



NEW SBRIDGE

Valentine's Day



We celebrated Valentines Day on the 14th February 2014 in Platinum Clubhouse. We helped Mary hang up all the decorations around the building. We put up some love hearts on the windows and also some buntings. We set the tables with red and white serviettes in the glasses. Kate was very "Busy" in the kitchen and some members worked with her. She made a lovely dinner for us.

We had soup for starters and the main course was chicken with smoked bacon and a mixture of pastry, buns, red heart jellies and a heart cake. Everyone was in great form and there were photographs taken.

Frances H & Michelle F



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March Events

- 14th** Green Party St Patrick's Day
- 17th** St Patrick's Day Clubhouse Closed
- 19th** Mid-Week Social Cinema
- 28th** Employment Dinner Silken Thomas
- 30th** Mother's Day

March 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Policy Meeting Art Class Walking Group	4 House meeting Healthy Eating Wellness Day	5 Art Class Standard &Employment meeting Ladies group	6 Newsletter team Men's group Walking Group	7 Relaxation Crafts	8	9
10 Policy Meeting Art Class Walking group	11 House meeting Healthy Eating Wellness Day	12 Art Class Standard & Employment meeting Ladies group	13 Newsletter team Men's group Walking Group	14 Relaxation Crafts. Green Party St Patrick's Day	15	16
17 Bank Holiday Clubhouse closed	18 House Meeting Healthy eating Wellness Day	19 Art Class Swimming Ladies group Mid-Week Social Cinema	20 Newsletter Team Walking group Men's Group	21 Relaxation Crafts	22	23
24 Policy Meeting Art Class Walking Group	25 House Meeting Healthy Eating Wellness Day	26 Art Class Swimming Ladies group Standards &Employment Meeting	27 Newsletter Team Walking Group Men's Group	28 Relaxation Crafts Employment Dinner Silken Thomas	29	30 Mother's Day
31 Policy Meeting Art Class Walking Group						

Reasons for being lazy

The benefits of being lazy are numerous!

That is good news for me! I get up lazily in the morning and do not make the bed. That is good as we are told that the sheets and duvet need to be aired to get rid of moisture and exfoliation from the body and generally reduce dust mites etc!!

I am too lazy to tidy the house and clear old books etc. This is very important as it means the archive for the next generation is preserved. Museums and libraries only slowly catch up on individual materials and they are not preserved in situ-ask as archaeologist!! Look as Bacon's legacy!!

Never do the washing up-this this is very wasteful of hot water and uses soap-all damaging to the environment. Use paper plated that are biodegradable and are made of paper – renewable source – paper plates are available from warehouse clearances or just use a newspaper!!

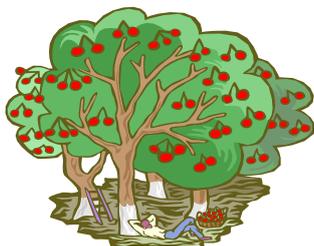
Don't wash your face – soap is bad for your face and is wrong ph!

Don't put your banana skins in the bin – they do nicely out the back door for the apple tree and are invisible in a day or too.
Fit a bidet-use loo paper 1

Don't peel your apple – the skin is good for you so why bother!

Ah go on – just be lazy for a day or too!!!

LYDIA



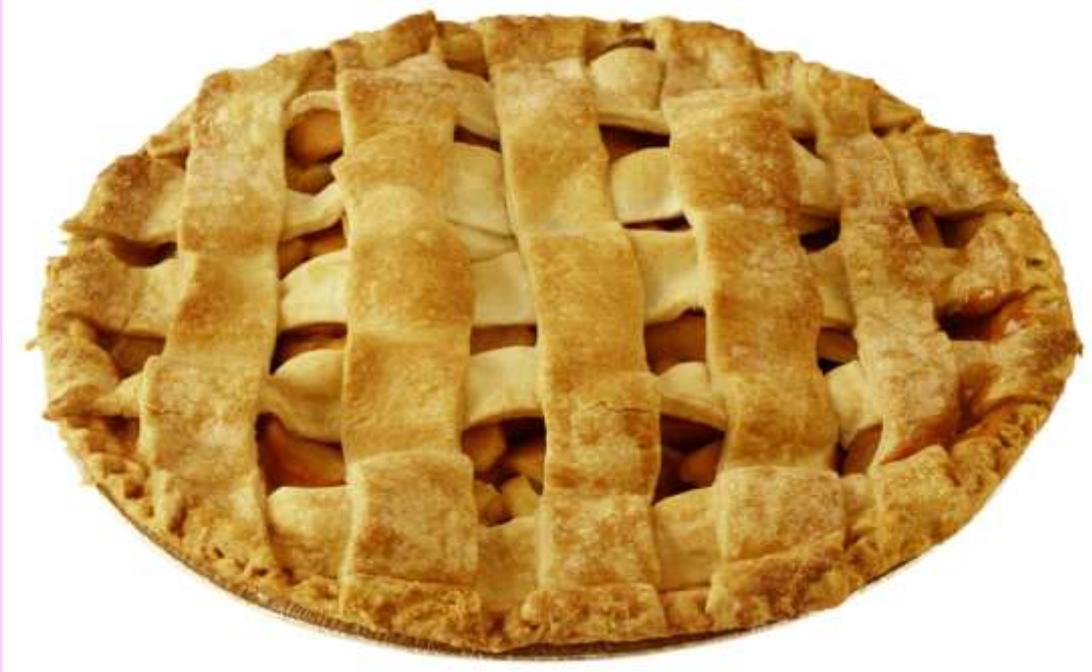
Mother's Day

*You are truly wonderful
You are quite unique
And if I climbed a mountain
And reached the highest peak
I'd never find an equal
To match those caring smiles
And just to see your loving
face
I'd walk a million miles
Although I know when I was
young
I didn't always see
All the myriad little things
You planned and did for me
But now that I am older
I can look back and know
The many many reasons
That makes me love you so
That's why at this special time
I'd simply like to say
I hope you have the very best
Happiest Mothers Day.*



CATERING UNIT

Homemade Apple Tart



Ingredients:

Short Crust Pastry
Sugar to sprinkle
2 – 3 large eggs

Short Crust Pastry:

8oz of Plain flour
4oz of margarine
Salt
1 Egg Optional
Water as required

Method:

1. Sieve the flour into bowl
2. Add margarine and rub well between fingers until the mixture looks like breadcrumbs.
3. Add egg and mix in well with knife.
4. Mix well to soft dough and chill for 30 minutes.
5. Knead the pastry onto a floured board.
6. Divide into two, and get a circular dish for the pastry
7. Peel, Core and slice apples onto the base and cover the tart.
8. Sprinkle with sugar and brush edge with water to make it stick together.
9. Place tart in a heated oven for 25minutes.
10. Serve with whipped cream.

Friendship

Friendship to me is a very special feeling; we have many friends in life and many friendships last all of a lifetime. We share all the good times the births, the family occasions and all the sad times.

Some friendships end up in a lifetime union in marriage others never go down that road but end up been friends forever.

I hope all the friends I have made in Platinum have and will turn into life long friendship.

John F



Joe's 60th Birthday

On the 11/2/14 Joe B celebrated his 60th birthday. We went to Toughers to celebrate with a birthday lunch. The lunch was lovely and enjoyed by all the members.

After the meal was over Paddy M read out a poem which he wrote for his friend Joe.

Afterwards we all went back to the clubhouse where Joe got his birthday cake and we had tea along and a chat. The day was enjoyed by all.

Debbie R



Poem to a Mother

A Mother's unconditional love

Heart of gold

Silver hair

Rosy Cheeks

Caring Hands

Healing words

Those loving eyes

A prayer at night time a prayer

At Dawn for all our

Mothers as each

New Day Dawns

John F



March Birthdays



Maeve H, Paddy W, Bob Mc S, Justin W, Patrick F, Susan D, Tom W, Catherine F, Patricia D, Annette O N, Ita S, Peter B, Paddy c, Michael mc L, Gerry P

Cheltenham

With January over the National Hunt Meetings of Cheltenham, Liverpool, Fairyhouse and Punchestown are fast approaching. Hurricane Fly look the likely winner of the champion hurdle with Sprinter Sancte the champion chaser if his heart problem that effect him the last day does not occur. The Gold Cup looks more open with Silvano Conti and Bobsworth the principal contenders: I think Bobsworth should win it. Cue Card looks like he should win the Ryanair Chase. The handicaps looks more open with a lot of Willie Mullins trained horses holding multiple engagements. With Willie Mullins winners winning a lot of bumpers one of his runners should win the bumper. After Cheltenham the flat season will start and the word on the ground is that Dermot Weld has a very good three year old colt named Free Eagle.

Joe G



The Gambler

Jack and Brigid had six children and a small farm. Jack loved gambling like his son Oliver. Jack died. Brigid was always nagging at Oliver, to stop gambling, so he went aboard, saying he would send money home. After a while this stopped. The family found it hard, to make ends meet. Sometimes they missed out on paying the rent.

Brigid got a letter saying the house was for sale, as they didn't pay the rent some of the time. They were dumbfounded. They had no where else to go.

Oliver won a lot of money. He said he would go home and surprise them. When he got to a neighbouring town, he saw a sign that the house was next for sale. Rather than going home, he stayed the night in town and went to the auction. None of the family knew him. He bought the house. After the auction he went over to the family, and asked them, if they knew him. When he said who he was, they were all delighted, there was joy and happiness.

Patricia D



Eddie Dowling,

R.I.P

May he rest in peace,

*Eddie will be sorely missed by everyone at
Platinum Clubhouse.*

25th September 1971 - 26th February 2014

Happy St Patrick's Day

From Everyone

In

Platinum Clubhouse



Irish Laughter

Proof

Mulligan wasn't feeling too well and went to the doctor, when the doctor had examined him, and given him his diagnosis. Mulligan said "The last time I went to another doctor but his diagnosis was different from yours". "Well" said the doctor "The post-mortem will show which of us was right"!

Sharing

The kindly old gentleman saw a very big boy fighting with a small boy. He separated them and gave the big boy a lecture about hitting boys much smaller than himself. The big boy ran home, and the little boy said to the man "Thanks Mister, would you like some of the sweets I took from him"?

Not Done

Little Mary was very late home from school and she told her mother that the teacher had kept her in for an hour after school. "And why did he do that?" "It was something I didn't do" "That's unfair" said her mother "And what were you supposed to have done". "My homework".

Repair

Woman at the door "I thought you were coming to repair the doorbell yesterday" Repairman, "I did, I rang twice but got no answer so I went home".

Hum

Why does a humming bird hum?
Because he doesn't know the words.

Deal

"Doctor Doctor I feel like a deck of cards".
Doctor, "Well I deal with you later".

This month's interview is with

Ruairí Mc D

Favourite Meal: Steak and Ribs

Favourite Movie: Prisoner

Favourite Sport: Football

Favourite Hobby: Gym

About Platinum Clubhouse

Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

We offer members a supportive environment in which they can work alongside staff in planning and operating.

Members participate in mutually planned vocational, educational and social activities.

The Clubhouse guarantees four main rights:

- **Right to a place to come**
- **Right to meaningful work**
- **Right to meaningful relationships**
- **Right to a place to return**



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