



Platinum Clubhouse

NEWSBRIDGE



International Women's Day

International Women's Day was celebrated on 8th March in Platinum Clubhouse.

We enjoyed a good day with flower arranging and meditation and we were surprised with afternoon tea which was laid out in the coffee dock by Michael B.

Afternoon tea consisted of tea and coffee and a variety of buns and biscuits. Thanks to all the male members of Platinum Clubhouse for their support.



Clubhouse closed Good Friday: April 7th, 2023. Easter Monday April 10th 2023.

Reopens Tuesday 11th 2023



Happy Easter to all our readers

Inside this Issue:

- 1 International Women's Day/Birthdays/Easter closing
- 2 Calendar/St.Patrick's Day
- 3 Computers for Beginners/Dental Talk
- 4 Neil Diamond (part one)
- 5 In Past Times
- 6 Social Media / Easter
- 7 General Knowledge Quiz
- 8 Contact Details

April Birthdays

Pierce O'C
Paul C
Niall O'F



April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Policy Meeting 12 noon	4 House meeting 1.45 pm	5 Standards Meeting 12 noon Education & Community Employment	6 Publications 2 pm	7 Good Friday Clubhouse closed 
10  Clubhouse closed Easter Monday	11 House meeting 1.45 pm	12 Standards Meeting 12 noon Education & Community Employment	13 Publications 2 pm	14
17 Policy Meeting 12 noon	18 House meeting 1.45 pm Basic Digital Skills	19 Standards Meeting 12 noon Education & Community Employment	20 Publications 2 pm	21
24 Policy Meeting 12 noon	25 House Meeting 1.45 pm	26 Standards Meeting 12 noon Education & Community Employment	27 Publications 2 pm	28



St. Patrick's Day in Platinum Clubhouse

Platinum Clubhouse celebrated St. Patrick's Day on Thursday 16th. We had a ceili and danced with some music provided by a member. There were some refreshments also. This was a very enjoyable social. There was a competition on the day for the best St. Patrick's Day tie and Limerick. There was a high standard of entries and quite a lot also. The winners took home lovely candles as a prize. This was a very enjoyable social and quite important to celebrate St. Patrick's Day and it was nice to see Platinum Community back together enjoying the social.

Sheena H

Computers for beginners



By James Pender

I started computers for beginners & improvers in Newbridge

We learned 1st how to use the passwords & how you have to remember the case your password is & if there are any numbers used in your pass code. We learned that how certain codes can start a paragraph. Typing, using the home keys ASDF JKL; by using these keys you can reach any other key without having too much trouble. WE LEARNED HOW TO CHANGE THE LETTER CASE IF YOU MIS TYPE WITHOUT DELETING THEM. BY SELECTING THE SENTENCE YOU WANT TO CHANGE, THEN, GO TO THE Aa button on the task bar & select the sentence case & it will change that for you. Also, how to spell check the word by going to edit or review to use the spell checker or f7 for how to use some short cuts. Print to file prints on both sides of the page. I learned how to use spread sheets, including the auto sum feature on a data base by typing = the open bracket & typing in the sum & closing the bracket tells the computer you want it to do a sum for you. We learned that Excel spread sheets can be used to do maths for you. We also learned how to make your screen smaller when you want to edit some other doc. & how to insert clip art. & in case you were wondering there's a tea break half way through the class. Ctrl alt 4 to get the euro symbol.



Dental Talk

1. A dental talk took place in Platinum on Tuesday.
2. The following tips for healthy teeth were discussed;
3. Always brush your teeth twice a day.
4. A soft/medium toothbrush is recommended.
5. Use a pea sized amount of fluoride toothpaste.
6. Sugar causes damage to teeth and should be kept to mealtimes only.
7. Sugar is the main cause of dental decay so read the labels for hidden sugars in food, e.g., glucose, fructose, lactose, maltose, dextrose, inverted sugars.
8. A can of club orange contains 9 teaspoons of sugar & a can of coke has 11 teaspoons of sugar. 4 grams= 1 teaspoon of sugar.
9. Visit your dentist regularly



Neil Diamond (part one)



Neil Diamond is perhaps one of the best known and most successful singer-songwriters of all time, having sold over 130 million records around the world. Two of his best-known songs are “Song Sung Blue” and “Sweet Caroline”. He also acted in the 1980 film “The Jazz Singer”.

Neil Diamond was born in 1941 in Brooklyn, New York City, into a Jewish family. His father was a dry-goods merchant. In Brooklyn, he attended Erasmus Hall High School and took part in musical activities. Many DJs like to say that Neil and Barbra Streisand both attended the same school, but didn’t know each other. Not so, according to Neil. As he put it, they “hung out” and smoked cigarettes.

From an early age, Neil took an interest in songs and song-writing. After school, he attended New York University as a pre-med major. He began cutting classes to attend Tin Pan Alley and dropped out altogether to accept a 16-week job writing songs.

His career lasted from the 1960s to the 2020s. With his first recording contract he released two songs which, though commercially unsuccessful, nevertheless received excellent reviews in CashBox and Billboard magazines. In 1962, he signed with Columbia Records. He released two more singles which, although they received excellent reviews, were also commercially unsuccessful. Columbia dropped him from their label, and he spent the next seven years writing songs. Then he wrote “Cherry, Cherry” and “Solitary Man”, and “Solitary Man” became the first of his songs that was commercially successful under his own name.

Among other songs, Neil wrote “I’m a Believer” which was recorded by the Monkees, and became a gold record within two days of its release. “I’m a Believer” became the Popular Music Song of the Year in 1966. The same year, Neil signed with Bang Records and his first release on that label “Solitary Man” became his first true hit. This was followed with “Cherry, Cherry” and “Kentucky Woman”.

Neil moved to Los Angeles in 1969, releasing songs like “Sweet Caroline”, “Holly Holy”, “Cracklin’ Rosie”, and “Song Sung Blue”, the last two songs reaching Number 1 in the charts. In 1971, he played seven concerts at the Greek Theatre, all sold out. He was backed by a 35-piece string orchestra. In 1972, he played again at the Greek and the performance of August 24th, 1972, was recorded as the live double album “Hot August Night”.

In Autumn 1972, Neil put on shows for 20 consecutive nights at the Winter Garden Theatre in New York City, all sold out. After that, he took a break from live performances until 1976. However, he worked on the score to “Jonathan Livingston Seagull” and “Serenade” and “Beautiful Noise.” As well, for 4 years, he looked after his son Jesse

Paul K.



In Past Times

In past times, Newbridge was a garrison's town with Barracks, soldiers, cavalry and hundreds of horses that needed water. This was provided by the river Liffey at the watering gate, now part of the Linear Park.

The college on the riverbank had a generator driven by the river before mains electricity arrived to the town. There was a courthouse, now burned down, and numerous churches were established. The town became commercial with the rope factory, Newbridge Cutlery, and many other industrial sites providing work for the growing labour force. The town began to grow and the golden mile was developed, the main streets were nicknamed by locals envious of the rents being charged.

A Garda station was organised in the Barrack area, a library and schools were developed near the bridge over the Liffey River.

Large shops came into town putting smaller shops under pressure. The cinema closed and a new one was opened in the Whitewater shopping centre; the library was expanded into a theatre and café.

The public houses come and go with running costs dictating their survival. Old houses were modernised and new ones are being built around the town. The new industrial sites are expanding towards Naas and Dublin. As the aging population grows, people need support and there are many support groups in the area, one of which is the Newbridge Family Resource centre, a wonderful training ground for infants, preschool, people who come in for support in their busy lives, and elderly groups meet and greet enjoy being part of a family.

The men's group put forward the idea of a sensory garden. Plans were drawn up and the ground was fenced off, drained and foundations for block paving were laid, a seating area and the garden was planted with a surrounding beech hedge. Shrubs and grasses, trees have been added and a bulb planting day was held. As a family group we are delighted to open the gardens to the public. All are welcome. We are adding a vegetable garden and coffee shop to a rapidly growing amenity.

Paul C

Social Media

The Staff & members of Platinum Clubhouse are pleased to announce that the Clubhouse's Social Media Platforms are back up and running after a two year break due to Covid-19

The wordpress has been redesigned by our Clubhouse members. It has been updated with our latest events and our weekly quotes. This is available at Platinumwordpress.com.

This has also been linked to our Facebook Platinum Clubhouse account. So please have a look at both of these as Platinum would welcome any ideas on expanding and improving these two social media platforms.



Easter

Lent is over and Easter is here,
Bringing laughter and good cheer,
Daffodils blooming, lambs being born,
Chicks hatching in the early morn,
Straw baskets and hats ready to go,
Hunting for eggs from the Easter bunny,
Eggs of all shapes and sizes,
Wrapped in gold with goodies inside,
Hidden everywhere including the slide,
But if you don't want an upset tummy,
Don't eat them all by Easter Monday.



Sinead H

General Knowledge Quiz

1. How many films have Al Pacino and Robert De Niro appeared in together?
2. Name the Coffee shop in US sitcom Friends.
3. How many times has England won the men's football World Cup?
4. What's longer, a nautical mile or a mile?
5. In what year did The Beatles split up?
6. Which two country singers famously sang together on 1983 song Islands in the Stream?
7. At which venue is the British Grand Prix held?
8. Which European city hosted the 1936 Summer Olympics?
9. Which actor played the Ninth Doctor in Doctor Who?
10. What was the name of the tower block where Del Boy and Rodney Trotter lived in Only Fools and Horses?
11. Which colour pill does Neo swallow in The Matrix?
12. Which southern Italian city is usually credited as the birthplace of the pizza?
13. Which UK city is situated further west – Bristol or Edinburgh?
14. What temperature centigrade does water boil at?
15. What company is also the name of one of the longest rivers in the world?
16. What is the busiest airport in Britain called?
17. Who is next in line to the British throne after King Charles III?
18. What is the tallest mountain in the world?
19. What colour are most buses in London?
20. What's the name of the talking snowman in Disney's Frozen?
21. What do the wheels on the bus do in the song?
22. What is taller, an elephant or a giraffe?
23. Who are Harry Potter's two best friends?
24. What's the name of the cowboy in Toy Story?
25. How many planets are in our solar system?
26. How many players are in a football team?
27. How many zeros are there in one thousand?

See next month's edition for answers

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

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

Web: 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***

