

# NEW BRIDGE



Mulled Wine Morning (Dec 9<sup>th</sup>) & Christmas Dinner (Dec 22<sup>nd</sup>)  
invitations are open to all Active Members!

### Platinum Clubhouse Openings over Christmas

Wednesday 28<sup>th</sup> December                      11am-2pm  
Friday 30<sup>th</sup> December                              11am-2pm



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### December Events

- Mulled Wine Morning - 9<sup>th</sup> Dec
- Platinum Christmas Party in the Osprey Hotel -15<sup>th</sup> Dec
- Christmas Dinner in Platinum – 22<sup>nd</sup> Dec
- Clubhouse open over Christmas on the 28th & 30<sup>th</sup> Dec.
- Carol Singing

### This Month's Inside Interview is with: Anne M



**Favourite Meal:** Salmon, Potatoes & Veg

**Favourite Music:** Classical – The Three Tenors

**Favourite Film:** Along came a spider

**Favourite Sport:** Walking my dogs

**Favourite Hobby:** Meditation



# Clubhouse Calendar of Events

December 2011						
Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			1 Newsletter Team WRAP Walking group S & E Mtg	2 Ladies Group Crafts Carol Singing	3	4
5 Policy Meeting Art Class Walking Group	6 House Mtg Healthy Eating Wellness Day Discussion Grp	7 Art class Men's Group Swimming Carol Singing	8 Newsletter Team WRAP Walking group S & E mtg	9 Platinum's Mulled Wine Morning	10	11
12 Policy Meeting Art Class Walking Group	13 House Mtg Healthy Eating Wellness Day Discussion Grp	14 Art class Men's Group Swimming	15 CHRISTMAS PARTY (in the Osprey Hotel)	16 Ladies Group Crafts Carol Singing	17	18
19 Policy Meeting Art Class Walking Group	20 House mtg Healthy Eating Wellness Day Discussion Grp	21 Art Class Men's Group Swimming	22 CHRISTMAS DINNER (in Platinum Clubhouse)	23 Ladies Group Crafts Carol Singing	24 Christmas Eve	25 Christmas Day 
26 BANK HOLIDAY  Clubhouse Closed	27 BANK HOLIDAY  Clubhouse Closed	28 Clubhouse Open (11am – 2pm)	29 Platinum Clubhouse Closed	30 Clubhouse Open (11am – 2pm)	31	



### Men's Group

We have a men's group in full swing, over a year now and we meet once a week for an hour every Wednesday afternoon. Brendan Donohue is our tutor. He is always very well prepared for the topic we are discussing that day.

We have discussed topics as varied as gardening, spirituality and men's health matters etc.

Every 4<sup>th</sup> week we have a social outing where we have played pitch and putt, mini golf, ten pin bowling and snooker.

We recently went on a trip to the Giant's Causeway in Co. Antrim which was very enjoyable.

All told, the men's group is a very interesting group and we would particularly like to thank Brendan for the very professional way he conducts it.

**Joe G + Clive C**



### Women's Group

We re-started the women's group on Thursday 3<sup>rd</sup> November. It was a great commitment as we went to Whitewater for a relaxed coffee and a chat. There was great enthusiasm amongst us as we chatted for nearly an hour on what we wanted to focus our group on.

A lot of ideas came to mind and one was we were definitely going to have lots of fun activities, which involves going out fairly regularly either to the cinema at UCI or to see a play in the Riverbank. We will also hold a day of pampering for us women i.e. hand, shoulder, head massage and facials or even a wash and blow dry (nothing but the best).

Everyone was in good spirits as we headed back to Platinum. Teresa even went and bought a Christmas present, while Martina picked up a lot of brochures. One was a voucher for tea/coffee plus a sandwich for half price, which we will definitely be availing of.

We are looking forward to our next trip on this coming Thursday 10<sup>th</sup> to see an Art Exhibition. We are fully booked up for the next month.

**Frances H**





## Trip to Giant's Causway



On Tuesday the 1<sup>st</sup> November the mens's group went on a trip to the Giant's Causway up in Belfast. The bus left Platinum Clubhouse at 8 am that morning. It picked myself and a few others up in Naas at around 8.15 am. Before long we were out on the Naas Road then onto the motorway. We were all excited. We stopped at Castlebellingham Service Sation to get tea/coffee and a scone. After a few minutes we were back out on the road and within a few hours we were over the border into Northern Ireland and heading for the hotel in Portrush.

The Best Western Magherabuoy Hotel was a three star hotel but it was more like a five star. Two members shared a room. We had a spot of lunch in the hotel and then we set off again in the bus up to the Giant's Causway. We got out of the bus and did a lot of walking. There were paths and roads up around the causway and the scenery was excellent. We could see the sea and the causway edges. It was ok going up but coming down was very scary.

We were very lucky with the weather. It was a sunny mild day for the 1<sup>st</sup> November. When we got back down we went into the gift shop where we bought a few souvenirs. We then got the bus back to the hotel where we went to our rooms to get ready for dinner. The food was excellent. We sat down to a three course meal and afterwards we went in to the bar for a drink. We all then retired to our beds and we rose early the next morning for a full Irish Breakfast. Before long we checked out of our rooms and we set off on the road home. The journey home seemed longer than the journey up to Portrush. All in all we had a lovely memorable trip.

**Victor**

**P**



## POETRY CORNER

### Giant's Causeway

Finn Mac Cool tells us many a tale rock  
along cliff on a special trail of Giant's  
Causeway at the blue, blue sea what an  
adventure for all of us to see we braved  
our way on a sunny day as we went  
climbing come what may united we trod  
back sad in hope this winding trail to  
elope.

Blinded by the sun we carried on a  
glorious day hearts were one like an  
eagle soaring way up high felt we could  
fly and never die cliff edge so bare with  
the sun talking and laughing and having  
fun such scenery catching to the eye  
along a walk way cliff jagged high.

A wonder in legend and folklore a  
unique place for all to adore what  
mighty visit had we to let all of our souls  
set free a creation millions of years to  
form many visitors came this day to  
adorn it how did this spot come to be a  
miracle of miracles seems to me.

Paddy M



### Spirit of Christmas

A season of feasting with joy with good  
will in the hearts of all birth of a tiny  
baby Jesus boy forever in our minds is  
his call a blessing spread throughout  
the earth while a little child sleeps in a  
manger their praise to our leaders  
birth with companionship for us to



share.

Children play with their gifts galore  
with much happiness in their hearts it is  
of children we all adore with love that  
never departs above this plant is a  
radiant sky that never changes in time  
a spirit of Christmas that will never die  
while in peace the stars forever shine

Paddy M



### *Happy Birthday to...*

*Stephen M, Patricia B, Joe G, Ronan W,  
Martin K, Curt P, Declan K, Christy D,  
Jenny H, Valery B, Shay D, Brian H,  
Carmel H, Clive C.*



### *A Time to Reflect*

It's that time of year again, the clocks are gone back, the winter is upon us. We have the bright mornings, and the long dark evenings to get through. The weather seems harsh as we get rain like monsoons we never had before. We try to motivate ourselves for the coming weeks up to Christmas. Everywhere looks bleak and gloomy.

It's a time of the month when we pray for our saints and loved ones. We think of them often as we ponder on the mystery of life and hope in the afterlife. We can honour them by living our life to the fullest as best we can in the way they would want us to and in the present.

We try to endure our sufferings in this life when they cannot be cured, but also we should look around us and see the beauty of this world of ours God created for us. We get encouragement and joy in the little things that matter most of all; a smile, a greeting, a nod of the head or just plain old fashioned courtesy we get from one another.

We get consolation in life knowing we have done our bit, lived our life. It seems like one long day as the years grow upon us. It's a short life and it feels that we too are going through seasons, seasons of change as we go from our youth into adulthood. We grow into old age which brings forth wisdom and nobility. We shine in our youthfulness. Time is given to us and time is taken away from us.

It's a lovely time of year to go walking through woods. All the leaves have fallen off and the colours can be dazzling as we see some russet ones, some yellow and gold leaves under our feet. The woods are very tranquil this time of year and nothing can be more serene than the beauty of them.

Birds have flown to a warmer climate. The nuts have turned a shade of brown and are ripe for the picking. We find joy in the changing landscape all around us as we walk with the light pouring through the trees.

And so as we go down memory lane and reflect on life, our winters and Christmas – let us be grateful for having made the most of the gifts we were given and be "happy campers". Instead of worrying over the festive season let us make it a bright and cheery one, and a stress free one by budgeting on what we have and not what we haven't got!

**Frances H**

### The Nativity Story

A young woman by the name of Mary lived in the small town of Nazareth. Mary was to be married to a carpenter named Joseph. She was unaware of the significance of her life until one day an angel sent from God appeared before her. The angel Gabriel had good news for Mary. She had been chosen by God to have a special baby. The baby was to be God's son and she would name him Jesus.



### Platinum Carol Singing

In preparation for Christmas and all the upcoming events that we have planned, we have put together a carol singing group. The group consists of our fantastic conductor Martina, staff and members. We are practising regularly as we are going to make our debut appearance at the Mulled Wine Morning. There will also be a performance at our Christmas Party in Platinum. We plan to sing some traditional Christmas carols such as Away in a Manger, the First Noel amongst others.

It's fantastic for us as it's bringing everyone together, and we are all really enjoying it. It's fun, exciting and is getting us in the mood for Christmas. Over the past few weeks we have been practising a lot, we still have a lot more to do but we are improving all the time. Martina has put so much work into it and she is constantly teaching us new things.

**Platinum Clubhouse**

C	H	R	I	S	E	A	S	O	N	H	O
A	R	E	T	N	I	W	I	Y	E	L	L
K	M	I	N	R	P	D	N	I	L	N	E
P	C	Y	R	R	E	M	G	C	D	Y	T
A	T	R	A	P	C	E	H	A	N	E	I
N	I	B	O	R	N	R	O	R	A	K	H
D	N	A	E	E	I	S	L	D	C	R	W
L	T	K	R	S	M	N	L	C	E	U	Y
O	A	I	T	E	A	O	Y	N	R	T	I
C	O	M	I	N	H	W	N	C	R	I	B
J	A	G	K	T	D	I	B	A	S	I	N
S	G	N	I	D	D	U	P	W	L	O	C

Cake, Card, Christmas, Cold, Crib, Dinner, Ham, Holly, Merry, Mince-pie, Party, Present, Pudding, Robin, Season, Sing, Snow, Tree, Turkey, White, Winter.



### *Tips for Wrapping your Christmas Presents*



1. **Measure the wrapping paper, before cutting it:** Sit the Christmas present on the wrapping paper, you've rolled out. Pull the wrapping around the present and then cut the paper.
2. **Use a pop-up tape strip dispenser:** You will be able to hold the paper in place with one hand, while taping with the other.
3. **Be sure to use sharp scissors:** If you aren't using sharp enough scissors, you will not get a clean edge when you cut your wrapping paper.
4. **Place the gift upside down when wrapping it:** This will ensure that when the gift recipient opens their gift, it will be right side up.
5. **Use sticky to and from labels:** These will easily stay on your wrapping paper and you won't have to fuss with all that tape.
6. **Use ribbon instead of bows:** Bows are bad for falling off your packages, so this Christmas use ribbon instead.
7. **If you do use bows, tape them on:** For added security, tape bows into place. I know that they have a sticky back, but trust me; they never stay on!
8. **Use gift bags:** Simply toss the Christmas present in the bag, add some tissue paper, and you're done. This is also a great option for those items that are oddly shaped.
9. **Use a stocking for the gifts.** Simply stuff all the small gifts into the stocking and put tissue paper on top so no one can see inside.
10. **Be creative:** with your wrapping of gifts as it will add that lovely personal touch.

## About Platinum Clubhouse

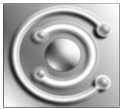
Clubhouse is a member run and centred service, where every individual has something valuable to contribute to the clubhouse and to society at large, irrespective of their diagnosis or level of function.

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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