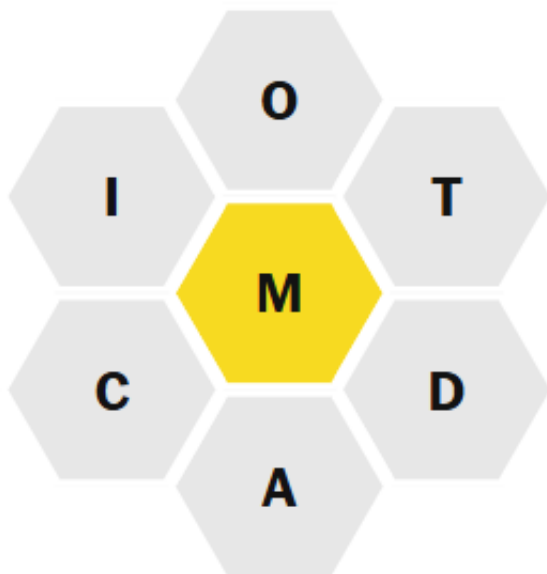


Sudoku

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



Word Flower



Word Game - How Many Words?

- Each word must contain the Centre letter "M"
- 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



My Christmas Pud




My Mum made Christmas puddings, the best in our town
 Her old fashioned recipes have been handed all around
 Old age crept into her hands, she and Aunty Peg were in a fix
 They hired me as their apprentice, to help them stir and mix
 Now Mum and Aunt are in heaven, so I thought I'll give it a go
 I'll make a Christmas pudding and enter it in the show
 I didn't bother with suet, that the butchers mince and chop
 I bought a packet with recipe, from the grocers shop
 Ingredients measured out, the dries, liquids and fruit
 Sprinkled with a dash of brandy, yum, they tasted beaut
 I mixed them all thoroughly, but yet something looked funny
 The mixture though well stirred, was still by far too runny
 What could be done to make it go thick?
 I crushed up some weeties, that should do the trick
 Into the cloth, double tie that knot
 Gently lower into the water of a bubbling boiling pot
 Clean up the mess before well earned cup of tea
 Alas, there's this little box just staring back at me
 I read its instructions then knew I had blew it
 The packet was still unopened I'd forgot to add the suet
 Out of the hotpot and into the cold water sink
 Untie those double knots what would my dear Mother think
 Scrape mixture back into the bowl add suet, more milk to make it wet
 Return to the cloth and retie, I'll get this thing cooked yet
 Keep plenty of wood on the fire over five hours the pot to boil
 Never let the bubbles stop that could cause the pudding to spoil
 Cooking time completed, cloth came off without a tear
 Carefully placed on a plate handled with care
 I was so proud of my effort, and no, it wasn't a flop
 Fit for the Kings own table with holly leaves on top
 Show judging decided, and there to my surprise
 My pud, in field of two, had just won second prize

By Val Kirley 2001





December Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>2:00 Sunday Movie</p>	<p>2</p> <p>Morning Exercises</p> <p>10:30 Yap & yarn</p> <p>10:30 9 Square</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>3</p> <p>Morning Exercises</p> <p>10:30 Target Game</p> <p>10:30am Music Therapy with Matt</p> <p>Shopping Trolley</p> <p>2:00 Physio Exercises</p> <p>2:30 Arts & Craft</p> <p>2:30 Word Game</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>4</p> <p>Morning Exercises</p> <p>Finger Food</p> <p>2:30 Bingo</p> <p>2:30 Word Shuffle</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>5</p> <p>Morning Exercises</p> <p>10am Bus Trip</p> <p>St Vinnies Christmas Afternoon BBQ</p>	<p>6</p> <p>Morning Exercises</p> <p>10:30 Bridge</p> <p>10:30 Kinder Kids</p> <p>2:00 Friday Cooking</p> <p>2:00 Snooker</p> <p>2:00 Cooking</p> <p>Christmas Carols</p>	<p>7</p> <p>10:00 Mahjong</p> <p>Finger Food</p> <p>2:00 Bingo</p> 
<p>8</p> <p>2:00 Sunday Movie</p> <p>Finger Food</p>	<p>9</p> <p>Morning Exercises</p> <p>10:30 Yap & yarn</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>10</p> <p>Morning Exercises</p> <p>2:00 Physio Exercises</p> <p>2:00 St John's Choir performance</p> <p>2:30 Shopping Trolley</p> <p>2:30 Arts & Crafts</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>11</p> <p>Morning Exercises</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>12</p> <p>Morning Exercises</p> <p>10am Christmas Craft</p> <p>2pm Singalong</p>	<p>13</p> <p>Morning Exercises</p> <p>10:30 Book Club</p> <p>10:30 Bridge</p> <p>2:00 Snooker</p>	<p>14</p> <p>10:00 Mahjong</p> <p>2:00 Bingo</p>
<p>15</p> <p>2:00 Sunday Movie</p>	<p>16</p> <p>Morning Exercises</p> <p>10:30 9 Square</p> <p>10:30 Yap & yarn</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>17</p> <p>Morning Exercises</p> <p>10:30 Target Game</p> <p>Shopping Trolley</p> <p>2:00 Physio Exercises</p> <p>2:30 Arts & Craft</p> <p>2:30 Word Game</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>18</p> <p>Morning Exercises</p> <p>Finger Food</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>19</p> <p>Morning Exercises</p> <p>10am Bus Trip to Mahoney's Farm</p> <p>2pm Afternoon trivia and Song Quiz</p>	<p>20</p> <p>Morning Exercises</p> <p>10:30 Bridge</p> <p>2:00 Snooker</p> <p>2:00 Cooking</p>	<p>21</p> <p>10:00 Mahjong</p> <p>Finger Food</p> <p>2:00 Bingo</p>
<p>22</p> <p>2:00 Sunday Movie</p> <p>Finger Food</p>	<p>23</p> <p>Morning Exercises</p> <p>10:30 Yap & yarn</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>24</p> <p>CHRISTMAS EVE</p> <p>Morning Exercises</p> <p>10am Music song and dance & Bush poetry in garden</p> <p>1:30 Denis Tucker Concert</p> <p>2:00 Physio Exercises</p> <p>2:30 Arts & Craft</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>25</p> <p>CHRISTMAS DAY</p> <p>Morning Exercises</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p> 	<p>26</p> <p>Morning Exercises</p> <p>10:30am Morning trivia and music</p> <p>2pm Remember When</p>	<p>27</p> <p>Morning Exercises</p> <p>10:30 Bridge</p> <p>2:00 Snooker</p>	<p>28</p> <p>10:00 Mahjong</p> <p>2:00 Bingo</p> 
<p>29</p> <p>2:00 Sunday Movie</p> 	<p>30</p> <p>Morning Exercises</p> <p>10:30 9 Square</p> <p>10:30 Yap & yarn</p> <p>2:30 Bingo</p> <p>4:30 Episode of Backroads—Collie lounge</p>	<p>31</p> <p>NEW YEARS EVE</p> <p>Morning Exercises</p> <p>2:00 Physio Exercises</p> <p>2:30 Shopping Trolley</p> <p>4:30 Episode of Backroads—Collie lounge</p>				

Bindaree Activities



Picnic Lunch at Tolmie Sports Ground
 A delightful morning in the beautiful surrounds of the Tolmie Recreation Reserve with bush sounds, bird song and a wood chipper.
 Great day with a fab picnic lunch, bush poetry and even some toe tapping bush dancing as well with many people reminiscing of their visits to the Sports Day. Thank you to our awesome volunteers, who assisted on the day.



Primary School Visit
 Grade 2 children shared their "Windows of Mansfield" projects - Great chat and stories shared during the afternoon



Sudoku Solution

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