



# Platinum Clubhouse

# NEWSBRIDGE



## Trip to Boston USA

I went to Boston for 9 days to visit my son. He works in Boston for about 8 months now. My daughter came too. The weather was alright, still a bit chilly.

Boston is a peninsula surrounded by water.

After we arrived, we went grocery shopping. We had a beautiful AirB&B apartment. On Thursday we went to Salem. The witch town. On Friday we went to the Boston Aquarium and took a ride on the Aqua Duck tour over land and water which was very nice and we saw a lot of Boston.

Saturday, we went on the Freedom Trail Park. We had food in the Cheesecake Factory and to finish the day we went to a casino. The casino was huge.

Sunday, we went to the Tea Party Museum.

In the late afternoon we went to see baseball. The Boston Red Sox played in a 100-year-old stadium. Let's go Red Sox! They won.

Monday, a nice day off to relax. Tuesday, Science Museum, very interesting. Wednesday, John F Kennedy Library. Boston has a great Irish ancestry. And another Red Sox game. They won again ! What a show! Let's go! It was a holiday of a lifetime, so nice to have spent it with my children. We flew with Aer Lingus, lovely food.

Lets go Red Sox! Tyca R



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## June Birthdays

- Debbie R
- Carmel M
- Niall D
- Lydia F



# June 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Publications 2 pm	2 Adult Learning Festival 10am
5  <b>Club Closed</b>  <b>June Fest Family Day</b>	6 House meeting 1.45 pm	7 Standards Meeting 12 noon Education & Community Employment	8 Publications 2 pm	9 Adult Learning Festival 10am
12 Policy Meeting 12 noon	13 House meeting 1.45 pm Basic Digital Skills	14 Standards Meeting 12 noon Education & Community Employment <b>Movie Club in Library</b>	15 Publications 2 pm	16 Adult Learning Festival 10am
19 Policy Meeting 12 noon	20 House Meeting 1.45 pm	21 Standards Meeting 12 noon Education & Community Employment	22 Publications 2 pm	23 Adult Learning Festival 10am
26 Policy Meeting 12 noon	27 House Meeting 1.45 pm	28 Standards Meeting 12 noon Education & Community Employment	29 Publications 2 pm	30 Adult Learning Festival 10am

## June

As May leaves us and June quickly follows, the longest day of the year is only about three weeks away and the Dahlia, and roses and other summer flowers are in bloom. The turf cutting season is underway and it always reminds me of the old days when turf was cut by slains and the bank had to be clean first. Turf, at that time, had to be spread, footed and heaped before being brought home. The amount of work it took compared to today is unbelievable.

People are planning summer holidays in June and hopefully the weather will be good for them.

All in all, June is the month when the days are warmest and the end of June signals the end of the summer and the cycle of the year starts again.

Joe G

### Simple Soda Bread

#### Ingredients

450g/1lb Odlums Cream Plain Flour  
1 level teaspoon Odlums Bread Soda  
1 level teaspoon Cream of Tartar  
Good pinch of Salt  
1 tablespoon Shamrock Golden Caster Sugar (optional)  
25g/1oz Butter or Margarine  
300ml/½pt Buttermilk or Sour Milk



#### Method:

Sieve flour, bread soda, cream of tartar and salt into a bowl. Add sugar if used.  
Rub in the butter/margarine to resemble breadcrumbs, lifting mixture with fingertips to introduce air to the dough.  
Add milk and mix to make a soft dough.  
Turn onto a lightly floured board and knead a little.  
Turn the smooth side up and shape into a round. Place the dough on a floured tin.  
Cut a cross over the top.  
Bake in a preheated oven at 200°C/400°F/Gas 5-6 for 40-45 minutes.  
When baked the underneath should have a hollow sound when tapped.  
Cool on a wire tray. Cover with a dry tea towel to give a soft crust.



### Tall Trees in Summertime

Sitting in the sunshine  
Gazing at the beautiful back garden  
Like a mysterious meadow  
With the beautiful sound  
Of the birds singing  
And such pretty flowers blossoming  
I cherish this spot  
Full of great memories  
Chats and laughter  
And a lifelong friendship

Vanessa C

## Trip to Tallaght Training Centre



“It was really interesting “ Sinead H

“It was inspiring to see all the students working on their apprenticeships in the centre” Michael B

“It was a brilliant day” Cathal B

“An informative learning opportunity” Carmel M

### Inspirational quotes for June 2023

“If you can dream it you can do it” Walt Disney

***Take time to play , it is the secret to perpetual youth***

***Take time to work, it is the foundation of success***

***Take time to laugh, it is music for the soul***

***Take time to read, it is access to wisdom***

***Take time to be friendly, it is the road to happiness***

***Take time to love, it is the privilege of life***

## Early on the Curragh

I defrosted the car and headed out of town picking up a newspaper at the garage. It was 7.15 am and the sun was up, dew glistening across the grass plain of the Curragh. I followed two horses down the road past the Milltown junction and on to the Kildare end and parked up just in time for a photo of ten horses coming up from the Kildare stud. They walked across to the railway line and went through the tunnel to the Rathangan side to gallop. Three horses, steaming from their run, cantered into the racing grounds to use the gallops.

Having browsed the paper, I decided to look for some sheep to photograph and round at the stud near the Chilling factory, I found them, 12 lambs frolicking in the warmth of the sun. There was heavy traffic both ways so I kept going, made my way to the Curragh village. There were lots of sheep but they were spread out across the plain so I headed back to Kildare and parked up and walked in amongst the sheep without disturbing them. I got some nice photos and then headed back to Newbridge for breakfast.



Paul C

## Under 20's all Ireland Championship

Kildare recorded their second win in 5 years in the under 20's all Ireland Football Championship in Breffni Park on Saturday afternoon last. Having lost the final last year in Tyrone hopes were high that this year they could overcome Sligo.

Kildare overcame arch rivals Dublin to win the Leinster Championship a couple of weeks ago.

The game was played at a high tempo and Kildare raced out of the traps and soon enjoyed a 5 point to one advantage, after 12 minutes. There was some excellent point taking by the Kildare forward line, Kildare have an excellent team with talent on all sides of the pitch. Kildare led throughout the match and although Sligo recovered Kildare's advantage to 2 points with 15 minutes to go the Sligo goalkeeper blundered on his kick outs to let Kildare in for a goal and a couple of points.

Best of luck to the Kildare seniors who play in the all-Ireland series in a group that consists of Dublin Sligo Roscommon and Kildare. Cathal B



### The Green Team

We met on Tuesday morning. It was very well attended by the Clubhouse members. A guest speaker from Kildare County Council, Darragh, brought in a miscellaneous bag of rubbish to explain how to reduce, reuse and recycle the different items. It was received well with lots of questions from the floor. He went to great lengths to explain the cycle of processing the items from collection to the end product. Paul C



## Word Search

Words spelt different but pronounced the same :Alter, Alar

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

Altar, Alter, Ant, Aunt, Boy, Buy, Coal, Cole, Die, Dye, Fair, Fare, Grate, Great, Him, Hymn, Lie, Lent, Line, Lion, Lye, Mail, Male, Pair, Right, Sale, Threw, True, Write, Wright .

## Eve Connect Tea Party

Platinum celebrated the Eve Connect Tea Party on 24<sup>th</sup> May. It was well attended and even a dog attended it !It was a beautiful and fine evening and everyone enjoyed the sunshine. We went on a social to the Pollard Fen afterwards and we enjoyed a nice walk.



## ***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.



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*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***

