



## NEWSBRIDGE

*Season's Greetings to all our readers and  
A prosperous & healthy New Year 2019*



### *Christmas Openings 2018*

*Monday 24th 11 am to 2.30pm, Thursday 27th 11 am to  
2.30pm Monday 31st 11am to 2.30pm*



Have you checked out our blog lately? Stay up to date with all clubhouse activities <https://platinumclubhouse.wordpress.com>

### **Inside this Issue:**

**Page 1** Christmas openings & Greetings

**Page 2** December calendar /Socials

**Page 3** Christmas Quiz /Community, Social Events and Healthy Ireland

**Page 4** Catering Unit / Christmas Facts

**Page 5** Santa Claus / Tips for Christmas/ answers to Quiz /interview

**Page 6** Christmas candle light / Santa Claus the Movie

**Page 7** Members memories of Christmas

### **December Birthdays**

Joe G  
Ann L  
Phyllis S  
Noel C  
Maciej P  
Christy D  
Shay D  
Clive C  
Kate W



# December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Policy Meeting Community project Personal Effectiveness	4 House meeting	5 Sensory garden Art Class, Self study&Emp/Edu Meeting, Social, Weight management	6 Publications Menu Planning	7 Discussion  Creative Wellbeing
<b>10</b> Policy Meeting Community project Personal Effectiveness	11 House meeting	12 Christmas Party in Osprey at 12.30pm	13 Publications Menu Planning	14  Discussion  Creative Wellbeing
<b>17</b> Policy Meeting Community project Personal Effectiveness	18 House meeting	19 Sensory garden Art Class, Self study meeting&Emp/Edu Meeting, Social, Weight management	20 Publications Menu planning	21  Discussion  Creative Wellbeing
24 <b>Clubhouse open</b>  Christmas Eve	25 Clubhouse closed  Christmas Day	26 Clubhouse closed  ST. Stephens Day	27  <b>Clubhouse open</b>	28  Clubhouse closed
31 <b>Clubhouse open</b>  New Years Eve				

## December Socials 2018

Wednesday 5th    Cinema (flexible)

Wednesday 12<sup>th</sup>    Osprey Dinner Naas

Wednesday 19<sup>th</sup>    Christmas Celebration

### **Christmas Quiz**

The following are 10 questions about Christmas. Read them and see if you can answer them. You will find the answers somewhere else in the Newsletter!

1. What's the name of the period leading up to Christmas.?
2. In what town was Jesus born ?
3. In what decade was the first Christmas card sent in the UK ?
4. How many of Rudolph's eight companions names start with 'D'?
5. What country did Christmas Trees originate from ?
6. What's the second line of "I'm dreaming of a White Christmas" ?
7. What was Joseph's job ?
8. Who were the first people to visit the baby Jesus ?
9. What's lucky to find in your Christmas Pudding ?
10. What Angel visited Mary ?



### **Community, Social Events and Healthy Ireland**

#### **Christmas W. R.A .P.**



- Send a card or text or phone someone you have not been in contact with for a period of time.
- Watch a movie with a friend.
- Visit an elderly person in the community.
- Limit the over indulgent days to three Eg. The day you finish work, Christmas Day & New Years Day.
- Keep moving & listen to happy joyful music.
- Check Platinum Opening Hours; It's open 3 days over the Christmas & available for Outreaching.
- Plan your money to last for 2 weeks; Find out when the Christmas bonus is given out.
- Try not to stress at Christmas and enjoy spending time with family.

### Did You Know the Following facts about Christmas ...

Germans are thought to be the first to bring Christmas Trees into their homes & they decorated them with cookies & lights.

Santa Claus delivering presents comes from Holland's Celebration of Saint Nicholas Feast Day on December 6<sup>th</sup>. Children would leave shoes out the night before and in the morning would find little gifts that were left overnight.

**A List of favourite songs to sing with your friends & family:** Rudolph the Red Nosed Reindeer, Silent Night, O Come, o come Emmanuel, Jingle Bells, The First Noel , Away in A Manger, We Three Kings.

Silent Night is the most recorded Christmas song in History.

**10 favourite Christmas Movies:** Home Alone, The Grinch, Scrooge, Santa Claus the Movie, A White Christmas, Jingle All The Way, Love Actually, Beethoven's Christmas Adventure, Miracle on 34<sup>th</sup> Street, It was the night before Christmas.

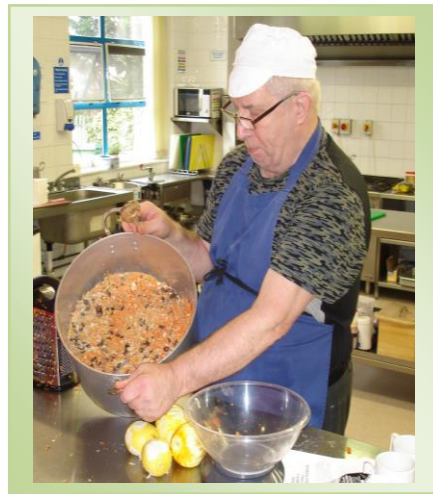


### Catering

#### Traditional Christmas Pudding

##### Ingredients

100g plain or self raising flour  
2 tsps ground cinnamon  
2 tsps mixed spice  
350g fresh white breadcrumb  
50g of ground almonds  
225g brown sugar  
1 carrot grated  
1 apple grated  
Grated rind & juice of 1 orange  
1 lemon  
225g each sultanas seedless raisins & currants  
100g chopped glazed cherries  
175g chopped mixed peel  
225g butter  
300ml of Guinness  
4 tbsp sherry  
5 eggs



##### Method

Put the prepared fruit & all dry ingredients into a large bowl & mix well. Add the grated rind of the orange & lemon, carrot & apple. Mix again. Beat the eggs add them gradually. Add the butter, stout & sherry. Mix together thoroughly. Add any charms. Put into greased basins cover with grease proof paper then tie a cloth over. Steam or boil for 7 hours. When cooked uncover & let steam out. Recover lightly with grease proof paper.

Before serving steam or reboil for 2 hours.

Serve with brandy butter.

## Santa Claus

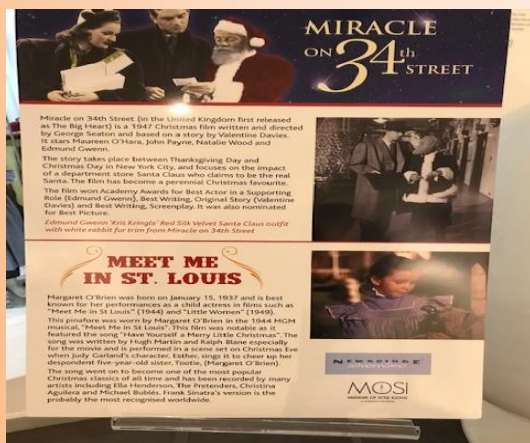
Also known as Saint Nicholas, the bishop of Myra, was born in 260 AD, in Patara, in what is now Turkey. He is a legendary figure in Western, Christian Culture, who is said to bring gifts to the homes of well-behaved children. He was also known as Nicholas the wonder worker. He is the Patron Saint of Sailors, merchants, archers, repentant thieves, children, brewers, pawn brokers, and students in various cities, and countries around Europe. His reputation evolved among the faithful as was common for early Christian saints. He is closely associated with Russia, Greece, Holland, Austria, Belgium, Aberdeen, and New York. Many churches are dedicated to him. Saint Nicholas is the third most popular subject of icons in the church, with Jesus Christ, and the Blessed Virgin Mary, having more representations. His feast day is observed on December the sixth, with great celebrations, services, and gift giving. The beloved saint died in 343 AD. Tradition in these parts tell that the earthly remains of Saint Nicholas were secretly removed from Bari, by crusader knights, who brought them back to Newtown, Jerpoint Kilkenny, for safe keeping, they buried those remains with all due reverence in the church that to this day, bears the Saints name.

Paul C.



### **Miracle on 34<sup>th</sup> Street**

The original Santa suit from the movie Miracle on 34<sup>th</sup> Street is being exhibited in Newbridge Silverware. It is a lovely way to get you into the Christmas spirit.



## Tips for Christmas



- ❖ Give yourself plenty of time
- ❖ Have coffee with friends, not alcohol
- ❖ Spend time outdoors
- ❖ Be realistic when buying gifts
- ❖ Have a day out enjoying the shops and carol singing
- ❖ Have a kind word for others
- ❖ Cut out unnecessary items

**Answers to Quiz:** 1. Advent, 2. Bethlehem, 3. 1840's – 1843 by Sir Henry Cole 4. Three-Dasher, Dancer and Donner, 5. Germany, 6. Just like the one's I used to know, 7. Carpenter, 8. Shepherds, 9. A six pence, 10. Gabriel



### This Months Interview Is with Enda

Favourite Singer/ Actor Freddie Mercury

Favourite Season Autumn

What's the first meal you ever cooked

Bacon, cabbage & potato

Favourite Holiday Skibboreen Co. Cork

I remember eating soggy Brussels sprouts & getting my first bicycle & I always got new pyjamas; **Peter B**

I remember leaving out a small bottle of Guinness for Santa & a carrot for Rudolph; **David R**

## Christmas Candle Light

A red candle stands at the window sill,  
As it burns the grease will spill.  
Flickering like magic in the night,  
At Christmas Eve a peaceful sight.  
Casts its light here and there,  
A child's delight beyond compare.  
A yellow flame bright and still,  
A guiding light to all its fill.  
Many shadows on the wall,  
Of different shapes to recall.  
Life goes by in my dreams,  
While the light of candle gleams.  
It melts away slowly be,  
Shining each passer by to see.  
Brightens up a dark night,  
To a child's eyes a delight.  
My childhood days many a fantasy,  
Of what candle light meant to me.  
Seemed to protect our home,  
From any evil spirits roam.  
Light a candle say a prayer,  
Its melting smell fills the air.  
All light finally dies it seems,  
For only a short while a candle gleams.  
For like us, it only lives a while,  
Through all life's care and toil.  
How I wish a candle to forever shine,  
On a very special Christmas time.



Paddy M

I remember the  
Christmas Tree & lights  
in Poland; **Maciej P**

## Santa Claus the Movie

Santa Claus the movie is a film that is on Christmas every year. It stars Tim Allen as a man who hears a noise on his roof one night, it turns out it is Santa Claus who falls off the roof and dies, as a result Tim Allen becomes the new Santa Claus. His new job requires that he goes to live in the North Pole where he meets the elves who work for Santa. Bernard is the head elf who organizes all the work. Now it turns out that Tim Allen was a married man, who's ex-wife lives with her new husband and Tim's son by their marriage. Now the film goes on to tell us how Tim gets, on with his new job as Santa, how he breaks the news to his family, who bar for his son do not believe in Santa Claus. In the film, we get to meet the Reindeer, who take Santa and us on a flight from the North Pole to America, with a stop off in Central Park, New York for good measure. So I recommend to you that after you fill your belly with your Christmas Dinner this year, you sit back and enjoy Santa Claus the movie. I for one am no child, only at heart, but I watch this movie every year, with the Late, late Toy show. Philip F



I remember  
getting selection  
boxes & my  
brother also. And  
we both got  
Kermit the Frog;  
**Stephen C**

Every Christmas I  
go to my Grandads,  
we have a great  
time; **Debbie G**

I remember going to  
town with Mum & Dad &  
buying lots of things;  
**Patricia D**



# Members memories of Christmas

I wanted to go to the Crib on Christmas Day;  
*Enda*

Christmas Eve Mass & the crib & wearing my communion dress to carry Baby Jesus; *Carmel*

It was snowing outside, I remember the toys. I got a cowboy set, My Father, Mother & all the family were there;  
*Joe C*

The first Christmas present I remember getting from Santa Claus was a snooker table which myself & my brother got great use out of; *Clive C*

Getting my second hand bicycle & a doll; *Brona*

Going out the Curragh to ride out the horses & eating smoked salmon & brown bread; *Tara*

Back in the days I remember Christmas as building snowmen with family & friends in the estate & the turkey & ham when I was about 5 years old. When I was a kid I always got football gear, jerseys, socks, boots & a football;  
*Peter McD*

Every Christmas in the Army we went to the Mess, I was on duty one Christmas for 24 hours and we guarded the ammunition & supplies. We got Christmas Dinner in the dining hall & my nickname was "Cool" in the Army;  
*Pat C*

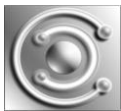


## About Platinum Clubhouse

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 the Clubhouse.

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



Platinum Clubhouse  
Unit B1, Century Park  
Newbridge Industrial Estate  
Newbridge  
Co Kildare  
Ireland

Tel: +353(0)45433229

Fax: +353(0)45433206

Mobile: +353 (0)86 0120920

Email: [platinumclubhouse@eve.ie](mailto:platinumclubhouse@eve.ie)

Blog: <https://platinumclubhouse.wordpress.com>

Web: [www.kildare.ie/platinum](http://www.kildare.ie/platinum)

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**

